



Nutrition Scholarly Concentration at Carolina

Focus on Culinary Medicine

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Culinary Medicine defined:

Culinary medicine is a new evidence-based field in medicine that blends the art of food and cooking with the science of medicine. Culinary medicine is aimed at helping people reach good personal medical decisions about accessing and eating high-quality meals that help prevent and treat disease and restore well-being.

La Puma J, Marx RM. ChefMD's Big Book of Culinary Medicine. New York: Crown; 2008

Nutrition is a new Scholarly Concentration and Culinary Medicine is an even newer option within this concentration. If you sign up for this option, you can help us build this program!

Follow the guidelines for the Nutrition Scholarly Concentration, and here are a few specifics within each section for the Culinary Medicine concentration. Much of this is still under development:

Foundation phase:

- Mentored research can focus on developing and testing new strategies for medical education focused on culinary medicine, approaches to addressing food insecurity, the intersection of nutrition, agriculture, and environmental sustainability, etc.
- Community service will involve many varied opportunities and may include joint community-student cooking experiences

Application phase:

- CBLC Quality improvement projects should be designed around the needs of the clinic and may include things like: systems to facilitate nutrition education and reimbursement, strategies to assess food insecurity and link patients to community resources, etc.
- Help develop and integrate innovative nutrition training into the curriculum in collaboration with faculty leaders
- Participate in designing and implementing healthier meal options with brief educational highlights for lunches provided to medical students
- Opportunity to pilot Tulane's Culinary Medicine curriculum "Health Meets Food" and explore ways to integrate materials into existing curriculum

Individualization Phase:

- Help us develop or adapt additional opportunities with a focus on Culinary Medicine like:
 - An internship with a community health center, community kitchen, or local farm
 - Guided literature review regarding nutrition, health, and the environment
 - Science of Medicine: (clinical experience with focus on translational science in nutrition)
 - Advanced Practice Selective: (clinical experience with a focus on nutrition counseling)
 - Capstone: 4 weeks of focused career development for Culinary Medicine, potentially leading to Culinary Medicine Certification