



# HEALTHY KITCHENS, HEALTHY LIVES®



HARVARD  
T.H. CHAN

SCHOOL OF PUBLIC HEALTH  
Department of Nutrition

## 2020 PROGRAM SCHEDULE

### **Optional Pre-Conference Activities**

#### **Tuesday, February 4**

- 10 AM      Knife Skills Morning Workshop**  
*(\$165, pre-registration required)*  
*Plan to arrive at the CIA by 9:30 a.m. for registration, which will take place in the Atrium (1<sup>st</sup> floor) of the CIA. The two-hour workshop will begin at 10 a.m. and conclude by 12 p.m. Attendees will need to park at the offsite parking lot and allow time to take the shuttle to campus. This pre-conference activity is designed to provide hands-on experience focused on developing knife skills, which past attendees have found extremely useful. **Space is limited to 50 participants, and this workshop often sells out in advance.***
- 12:45 PM    An Insider's Tour of Select Napa Valley Wineries**  
*(\$95, pre-registration required)*  
*Plan to arrive at the CIA by 12:45 p.m. for registration, which will take place in the Atrium (1<sup>st</sup> floor) of the CIAs. Attendees will need to park at the offsite parking lot and allow time to take the shuttle to campus. Winery tour buses will start boarding at 1:00 p.m. Buses will depart at 1:30 p.m. for behind-the-scenes tours of select Napa Valley wineries. Buses will return to the CIA by 4:30 p.m.*
- 1:30 PM      Knife Skills Afternoon Workshop**  
*(\$165, pre-registration required)*  
*Plan to arrive at the CIA by 1 p.m. for registration, which will take place in the Atrium (1<sup>st</sup> floor) of the CIA. The two-hour workshop will begin at 1:30 p.m. and conclude by 3:30 p.m. Attendees will need to park at the offsite parking lot and allow time to take the shuttle to campus. This pre-conference activity is designed to provide hands-on experience focused on developing knife skills, which past attendees have found extremely useful. **Space is limited to 50 participants, and this workshop often sells out in advance.***

*Please note that pre-conference events do not include lunch. Our Copia Restaurant and Contimo Provisions (1<sup>st</sup> floor) will be open to eat in or take out, and may offer a discount to Healthy Kitchens, Healthy Lives attendees.*

*To register for pre-conference activities, please click [this link](#).*

## **Wednesday, February 5**

**7:45 AM      Registration for the Conference Opens**  
*Atrium (1<sup>st</sup> floor)*

**Light Registration Refreshments Available**  
*Mezzanine (2<sup>nd</sup> floor)*

**8:30 AM      Plenary Session I**  
*All plenary sessions will take place in the Chuck Williams Culinary Arts Museum & Conference Center (2<sup>nd</sup> floor) with additional viewing lounge areas on the Mezzanine.*

*Welcome and Opening Remarks*

**Healthy Kitchens, Healthy Lives: Welcome and Opening Remarks**

Speakers:    **Greg Drescher** (CIA)  
                  **David Eisenberg, MD** (Harvard)

*Presentation*

**Healthy Kitchens, Healthy Lives: Inspiration from World Kitchens**

*Can the flavors and culinary techniques found in traditional diets around the world inspire us to eat more healthfully? This session will examine the connections between world cuisines and current nutrition recommendations, as well as the convergence of these with vital sustainability imperatives.*

Presenter:    **Greg Drescher** (CIA)

**Exploration of Plant-Forward Cooking Techniques from Around the World**

*Culinary Demonstration*

**The World Spice Kitchen: Making Plant-Forward Craveable**

*Home cooks can learn a lot about flavoring vegetables, legumes, nuts and grains from Indian techniques with spices and herbs, as well as flavor insights from other global centers of spice culture. The chef will demonstrate how he makes vegetables shine using chiles, peppercorns, cumin, cilantro, mint, ginger, and more.*

Guest Chef:    **Chef Suvir Saran** (Chef, Author, Consultant)

*Culinary Demonstration*

**The Healthy Latin Kitchen: Plant-Forward, and Full of Flavor**

*A great salsa can transform a meal, adding tempting aromas and flavors. The chef will demonstrate three different culinary techniques for traditional Mexican salsas, and their uses in flavoring plant-forward dishes.*

Guest Chef:    **Chef Iliana de la Vega** (Chef, Restaurateur, Consultant)

*Culinary Demonstration*

**The Mediterranean Produce Kitchen: Pairing Vegetables with Grains and Legumes**

*Vegetable cooking is at the very core of the Mediterranean diet, and the chef will share flavor-forward techniques for making vegetables craveable. The chef will also demonstrate how to incorporate vegetables into legume and grain-based recipes to highlight their versatility in developing plant-forward meals.*

Guest Chef: **Chef Ana Sortun** (Chef, Restaurateur, Author)

**10:15 AM      Stretch and Networking Break**

**10:35 AM      Plenary Session II**

*Presentation*

**Healthy Kitchens for Healthy Lives: Take Home Messages and Teaching Kitchens of the Future**

*How can we eat, cook, move, and think more wisely in an overstimulated, convenience-driven world where abundant food choices tempt us 24/7? Which foods should we encourage or discourage and why? Might “teaching kitchens” serve as “learning laboratories” for health professionals, patients, employees, students and the general public? What might nutrition education and optimal health care delivery systems look like in 2050?*

Presenter: **David Eisenberg, MD** (Harvard)

*Culinary Demonstration*

**Strategy-Driven, Technique-Inspired, Simple, Nutritious and Inexpensive Cooking Strategies for Patients and Busy Families**

*In this session, we'll see how a seasoned chef integrates simple culinary strategies with a combination of store-bought and fresh “on-hand” ingredients to achieve quick, memorable home meals, all with an eye to the family budget.*

Guest Chef: **Chef Paul DelleRose, CHE, '94** (CIA)

*Culinary Demonstration*

**The Doctor-Chef Perspective: Nourishing Our Patients and Families**

*The prescription for many of the diseases that we see today is a change in diet and learning how to cook can be an important step in making this change. Fortunately, some doctors are just as comfortable in a kitchen as in a medical clinic. The presenters, both trained chefs and physicians, will demonstrate how well culinary skills translate to the medical profession with technique-driven recipes such as braised carrots with ginger and thyme and roasted sweet potatoes with crispy kale to help patients and families shift toward more plant-based diets.*

Introduction: **David Eisenberg, MD** (Harvard)

Presenters: **Julia Nordgren, MD, '13** (Palo Alto Medical Foundation)

**Auden McClure, MD, MPH** (Geisel School of Medicine at Dartmouth, Dartmouth-Hitchcock Culinary Medicine Program)

**DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT**

<b>12 PM</b>	<b>Tasting Lunch, Exhibition, Group Fitness Walks, and Author Book Signing</b> <i>Atrium (1<sup>st</sup> floor)</i>
	<b>Exploring a World of Healthy Flavors</b> <i>The tasting lunch and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America. Attendees can enjoy the meal at standing or seated tables.</i>
	<b>"Meet the Authors"</b> <i>Atrium (1<sup>st</sup> floor)</i>
	The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase during the book signing; at other times, attendees may purchase books in the campus store. <ul style="list-style-type: none"><li>• <b>Suvir Saran</b>, author of <u>Masala Farm</u>, and <u>Indian Home Cooking</u></li><li>• <b>Ana Sortun</b>, author of <u>Soframiz: Vibrant Middle Eastern Recipes from Sofra Bakery and Café</u></li></ul>
<b>12 PM</b> <b>&amp; 12:30 PM</b>	<b>Group Fitness Walk</b> <i>Meet at the front doors of Copia at either 12:00 pm (M-Z) or 12:30 pm (A-L) for a 20-minute walk around the Oxbow District, weather permitting. Note: These two groups will reverse their order for lunch on Thursday.</i> Leader: <b>Edward M. Phillips, MD</b> (Harvard Medical School/VA Boston Healthcare System)
<b>1 PM</b>	<b>Dessert Tasting</b> <i>Mezzanine (2<sup>nd</sup> floor)</i>
<b>1:15 PM</b>	<b>Plenary Session III</b> Moderator: <b>David Eisenberg, MD</b> (Harvard)  <i>Presentation</i> <b>Opportunities to Optimize Our Diets</b> <i>How do nutrition recommendations and conventional wisdom match the evidence about diet and health? What should we be telling patients about overall dietary patterns, and intake of individual nutrients like fats, carbohydrates, and calcium?</i> Presenter: <b>Walter Willett, MD, DrPH</b> (Harvard)

*Presentation*

**Deconstructing Popular Diets and the Benefits of Plant-Forward Eating Habits**

*Fad diets come and go, and sometimes come back again. How do we advise patients about the latest fad diets? What dietary patterns have the best adherence and long-term effects on weight and health? What do the latest US Dietary Guidelines offer in the way of useful guidance for all?*

Presenter: **Eric Rimm, ScD** (Harvard)

**2:40 PM      Moderated Interactive Q & A with Plenary Speakers**

*Note that there will be two additional opportunities for Q&A with these presenters – both after Plenary VIII on Thursday and during Workshop XIV on Friday.*

Moderator: **David Eisenberg, MD** (Harvard)

Panelists: **Walter Willett, MD, DrPH** (Harvard)  
**Eric Rimm, ScD** (Harvard)

**3:15 PM      Physical Activity Break and Time to Move to Hands-On Kitchen Sessions and Workshops**

**3:30 PM      KITCHEN SESSIONS AND WORKSHOPS, BLOCK #1**

*There are three blocks of time for hands-on cooking opportunities scheduled for over the course of the conference (one block each day). These sessions will give everyone attending the conference a chance to have one hands-on kitchen experience working alongside a CIA chef-instructor. Workshops are also being offered that, while not hands-on, focus on ingredients, tastings, techniques, demonstrations, practical culinary strategies, and counseling techniques that promote more healthful eating.*

**KITCHEN SESSIONS: BLOCK 1**

*Hestan Kitchen (2<sup>nd</sup> floor)*

**Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives**

*These hands-on sessions are intended to introduce attendees to the skills necessary to prepare several representative dishes from each of the food categories listed below. The emphasis will be on “Technique Driven, Recipe Inspired” culinary instruction.*

**A-1      The World Vegetable Kitchen**

*Participants in this hands-on kitchen session take inspiration from world cuisines to make vegetables appealing and delicious – from cardamom roasted cauliflower and balsamic beet salad to Tuscan bean soup. By implementing versatile techniques such as stir-frying, sautéing, and roasting, and using global flavors, spices, and whole grains, nourishing vegetables are transformed into craveable, yet approachable, delights.*

Chef Instructor: **Chef to be confirmed**

**B-1 Plant-Forward, Flavor Forward Cooking Strategies**

*Participants in this hands-on kitchen session learn how to create a diverse array of plant-forward dishes that are packed with protein, such as falafel with baba ganoush, white bean Caesar salad, and green papaya with shrimp and nuoc cham – no animals needed at the center of the plate. The healthy protein choices in these plant-forward recipes come to life deliciously by using techniques ranging from blending and baking to stewing and salad-making.*

Chef Instructor: **Chef Patrick Clark (HEB)**

**C-1 Healthy, Affordable & Delicious Cooking Strategies**

*Participants in this hands-on kitchen session learn to prepare a highly craveable, simply prepared, affordable, nourishing and delicious meals. Many versatile cooking techniques – from roasting to sautéing – will be demonstrated and utilized in addition to basic knife skills. The dishes, such as kale pesto pasta, thyme and rosemary roasted chicken, and basil-olive tomato sauce are approachable, economical, and delicious.*

Chef Instructor: **Chef Paul DelleRose, CHE, '94 (CIA)**

**WORKSHOPS: BLOCK 1**

Various campus locations

**Workshop I**

*Chuck Williams Culinary Arts Museum & Conference Center (2<sup>nd</sup> floor)*

**Healthy Flavors of Latin America: Exploring Ingredients and Flavor Dynamics**

*From the Caribbean and Mexico to Central and South America, Latin American countries and cuisines are diverse. This workshop will examine how ingredients and flavors in Latin American cuisines have been influenced by varied cultures including those indigenous to the Americas, Spain, and Africa. Key messages and methods to support healthy eating for Latinos in the US and abroad will be presented. It will also include a look at the health promoting aspects of traditional diets including ingredients such as legumes fruits, vegetables, spices and herbs, as well as demonstrations of easy, healthful recipes.*

Presenters: **Connie Guttersen, PhD, RDN** (Chef, Author, Consultant)

**Chef Iliana de la Vega** (Chef, Restaurateur, Consultant)

**Workshop II**

*Ecolab Theater (1<sup>st</sup> floor)*

**Children's Nutrition: Helping Parents Raise Healthy, Happy Eaters**

*Children's nutrition begins at home, and feeding can be challenging for parents. This workshop starts with a discussion of how food preferences and eating habits develop, why some children are picky eaters, the roles of parents versus children, and how to help parents avoid food battles. The chef then demonstrates healthy,*

*appealing recipes kids can help shop for and prepare. Participants will get to taste some of the items prepared by the chef at the end of the workshop.*

Presenters: **Julia Nordgren, MD, '13** (Palo Alto Medical Foundation)  
**Chef Ana Sortun** (Chef, Restaurateur, Author)

### **Workshop III**

*Napa Valley Vintners Theater (1<sup>st</sup> floor)*

#### **Wine: The Latest Research on Health Impacts plus a Guided Tasting**

*Overall wine consumption in the United States has risen 30% in the past decade, and the nation has overtaken Italy as the #2 consumer of wine, second only to France. As the title suggests, this workshop provides an overview of the science regarding the health impact of moderate alcohol consumption, including wine, beer, and spirits.*

*The workshop ends with a guided tasting of six wines.*

Presenters: **Eric Rimm, ScD** (Harvard)  
**Traci Dutton** (CIA)

### **Workshop IV**

*Food Business School Classroom (2<sup>nd</sup> floor)*

#### **Mood & Food: Managing Mental Health through Diet and Lifestyle**

*The nascent field of diet and lifestyle psychiatry is building a threshold of evidence that can now be applied by experts as they endeavor to improve global mental health. This session, led by esteemed MD-chefs, covers a breadth of landmark publications establishing the field of lifestyle psychiatry and digs deeper into many specific topics including using diet, exercise, and nutrient interventions for the treatment of depressive and cognitive disorders, how different dietary approaches may impact global mental health, and examines detailed mechanisms including the gut-brain axis and neuro-oxidative stress.*

Moderator: **David Eisenberg, MD** (Harvard)

Presenters: **Jonathan Burgess, MD**  
**Umadevi Naidoo, MD** (Harvard Medical School/Massachusetts General Hospital)

**5:30 PM**

#### **Happy Hour, Networking, and Exhibitor Passport Reception**

*Atrium (1<sup>st</sup> floor)*

#### **Featuring Bronze and Copper Exhibitors**

*All attendees are invited to participate in the exhibitor passport reception featuring Healthy Kitchens, Healthy Lives exhibitors, Napa Valley vintners and their phenomenal wine, and small bites. Anyone who gets their passport stamped by every exhibitor may enter the raffle and the chance to win prizes, including signed books from Healthy Kitchens, Healthy Lives faculty, prizes from exhibitors, and a registration for the 2021 Healthy Kitchens, Healthy Lives conference. The raffle*

*drawing will take place during the Thursday evening reception at 6:25 pm and winners must be present to win.*

**“Meet the Authors”**

*Atrium (1<sup>st</sup> floor)*

The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase in the Barrel Room during the book signing; at other times, attendees may purchase books in the campus store.

- **Sophie Egan, MPH**, author of Devoured
- **Connie Guttersen, RD, PhD**, author of The Love Diet, The New Sonoma Diet and The New Sonoma Cookbook

**6:30 PM      Program Concludes for the Day – Enjoy Dinner on Your Own**

*\*\* Enjoy dinner on your own in the Napa Valley. Please make reservations for 7:00 PM or later. Find links to popular restaurants at [www.healthykitchens.org](http://www.healthykitchens.org)*

## **Thursday, February 6**

**7:15 AM      Napa Valley Breakfast Buffet**

*Mezzanine (2<sup>nd</sup> floor)*

**7:50 AM      Brief Presentation**

**A Culinary Nutrition Review of the Breakfast Menu**

Presenter:    **Kristen Rasmussen, MS, RDN (CIA)**

**8 AM           Plenary Session IV**

*Presentation*

**Updates and Inspiration from Teaching Kitchen Collaborative Members**

*The Teaching Kitchen Collaborative, established in 2015 by the CIA and Harvard Chan School ([www.tkcollaborative.org](http://www.tkcollaborative.org)), now has 35+ members with teaching kitchens in hospitals, large health systems, medical schools, corporate worksites, K-12 schools, colleges, retirement communities, YMCA's and VA settings. In this plenary, selected members of the Teaching Kitchen Collaborative will showcase their respective, innovative teaching kitchen programs; and, ways in which TKC members are working toward the creation of reproducible (and testable) teaching kitchen models.*

Moderator:    **David Eisenberg, MD (Harvard)**

Presenters:    **John “Wesley” McWhorter, MS, RDN** (University of Texas School of Public Health)

**Additional panelists to be announced**

<b>9 AM</b>	<b>Time to Move to Hands-On Kitchen Sessions and Workshop</b>
<b>9:15 AM</b>	<b>KITCHEN SESSIONS AND WORKSHOPS, BLOCK #2</b> <i>Hestan Kitchen (2<sup>nd</sup> floor)</i> <b>Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives</b> <i>These hands-on sessions are intended to introduce attendees to the skills necessary to prepare several representative dishes from each of the food categories listed below. The emphasis will be on “Technique Driven, Recipe Inspired” culinary instruction.</i>
<b>A-2</b>	<b>The World Vegetable Kitchen</b> <i>Participants in this hands-on kitchen session take inspiration from world cuisines to make vegetables appealing and delicious – from cardamom roasted cauliflower and balsamic beet salad to Tuscan bean soup. By implementing versatile techniques such as stir-frying, sautéing, and roasting, and using global flavors, spices, and whole grains, nourishing vegetables are transformed into craveable, yet approachable, delights.</i> Chef Instructor: <b>Chef to be confirmed</b>
<b>B-2</b>	<b>Plant-Forward, Flavor Forward Cooking Strategies</b> <i>Participants in this hands-on kitchen session learn how to create a diverse array of plant-forward dishes that are packed with protein, such as falafel with baba ganoush, white bean Caesar salad, and green papaya with shrimp and nuoc cham – no animals needed at the center of the plate. The healthy protein choices in these plant-forward recipes come to life deliciously by using techniques ranging from blending and baking to stewing and salad-making.</i> Chef Instructor: <b>Chef Patrick Clark (HEB)</b>
<b>C-2</b>	<b>Healthy, Affordable &amp; Delicious Cooking Strategies</b> <i>Participants in this hands-on kitchen session learn to prepare a highly craveable, simply prepared, affordable, nourishing and delicious meals. Many versatile cooking techniques – from roasting to sautéing – will be demonstrated and utilized in addition to basic knife skills. The dishes, such as kale pesto pasta, thyme and rosemary roasted chicken, and basil-olive tomato sauce are approachable, economical, and delicious.</i> Chef Instructor: <b>Chef Paul DelleRose, CHE, '94 (CIA)</b>

## **WORKSHOPS: BLOCK 2**

### **Workshop VI**

*Chuck Williams Gallery and Conference Center (2<sup>nd</sup> floor)*

### **Healthy Flavors of Asia: Exploring Ingredients and Flavor Dynamics**

*Foods and flavor profiles vary across Asia, but traditional diets are associated with low risk of many chronic diseases. This workshop will examine how ingredients,*

*cooking techniques and flavors used in Asian culture can be used to create healthful, easy-to-prepare recipes. The chefs will take common ingredients (focusing on fruits, vegetables, chicken, and seafood) and show how to use various Asian spices, flavor strategies and cooking methods to create a wide variety of healthy & delicious side dishes, salads and main courses.*

Moderator: **Kristen Rasmussen** (CIA)

Presenters: **Chef Alexander Ong** (Chef, Consultant)

**Chef Suvir Saran** (Chef, Author, Consultant)

### **Workshop VII**

*Ecolab Theater (1<sup>st</sup> floor)*

#### **Making Healthier Food Options Available to Populations of Food Insecure Individuals**

*The Teaching Kitchen is a powerful tool to educate and empower patients looking to improve their health. But what happens when access, not knowledge, is the barrier to better nutrition? This session will challenge participants to plan a nutritious meal on a food stamp budget, highlight veggie prescription programs from across the country, and demonstrate delicious, healthful and low-cost recipes to fit any budget.*

Presenters: **Brian Frank, MD** (Oregon Health & Science University)

**Auden McClure, MD, MPH** (Geisel School of Medicine at Dartmouth, Dartmouth-Hitchcock Culinary Medicine Program)

### **Workshop VIII**

*Private Dining Rooms (1<sup>st</sup> floor)*

#### **The Teaching Kitchen Collaborative: An Education and Research Community**

*Learn more about the history, aspirations and range of teaching kitchens across various settings. You'll have the opportunity to ask questions about (a) whether it makes sense for you and your teaching kitchen colleagues to apply to join the Teaching Kitchen Collaborative (TKC) or explore other ways to work in collaboration with the TKC; (b) ways to enhance your current teaching kitchen program(s) and/or to find and collaborate with other teaching kitchen programs in your city; and (c) ways in which teaching kitchens may serve as "learning labs" and catalysts of personal and societal health enhancement over the coming decade and beyond.*

Moderator: **David Eisenberg, MD** (Harvard)

Presenters: **John "Wesley" McWhorter, MS, RDN** (University of Texas School of Public Health)

**Additional presenters to be confirmed**

### **Workshop IX**

*Food Business School Classroom (2<sup>nd</sup> floor)*

#### **Mind-Body Medicine Interactive Workshop: Tools for Reducing Stress and Fostering Resilience and Well-Being**

*Participants in this workshop will leave the session with an introduction to the reality of stress and burnout: the physiology of stress, and the evidence in support of*

*mind-body therapies such as meditation. Beyond gaining scientific insights imparted by Dr. Haramati, participants will be given unique experiential learning opportunities: skills for connecting mind and body, and how those relate to optimal synergies between healthy eating, physical activity, and other lifestyle interventions to promote well-being.*

Presenter: **Aviad "Adi" Haramati, PhD** (Georgetown University)

**11:15 AM Light Refreshment Break/Time to Walk Back to Plenary Sessions**

**11:30 AM Plenary Session V**

*Presentation*

**Mindful Eating, Mindful Life**

*Learning to eat and live mindfully is the key to optimizing health and fostering inner peace. This session will examine the physiologic mechanisms of why mindfulness is an antidote to the deleterious effects of chronic stress and how we can develop mindful practices to improve our own health and the health of those around us. We need to pay attention to what we eat, how we eat, and why we eat what we eat. The session will provide an experiential introduction to mindfulness practice and tips on how to apply mindfulness to our daily routines and to the lives of our patients, students, colleagues and families.*

Moderator: **David Eisenberg, MD** (Harvard)

Presenter: **Aviad "Adi" Haramati, PhD** (Georgetown University)

*Presentation*

**Clinical Pearls for Transforming Lives**

*In this session, Dr. Peña will share some "clinical pearls," her deceptively simple and extremely effective messages and techniques for working with patients to change eating habits and lifestyle, that she has developed over years of thoughtful clinical practice.*

Moderator: **David Eisenberg, MD** (Harvard)

Presenter: **Heather Peña, MD** (Private Practice)

**12:45 PM Tasting Lunch, Exhibition, Group Fitness Walks, and Author Book Signing  
Atrium (1<sup>st</sup> floor)**

**Exploring a World of Healthy Flavors**

*The tasting lunch and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America. Attendees can enjoy the meal at standing or seated tables.*

**"Meet the Authors"**

*Atrium (1<sup>st</sup> floor)*

**DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT**

The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase during the book signing; at other times, attendees may purchase books in the campus store.

- **Walter Willett, MD, DrPH, author of Eat, Drink, and Be Healthy**
- **Julia Nordgren, MD, '13, author of The New Family Table**

**12:45 PM      Group Fitness Walk**

*Meet at the front doors of Copia at either 12:45 pm (A-L) or 1:15 pm (M-Z) for a 20-minute walk around the Oxbow District, weather permitting. Note: These two groups will reverse their order for lunch on Friday.*

Leader:      **Edward M. Phillips, MD** (Harvard Medical School/VA Boston Healthcare System)

**1:45 PM      Healthy “Dessert Flip” Tasting**

*Mezzanine (2<sup>nd</sup> floor)*

**2 PM           Plenary Session VI**

Moderator:    **David Eisenberg, MD** (Harvard)

*Presentation*

**Tools for Busy Clinicians: Engaging Patients about Weight Management and Optimal Nutrition**

*How can a busy clinician effectively address nutrition and weight concerns in a short office visit? This session explores the challenges and offers practical tips on counseling patients about healthy eating while staying body positive.*

Presenter:    **Helen Delichatsios, MD** (Harvard)

*Presentation*

**Nutritional Assessment and Helping Patients Navigate Carbohydrates and Gluten**

*This session offers practical solutions for choosing carbohydrate foods at home, when eating out, and snacking. The incidence of celiac disease and gluten intolerance will be discussed.*

Presenter:    **Kathy McManus, MS, RDN** (Brigham and Women's Hospital)

**2:55 PM       Moderated Interactive Q & A with Plenary Speakers**

Moderator:    **David Eisenberg, MD** (Harvard)

Panelists:     **Helen Delichatsios, MD** (Harvard)

**Kathy McManus, MS, RDN** (Brigham and Women's Hospital)

**DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT**

<b>3:15 PM</b>	<p><b>Plenary Session VII</b></p> <p><i>Presentation</i></p> <p><b>Physical Activity: How Do You and Your Patients Get Moving?</b></p> <p><i>Eating well must be combined with physical activity for an overall healthy lifestyle. This session will explore the evidence for the importance of physical activity, where physical activity fits into weight management, and the dangers of being sedentary. The presenter will offer guidelines for amounts and intensity of physical activity, and discuss how to write an exercise prescription.</i></p> <p>Moderator: <b>David Eisenberg, MD</b> (Harvard)</p> <p>Presenter: <b>Edward M. Phillips, MD</b> (Harvard Medical School/ VA Boston Healthcare System)</p>
<b>4 PM</b>	<p><b>Physical Activity, Stretch, and Networking Break</b></p>
<b>4:30 PM</b>	<p><b>Plenary Session VIII</b></p> <p><i>Presentation</i></p> <p><b>Protein: The Macronutrient at the Intersection of Human and Environmental Health</b></p> <p><i>What does the latest science tell us about rebalancing our plates, menus, and recipes? How much protein do we eat, how much do we need, and how do our protein choices affect our planet? Should alternative meat have a place at the table? This session explores the state of the American diet, producing and eating protein (including popular but controversial plant-based meat alternatives), and the role healthcare professionals play at the intersection of protein, human and environmental health.</i></p> <p>Introduction: <b>Sophie Egan, MPH</b> (CIA)</p> <p>Presenter: <b>Christopher Gardner, PhD</b> (Stanford University)</p>
<b>5:40 PM</b>	<p><i>Culinary Presentation</i></p> <p><b>Plant-Forward Plate Strategies in the Relentless Pursuit of Deliciousness</b></p> <p><i>In this session, we'll learn a few techniques to help utilize the "protein-flip" and "Three Pleasures" concepts for delicious, nourishing, and visually appealing preparations that you can take back home.</i></p> <p>Presenters: <b>Kristen Rasmussen, MS, RDN</b> (CIA) <b>Chef Paul DelleRose, CHE, '94</b> (CIA)</p> <p><b>Moderated Interactive Q &amp; A with Plenary III and VIII Speakers</b></p> <p>Moderator: <b>David Eisenberg, MD</b> (Harvard)</p> <p>Panelists: <b>Christopher Gardner, PhD</b> (Stanford University) <b>Eric Rimm, ScD</b> (Harvard) <b>Walter Willett, MD, DrPH</b> (Harvard)</p>

**DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT \*\*\* SUBJECT TO CHANGE \*\*\* DRAFT**

**6 PM**      **Wine and Exhibitor Passport Reception**  
Atrium (1<sup>st</sup> floor)

***Featuring Supporting, Contributing, and Corporate Exhibitors***

*All attendees are invited to participate in the exhibitor passport reception featuring Healthy Kitchens, Healthy Lives exhibitors and several Napa Valley vintners and their phenomenal wines. Anyone who gets their passport stamped by every exhibitor may enter the raffle and the chance to win prizes, including signed books from Healthy Kitchens, Healthy Lives faculty, prizes from exhibitors, and a registration for the 2021 Healthy Kitchens, Healthy Lives conference. The raffle drawing will take place at 6:55 pm and winners must be present to win.*

***“Meet the Authors”***

*The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase during the reception; at other times, attendees may purchase books in the campus store.*

- **Edward M. Phillips**, co-author of Organize Your Emotions, Optimize Your Life

**7 PM**      **Program Concludes for the Day – Enjoy Dinner on Your Own**

*\*\* Enjoy dinner on your own in the Napa Valley. Please make reservations for 7:30 PM or later. Find links to popular restaurants at [www.healthykitchens.org](http://www.healthykitchens.org)*

## **FRIDAY, FEBRUARY 7**

**7:15 AM**      **Napa Valley Breakfast Buffet**  
Mezzanine (2<sup>nd</sup> floor)

**7:50 AM**      *Brief Presentation*  
**A Culinary Nutrition Review of the Breakfast Menu**  
Presenter:     **Kristen Rasmussen, MS, RDN (CIA)**

**8 AM**      **Plenary Session IX**  
*Presentation and Culinary Demonstration*  
**Food Insecurity: Why It Matters and How Busy Clinicians Can Make a Difference**  
*Did you know the average food stamp budget is \$1.50 per meal? What if our patients' health issues aren't a result of their choice of foods but, rather, whether they can afford food at all? Food insecurity is responsible for billions of dollars of preventable illness each year. This session will review the clinical significance of food insecurity, and provide busy clinicians with the tools to "screen and intervene"*

*without running behind schedule. We'll also demonstrate some delicious and healthful recipes for families with limited budgets.*

Moderator: **David Eisenberg, MD** (Harvard)

Presenters: **Brian Frank, MD** (Oregon Health & Science University)

**Auden McClure, MD, MPH** (Geisel School of Medicine at Dartmouth, Dartmouth-Hitchcock Culinary Medicine Program)

**9 AM      Break/Time to Walk Back to Kitchen Sessions and Workshops**

**9:15 AM    KITCHEN SESSIONS AND WORKSHOPS, BLOCK #3**

*Hestan Kitchen (2<sup>nd</sup> floor)*

**Inside the Healthy Kitchen: Techniques and Skills for Healthier Lives**

*These hands-on sessions are intended to introduce attendees to the skills necessary to prepare several representative dishes from each of the food categories listed below. The emphasis will be on "Technique Driven, Recipe Inspired" culinary instruction.*

**A-3    The World Vegetable Kitchen**

*Participants in this hands-on kitchen session take inspiration from world cuisines to make vegetables appealing and delicious – from cardamom roasted cauliflower and balsamic beet salad to Tuscan bean soup. By implementing versatile techniques such as stir-frying, sautéing, and roasting, and using global flavors, spices, and whole grains, nourishing vegetables are transformed into craveable, yet approachable, delights.*

Chef Instructor: **Chef to be confirmed**

**B-3    Plant-Forward, Flavor Forward Cooking Strategies**

*Participants in this hands-on kitchen session learn how to create a diverse array of plant-forward dishes that are packed with protein, such as falafel with baba ganoush, white bean Caesar salad, and green papaya with shrimp and nuoc cham – no animals needed at the center of the plate. The healthy protein choices in these plant-forward recipes come to life deliciously by using techniques ranging from blending and baking to stewing and salad-making.*

Chef Instructor: **Chef Patrick Clark (HEB)**

**C-3     Healthy, Affordable & Delicious Cooking Strategies**

*Participants in this hands-on kitchen session learn to prepare a highly craveable, simply prepared, affordable, nourishing and delicious meals. Many versatile cooking techniques – from roasting to sautéing – will be demonstrated and utilized in addition to basic knife skills. The dishes, such as kale pesto pasta, thyme and rosemary roasted chicken, and basil-olive tomato sauce are approachable, economical, and delicious.*

Chef Instructor:     **Chef Paul DelleRose, CHE, '94 (CIA)**

**WORKSHOPS: BLOCK 3**

**Workshop XI**

*Chuck Williams Gallery and Conference Center (2<sup>nd</sup> floor)*

**Healthy Flavors of the Mediterranean: Exploring Ingredients and Flavor Dynamics**

*The traditional Mediterranean diet is associated with reduced risk of chronic disease. This workshop begins with an overview of the traditional and contemporary Mediterranean diets, including evidence showing how following a Mediterranean-style eating pattern can be an effective weight loss/management strategy.*

*Participants then enjoy interactive culinary demonstrations and tastings of Mediterranean ingredients and dishes.*

Presenters:     **Kathy McManus, MS, RDN** (Brigham and Women's Hospital)

Guest Chef to be confirmed

**Workshop XII**

*Ecolab Theater (1<sup>st</sup> floor)*

**Incorporating Cooking Demonstrations into Group Visits: Strategies & Billing Logistics**

*Are group visits feasible in your current practice setting? Absolutely! Come learn strategies for developing group visits that include a cooking demonstration as a sustainable part of your practice. Dr. Delichatsios will review patient flow, billing logistics, and simple meals that can be assembled in a “minimal pop-up kitchen” – a setting without running water or a stove top. Chefs Suvir Saran and Alex Ong will expand the culinary possibilities by exploring global flavors and teaching the audience simple American and Asian recipes that can be shared with patients.*

Presenters:     **Helen Delichatsios, MD** (Harvard)

**Chef Alexander Ong** (Chef, Consultant)

**Chef Suvir Saran** (Chef, Consultant)

**Workshop XIII**

*Napa Valley Vintners Theater (1<sup>st</sup> floor)*

**The Plant-Forward Southern Kitchen: Creating Vegetable Centric, Delicious Meals**

*Can Southern food be healthy without losing its authenticity? This workshop will examine the connection between southern flavors, spices, and a plant-forward*

*consumption pattern. The chef will use accessible, sustainable ingredients and simple culinary techniques that put vegetables at the center of the Southern Plate while maintaining the cuisine's cultural heritage. All dishes demonstrated in this session will be quick, affordable, healthy, delicious, and easy to make.*

Moderator: **David Eisenberg, MD** (Harvard)

Presenter: **John "Wesley" McWhorter, MS, RDN** (University of Texas School of Public Health)

#### **Workshop XIV**

*Food Business School Classroom (2<sup>nd</sup> floor)*

#### **Food, Health, and Sustainability: A Range of Emerging Perspectives**

*Sustainability of our food system and its ability to provide nutritious, delicious food for all is fundamental to our health and the health of the planet. Contemporary efforts to define a sustainable diet began decades ago and have now reached an unprecedented level of urgency including the recent groundbreaking EAT-Lancet report. The healthcare sector and medical profession play a major role in determining if we successfully change how we produce and consume our food. This workshop will examine the relationship between food and sustainability – including recommendations from the EAT-Lancet Commission on Food, Planet, and Health – key principles and examples of sustainable diets, food systems, and emerging sustainability programs across the healthcare sector.*

Moderator: **Sophie Egan, MPH** (CIA)

Presenters: **Christopher Gardner, PhD** (Stanford University)

**Eric Rimm, ScD** (Harvard)

**Walter Willett, MD, DrPH** (Harvard)

**11:15 AM Break/Time to Walk Back to Plenary Sessions**

**11:30 AM Plenary Session X**

#### **Tips, Tools, and Practical Advice for Patients (and All of Us)**

Moderator: **David Eisenberg, MD** (Harvard)

*Presentation*

#### **Advising Primary Care Patients about Vitamins, Chocolate, Coffee and More**

*Patients frequently ask their clinicians questions about nutrition beyond macronutrients. The evidence for commonly used vitamins and minerals will be reviewed, along with updates on food allergies, coffee, sleep, chocolate, and non-nutritive sweeteners.*

Presenter: **Helen Delichatsios, MD** (Harvard)

*Presentation*

**Guiding the Primary Care Patient on Digital Tools**

*In this age of apps and artificial intelligence, how should primary care providers approach their patients who are using digital tools to manage weight and improve health? This session will discuss what role, if any, a primary care provider should play and explores the future of digital health tools.*

Presenter: **Mark Berman, MD** (One Medical Group)

**12:30 PM Tasting Lunch, Exhibition, Group Fitness Walks, and Author Book Signing**  
*Atrium (1<sup>st</sup> floor)*

**Exploring a World of Healthy Flavors**

*The tasting lunch and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America. Attendees can enjoy the meal at standing or seated tables.*

**“Meet the Authors”**

*The following conference nutrition and culinary faculty will be signing books during this time. Books will be available for purchase during the reception; at other times, attendees may purchase books in the campus store.*

- **Justin & Erica Sonnenburg, PhDs**, authors of The Good Gut: Taking Control of Your Weight, Your Mood and Your Long-Term Health

**12:30 PM & 1 PM Group Fitness Walk**  
*Meet at the front doors of Copia at either 12:30 pm (M-Z) or 1:00 pm (A-L) for a 20-minute walk around the Oxbow District, weather permitting.*  
Leader: **Edward M. Phillips, MD** (Harvard Medical School/ VA Boston Healthcare System)

**1:30 PM Nuts, Fruit & Dark Chocolate “Three Pleasures” Dessert Tasting**  
*Mezzanine (2<sup>nd</sup> floor)*

**1:45 PM Plenary Session XI**  
*Presentation*  
**Diet as Key Lever to Nurture a Healthy Gut Microbiome**  
*The trillions of microbes that inhabit each human’s gut profoundly influence health. How can we nurture this community to improve our health and longevity? This presentation will discuss new research defining a healthy microbiome and how diet can shape our important community of microbes.*  
Moderator: **David Eisenberg, MD** (Harvard)  
Presenters: **Justin Sonnenburg, PhD** (The Sonnenburg Lab, Stanford University School of Medicine)

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**Erica Sonnenburg, PhD** (The Sonnenberg Lab, Stanford University School of Medicine)  
**Kristen Rasmussen, MS, RDN** (CIA)  
**Guest Chef to be confirmed**

**3:05 PM      Closing Plenary Session XII**

*Closing Discussion*

**Healthy Kitchens, Healthy Lives: Reflections and Ways Forward**

*Dr. Eisenberg and the audience will continue to explore challenges and successes in helping patients and clients acquire necessary skills and knowledge to improve eating habits. We will ask attendees to share their experiences and questions about the establishment of Teaching Kitchens and related programs in their unique settings. There will be time for audience Q&A, sharing, and reflections about lessons learned from the conference.*

Moderator: **David Eisenberg, MD** (Harvard)

**Closing Remarks**

Speakers: **David Eisenberg, MD** (Harvard)  
**Greg Drescher** (CIA)

**3:30 PM      Conference Concludes**

***Optional Post-Conference Hands-on Cooking Workshops***

**FRIDAY, FEBRUARY 7**

**5 - 8 PM      Healthy Cooking: Mastering the Skills (\$250, pre-registration required)**

*Hestan Kitchen (2<sup>nd</sup> floor)*

*Are you interested in further developing culinary skills and learning more techniques and recipes for creating healthy and delicious meals at home? In this 3-hour hands-on cooking course, global flavors and fresh, whole foods are your inspiration, and culinary tips, tricks and techniques are your guide! You'll further expand your culinary toolbox while preparing a diverse menu of delicious and naturally good-for-you dishes. Plan to arrive at the CIA by 4:45 p.m. for registration, which will take place in the Atrium (1<sup>st</sup> floor) of the CIA. The three-hour workshop will begin at 5:00 p.m. and conclude by 8:00 p.m. – dinner and wine are included in the workshop.*

***Space is limited; register early to secure your spot.***

**SATURDAY, FEBRUARY 8**

**10:30 AM -    Healthy Flavors of the Mediterranean Table (\$250, pre-registration required)**

*Hestan Kitchen (2<sup>nd</sup> floor)*

*Exquisite in its simplicity and representative of the casual entertaining throughout the Mediterranean, these flavors are all the rage! From light finger foods to healthy main dishes, this intriguing class will introduce you to the recipes and techniques for preparing the small plates of the Mediterranean. We'll use ingredients such as olive oil, almonds, piquillo peppers, whole grains, smoky paprika as we develop delicious, craveable plant-forward dishes full of flavor. Plan to arrive at the CIA by 10:15 a.m. for registration, which will take place in the Atrium (1<sup>st</sup> floor) of the CIA. The three-hour workshop will begin at 10:30 a.m. and conclude by 1:30 p.m. – lunch and wine are included in the workshop.*

***Space is limited; register early to secure your spot.***

**To register for optional post-conference events, please click <http://tinyurl.com/2020hkhl>**