

Culinary Medicine

Thiravat Choojitarom, MD, FAAP
Culinary Medicine Specialist



*“Let food be thy medicine and
medicine be thy food.”*

Hippocrates Asclepiades
physician 5th century BCE



Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Today's Prix Fixe

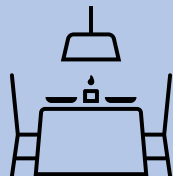
Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Appetizer

Attendees
will learn
the key
principles
of
Culinary
Medicine



Entree

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care



Digestif

Coffee,
anyone
?



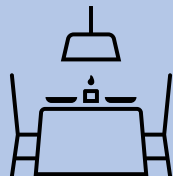
Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Appetizer

Attendees
will learn
the key
principles
of
Culinary
Medicine



Entree

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care



Digestif

Coffee,
anyone
?



Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



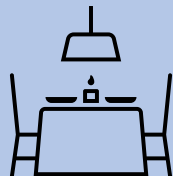
Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Appetizer

Attendees
will learn
the key
principles
of
Culinary
Medicine



Entree

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care



Digestif

Coffee,
anyone
?



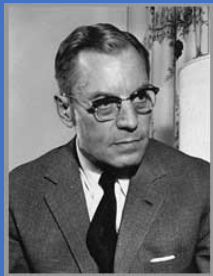
Appetizer

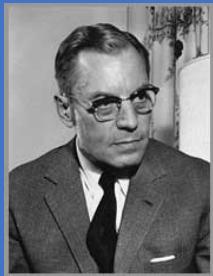
Attendees
will learn
the key
principles
of
Culinary
Medicine





Mediterranean Diet





The Seven Country Study

Mediterranean Diet Quiz

Give yourself 1 point for every YES, 0 points for every NO

I eat at least 2 cups of vegetables every day. - 2 medium carrots, 1.25 cups broccoli:

- for Males – 10.8 oz
- Females – 8.9 oz



I eat Fruits and nuts every day - 2 bananas, 1 apple, a cup of nuts

Males – 8.9 oz

Females – 7.7 oz





Mediterranean Diet Quiz

Give yourself 1 point for every YES, 0 points for every NO

I eat less than a cup of dairy per day - encourage yogurt and other fermented sources like real cheese



I eat less than 4 oz of meat daily

I use olive oil as my main source of fat or canola, grapeseed, avocado, sesame



Mediterranean Diet Quiz

Give yourself 1 point for every **YES**, 0 points for every **NO**



I drink a glass of red wine most days.
This one you cannot “save up” for the weekend



Just a 2-point increase in your Mediterranean diet score will reduce all cause mortality by 25%.









Culinary Medicine presentation

Ex Libris
T. Choojitarom

- 1 gal whole milk
- 1 Tbsp fav yogurt
- Instant Pot or other

Heat milk to 181 degrees. Cool to 100. add starter (fav yogurt)). Leave for 8-12 hours depending on how you like your yogurt. Using cheese cloth, strain out whey.

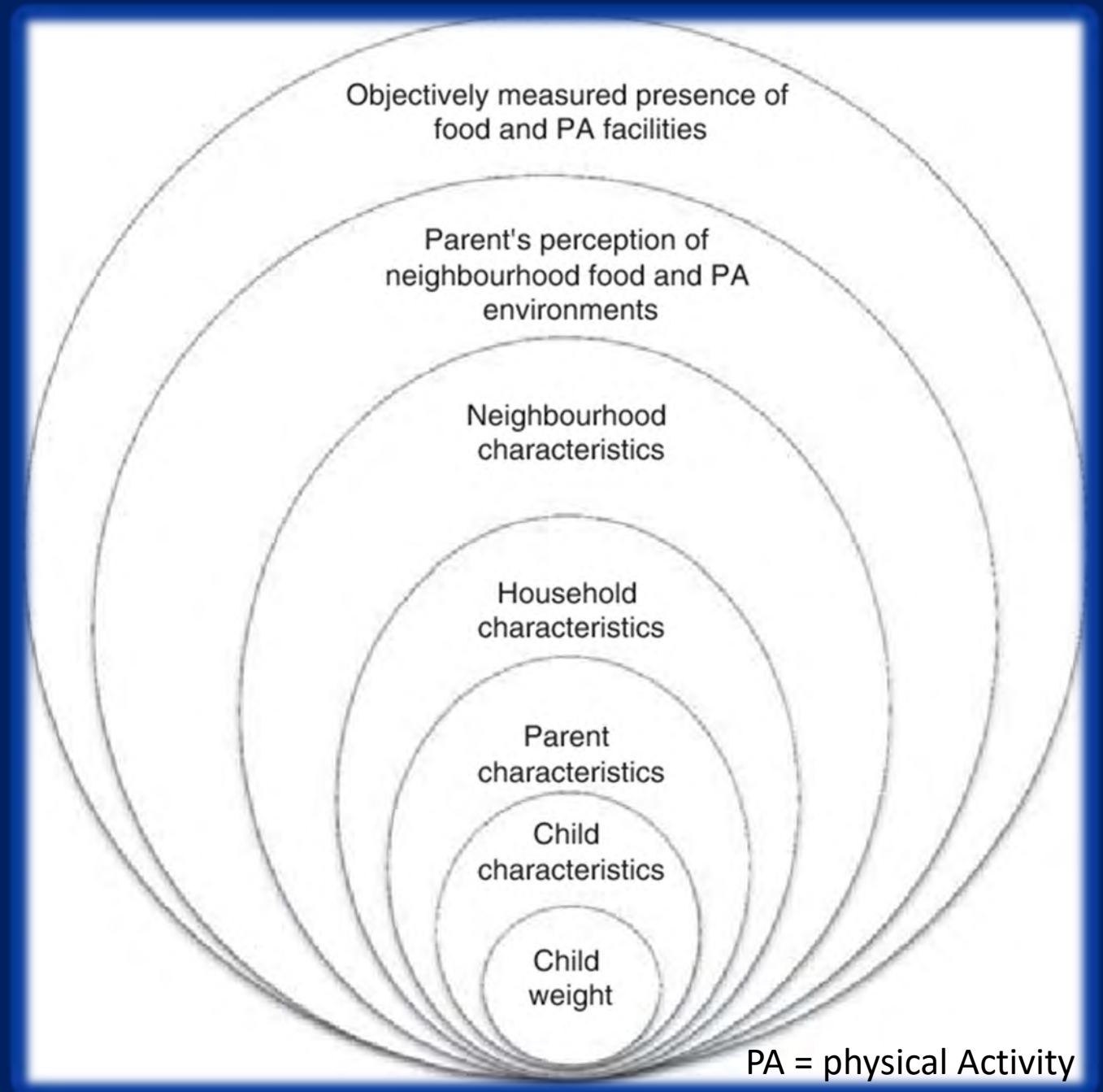


Personalized Approaches











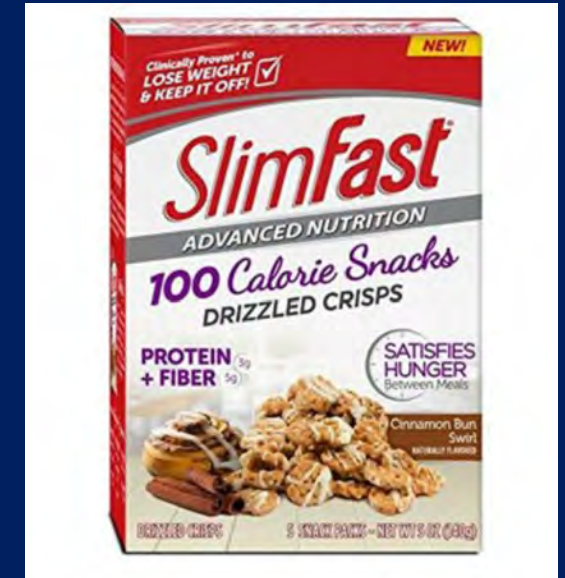
ATKINS DIET VS KETO DIET

WHAT IS THE DIFFERENCE?

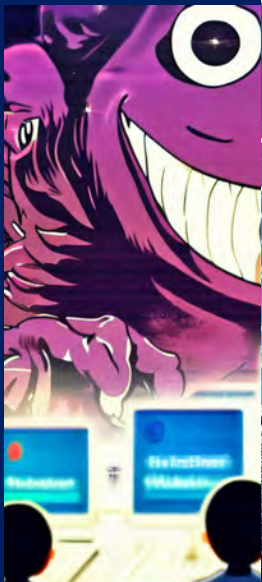


LOWCARB DIET

This Photo by Unknown Author is licensed under [CC BY](#)



This Photo by Unknown Author is licensed under





PA: Physical Activity

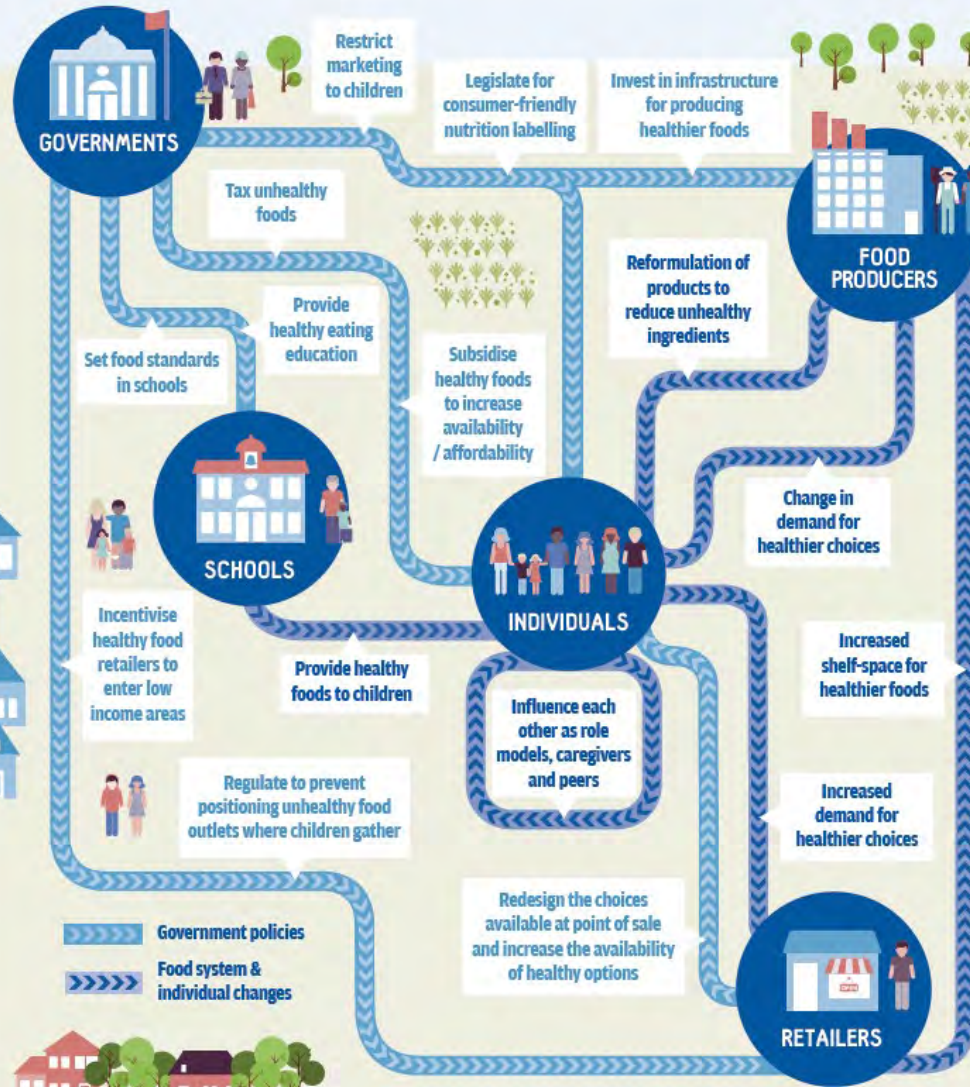


“Food Apartheid”

PA: Physica

HOW CAN GOVERNMENTS SUPPORT HEALTHY FOOD PREFERENCES?

The food system is an interconnected network of producers, industry, and institutions. But at its heart is the individual. Policy can affect all parts of the network, influencing a cultural shift towards healthier food preferences.



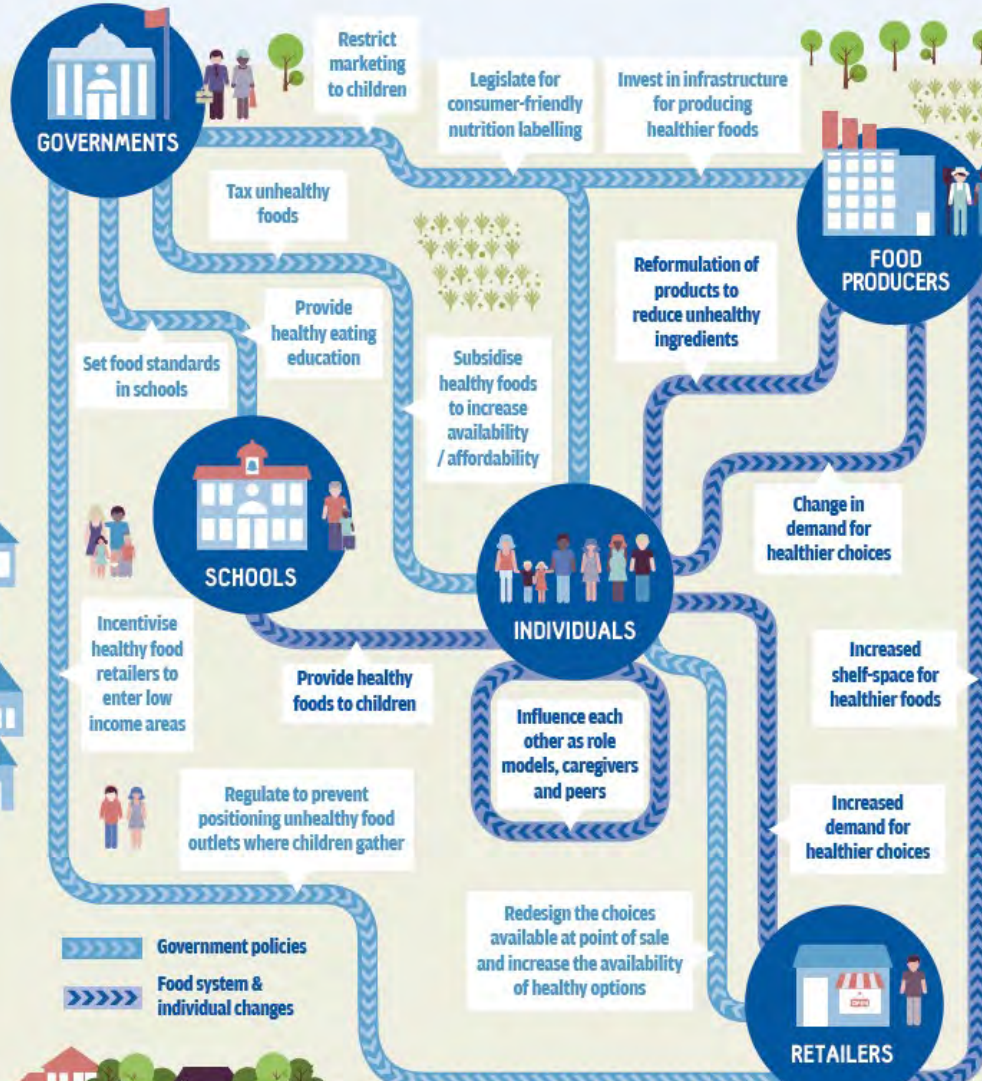
Source: Hawkes C, Smith TG, Jewell J, et al. Smart food policies for obesity prevention. Lancet 2015; published online Feb 19.

[http://dx.doi.org/10.1016/S0140-6736\(14\)61745-1](http://dx.doi.org/10.1016/S0140-6736(14)61745-1)

PA: Physi

HOW CAN GOVERNMENTS SUPPORT HEALTHY FOOD PREFERENCES?

The food system is an interconnected network of producers, industry, and institutions. But at its heart is the individual. Policy can affect all parts of the network, influencing a cultural shift towards healthier food preferences.



Source: Hawkes C, Smith TG, Jewell J, et al. Smart food policies for obesity prevention. Lancet 2015; published online Feb 19.

[http://dx.doi.org/10.1016/S0140-6736\(14\)61745-1](http://dx.doi.org/10.1016/S0140-6736(14)61745-1)







That's no Farmer's Market





Okay, so how do I get my patients to eat healthier?





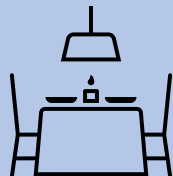
Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Appetizer

Attendees
will learn
the key
principles
of
Culinary
Medicine



Entree

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care



Digestif

Coffee,
anyone
?



Entree

Culinary Skills & Collaboration

Attendees will learn the benefits of Culinary Medicine in clinical practice to



Entree

Culinary Skills & Collaboration

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Entree

Culinary Skills & Collaboration

Attendees will learn the benefits of Culinary Medicine in clinical practice



Small Swaps to “Mediterraneanize” Meals



ORIGINAL: SCRAMBLED EGGS AND SAUSAGE

Served with buttered white toast



Original Nutrition: Calories: 780, Total Fat: 61g, Saturated Fat: 29g, Sodium: 1200mg, Carbohydrate: 26g, Fiber: 0g, Protein: 30g

REMAKE: SPANISH FRITTATA

Served with avocado toast and fresh fruit



New Nutrition: Calories: 370, Total Fat: 24g, Saturated Fat: 4.5g, Sodium: 260mg, Carbohydrate: 25g, Fiber: 4g, Protein: 15g

Reproduced from OldwaysPT.org

rediscover goodn
OLDWAYS



Culinary Skills



Progressive recipes

Spaghetti with meat sauce

- One “traditional” ground beef with Italian spices
- One with half ground beef half lentils
- One completely vegetarian/vegan

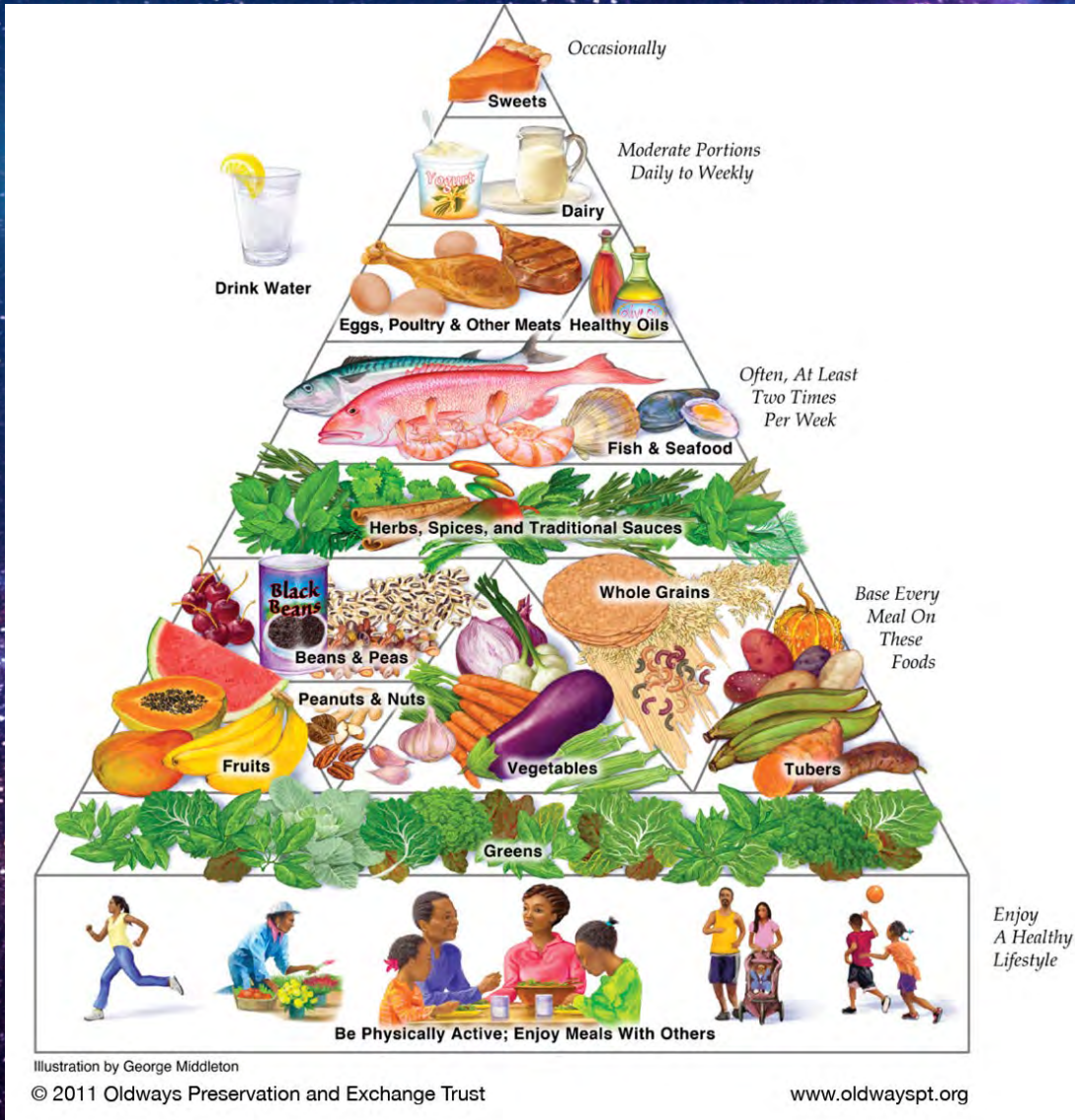
Tacos

- “Classic home tacos” ground meat and commercial taco seasoning.
- Tacos with half meat, half beans and homemade seasoning
- Completely vegetarian tacos



Learning Heritage recipes

African Heritage Diet



Heritage Diets from Around the World---Heritage Diets from Around the World---Heritage Diets from Around the World---



Heritage Diets from Around the World---
Heritage Diets from Around the World---
Heritage Diets from Around the World---
Heritage Diets from Around the World---



Asian Heritage Diet

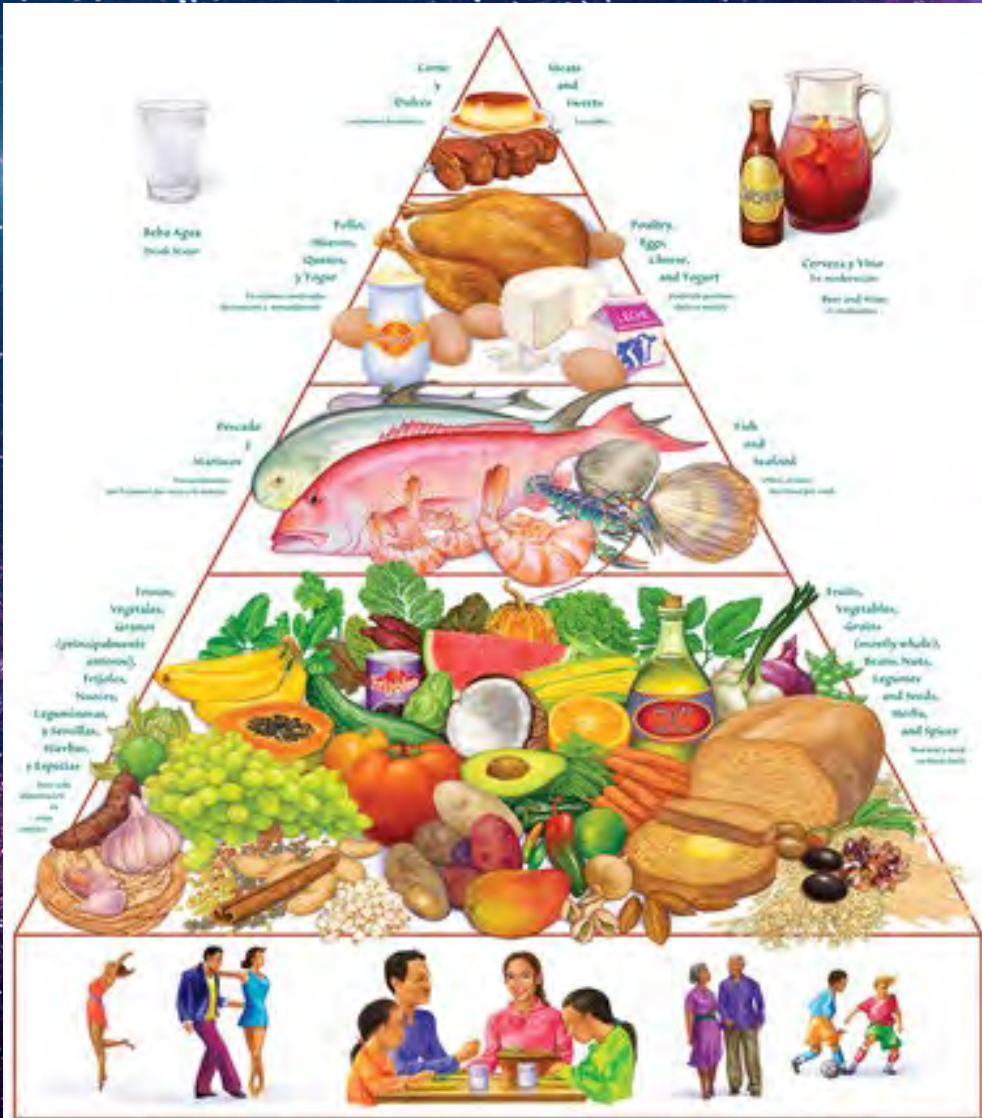
ASIAN HERITAGE DIET PYRAMID

Claiming Your Health by Claiming Your History



Be physically active and enjoy meals with others

Latin American Heritage Diet



Este Físicamente Activo; Disfrute su Comida con Otros.

Be Physically Active; Enjoy Meals with Others.

Heritage Diets from Around the World---Heritage Diets from Around the World---Heritage Diets from Around the World---

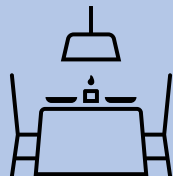
Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Appetizer

Attendees
will learn
the key
principles
of
Culinary
Medicine



Entree

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care



Digestif

Coffee,
anyone
?



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care





ECONOMIC IMPACT



\$16.5 billion

annual operating budget



\$1.25 billion

capital budget



21

hospitals

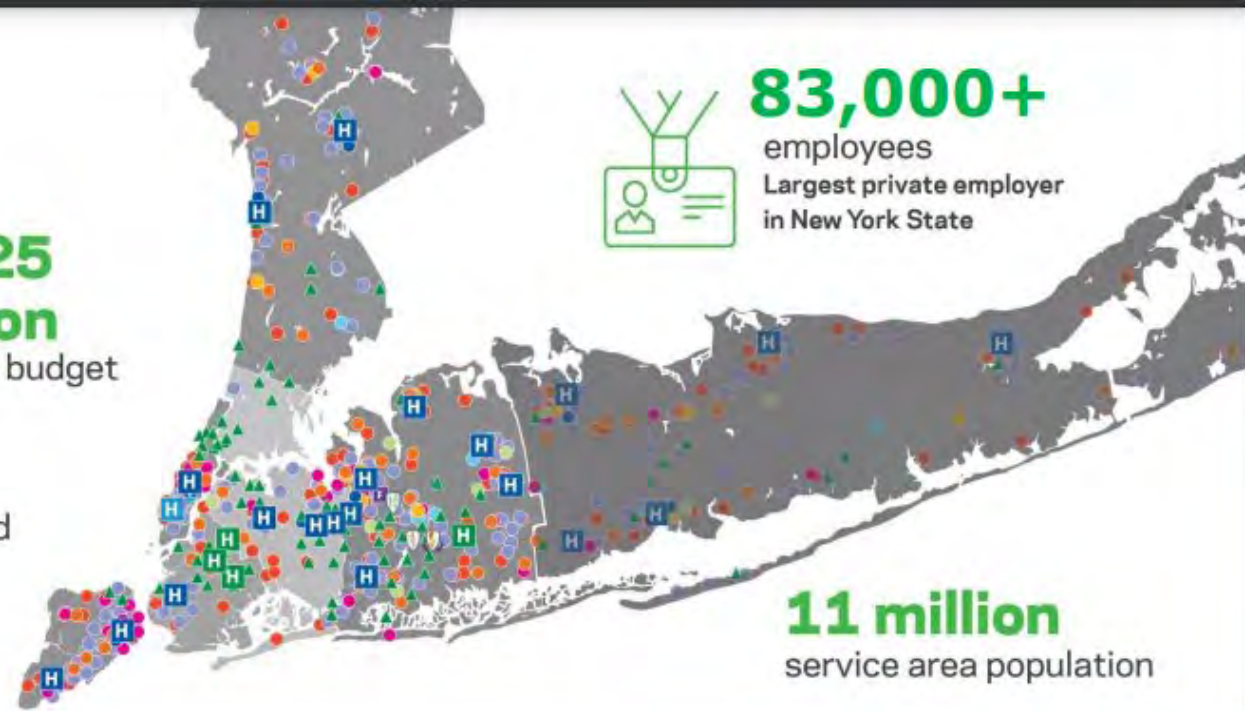
} **10** magnet-designated

850+ ambulatory facilities



83,000+

employees
Largest private employer in New York State



11 million

service area population

CAREGIVERS



12,000+
credentialed
physicians

18,000+
nurses

4,900+
employed
physicians

1,900+
residents and fellows
in 180 programs

3,500+
advanced care
providers

5,000
volunteers

OPERATING STATISTICS

5.5 million

patient encounters
- 2 million patients treated annually



37,000+
births

1 million

home health visits



850,000+

emergency
visits*

250,000+

ambulatory
surgeries*



1,000+

active clinical
research studies

250+

principal investigators



COMMUNITY IMPACT



\$485 million

in education &
research

\$465 million

in health improvement
services & building

\$221 million

in charity care

*2022 budgeted

Our challenge to *make things right*

Where we were...

Cook-Chill model

Frozen, Canned, & Fried Food

Processed & Preservatives

Unappealing, pre-packaged, pre-cooked food

Use of unhealthy ingredients (high fructose corn syrup, trans fat, etc.)

Lack of leadership commitment & culinary talent





- **Community & Sustainability**
- **Farming – Supporting Local**
- **Queens County Farm & Museum Partnership Agreement - QCFM is one of the longest continually farmed sites in New York State. The farm's 47- acre historic site has produced food and fed New Yorkers for over three centuries**
- **The Center for Discovery, Harris NY • Harlem Grown**
- **Food & Nutrition Sustainability Committee**
- **Educational Supermarket Tours & Teaching Kitchen Partnership with Gala Foods**





Meatless Monday's
30% of Menus Natural Plant Based



100% "Strauss Pasture Raised" beef –
no antibiotics or hormones, grass
fed/grass finished American beef



Antibiotic and hormone free (ABF)
fresh poultry



Wild or BAP, ASC, and MSC certified
fresh seafood



100% "Farm Promise" pork – antibiotic
and hormone free, vegetarian fed, and
humanly raised



Fresh vegetables instead of frozen,
canned



Fresh, artisanal bread program –
locally baked



Healthy Choice desserts – provided by
local bakeshop



Culturally Diverse Food Offerings



100% elimination of oil fryers from all
Food and Nutrition Departments



80% of purchased beverages are reduced
sugar or sugar free

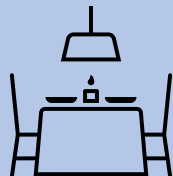
Amuse Bouche

**Attendees
will become
familiar with
the concept
of Culinary
Medicine**



Appetizer

Attendees
will learn
the key
principles
of
Culinary
Medicine



Entree

Attendees
will learn the
benefits of
Culinary
Medicine in
clinical
practice



Dessert

Attendees will
realize the
benefits of
integrating
Culinary
Medicine into
health care



Digestif

Coffee,
anyone
?



Digestif

Questions?



will

ne

n

to