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Culinary Medicine

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Culinary Medicine: an innovative way to teach basic culinary skills and nutrition concepts



Background:

Medical providers who are knowledgeable about nutrition have been shown to be more likely to discuss healthy eating with their patients

The majority of chronic disease in America has a dietary component

What we did:

Pilot 4th year medical school elective in blocks 7 and 13 for the UNM SOM Class of 2018

Culinary lab/teaching kitchen 4 hours/week with chef, dietician

Seminars: 6 hours per week

Clinical Rotations: 8 hours spend with an inpatient RDN

RoadRunner Food Bank tour

Online curriculum—Goldring Center for Culinary Medicine



Outcomes:

“Best course I took in medical school.”

“It helped me in my own life with wellness and mindfulness.”

Future plan:

- 4th year medical student elective blocks 6 and 13 CO2019
- Increase culinary lab to 4-8 hours per week
- Add tour of cheese making dairy farm
- Add outpatient RDN observation
- Food Safety and Sanitation
- Weight Management
- Fats & Lipids
- Food and Neurocognition
- Food Allergy and Inflammation
- Sodium, Hypertension and Renal Physiology +optional modules