

Words About Wellness



American College of Preventive Medicine
physicians dedicated to prevention

Culinary Medicine

“**Culinary medicine** is the practice of helping patients use nutrition and good cooking habits to restore and maintain health. It's a new field that combines important scientific principles related to nutrition, behavior and medicine.”

The **American College of Preventive Medicine** has great resources for both patients and clinicians. There are recipe videos, Culinary Medicine CME, and more on their website.

Source site: <https://www.acpm.org/page/culinarymedicine>

