



## Spectrum Health Culinary Medicine Program

Our September 19, 2018 LEAD Learning Session featured the Spectrum Health Culinary Medicine (CM) Program held in the state-of-the-art teaching kitchen at GRCC's Secchia Institute for Culinary Education. We had the pleasure of learning from Dr. Kristi Artz a certified culinary medicine specialist, Werner Absenger, PhD, MS, a chef/doctorate in mind-body medicine and masters in human nutrition; Leanne Mauriello, PhD, a health psychologist and behavioral scientist and Director of Spectrum Health's department of Behavioral Science and Lifestyle Management; and Krista Gast, a registered dietitian.



Culinary Medicine is an emerging discipline and was founded upon the principle that when doctors, chefs and dietitians work together, they can tackle our country's most challenging health problems. Together we discussed scientific and medical evidence supporting food as medicine and discovered the health benefits of specific foods and recipes that can prevent and reverse diet-related chronic disease. The CM team is currently teaching our residents and clinicians how to discuss nutrition with their patients and will be rolling out their community cooking classes in January 2019.

Together, we made a delicious four-course meal! Our plant-based menu included:

### **Appetizer**

Sun-dried Tomato Dip & Homemade Tortilla Chips  
Tropical Smoothie

### **Salad/Vegetables**

Toasted Pita and Herb Salad

### **Entrée**

Quinoa Lettuce Wraps with Spicy Peanut Sauce

### **Dessert**

Coconut Date Balls

Because Culinary Medicine is a new program that isn't covered by insurance, philanthropy is necessary for the program to operate and sustain growth, allowing them to continue educating clinicians about the importance of a healthy diet. This will equip our physicians to empower their patients with the information they need in order to use diet and nutrition to reverse diet-related chronic disease.