February 2018 Faculty Biographies

ZANDRA ALFORD, MPH, is the Foods and Nutrition Extension Associate at the Department of Agricultural and Human Sciences at North Carolina State University. In this role, she provides programmatic expertise on the intersection of food, nutrition, and health, with an emphasis on consumer food preparation. Zandra is involved in projects that support healthy food access in a variety of settings including food pantries, childcare centers, and food retail. Her work involves providing program support, material development, and relevant training for North Carolina Cooperative Extension staff and partners in the areas of foods and nutrition programming. Zandra received a Master of Public Health Degree from the University of Arizona and has worked in public health programming, research implementation, community outreach, and education. (Raleigh, NC)

MARK BERMAN, MD, is an internal medicine physician and social entrepreneur whose work focuses on obesity, plant-based diets, and health information technology. Mark was born in South Africa and grew up in Canada. He studied physical therapy at McGill University, medicine at Yale University, and primary care internal medicine and population medicine at Harvard’s Brigham and Women’s Hospital. He was a Doris Duke Clinical Research Fellow at UCSF and later served as the special assistant to the CEO and president for Childhood Obesity at the Robert Wood Johnson Foundation. Mark is the past medical director of Keas Inc., an employee health-gaming software company and former VP of health for Mark One Lifestyle Inc, a consumer health device company. At present, Mark directs and practices lifestyle and obesity medicine at One Medical Group in San Francisco and is the head of health for FareWell, a lifestyle medicine health technology startup. He is also a director and fellow of the American College of Lifestyle Medicine. (San Francisco, CA)

LAURA BRAININ-RODRIGUEZ, MPH, MS, RD, is with Nutrition Services of the San Francisco Department of Public Health where she provides staff and provider training and consultation and develops and implements community nutrition education programs for the Nutrition Education and Obesity Prevention Branch of the California Department of Public Health. Laura’s project reaches over 32,000 people each year through presentations, technical assistance, nutrition education materials, and community partnerships, and 2-5 million a year through media outreach. She also works to disseminate a Spanish-English “train-the-trainer” cooking curriculum developed by the Feeling Good Project originally for use by agencies that serve the San Francisco Mission District’s Latino community, but now used as resource by the Hawaii Department of Public Health, the NYC Department of Public Health, the Cleveland Clinic and many others. Laura is co-editor of the San Francisco Food, Nutrition and Agriculture Directory, 6th Edition (2017). She has taught at University of California, San Francisco School of Nursing, San Francisco State University, City College of San Francisco, St. Mary’s College, Universidad Centroamericana in Nicaragua, and UC Berkeley Extension. Laura has given hundreds of presentations for lay and professional audiences on the role of nutrition in health promotion.
She has also provided individual nutrition consultation to more than 10,000 people seeking to improve their nutritional well-being. (San Francisco, CA)

**AARON BROWN** is an associate professor at The Culinary Institute of America at Greystone. Before graduating from Portland’s Western Culinary Institute (now Le Cordon Bleu), Aaron worked as a cook, caterer, and baker. After an apprenticeship at Grand Central Bakery in Seattle, Aaron opened his own artisan bread bakery. He later worked as head baker and pastry chef at Il Fornaio in Portland, Las Vegas, and finally in Denver; in 1997 he won the company’s baker of the year award. Before coming to work at The Culinary Institute of America at Greystone in 2004, Aaron started Big River Breads, a wholesale artisan bakery in Corvallis, Oregon. Aaron started the Café Operations class for the Baking and Pastry AOS program and opened the Illy Café on the Greystone campus where he teaches general baking skills, bread baking, and specialty baking classes. (Napa Valley, CA)

**PATRICK CLARK, CHE** is The Culinary Academy Dean for HEB, a regional Grocery retailer in Texas and Mexico with over 360 stores. Prior to the Recent appointment to HEB Patrick worked as an Associate Professor at The Culinary Institute of America in both Napa Valley and San Antonio. Patrick continues to be a part of the CIA community supporting conferences. Formerly he taught in the college’s degree, certificate, and custom continuing education programs. Patrick came to the CIA from the newly renovated Sutro’s restaurant in the historic Cliff House in San Francisco, where he won accolades for his farm fresh, California coastal cuisine. Patrick’s career has also included time with Ritz Carlton Hotels, California Café Corp as well as several private Clubs. Throughout his time as a Chef and Educator Patrick has shared his culinary passion for seasonal, local, and organic foods. He was a member of the 1992 Chain de Rotisseurs —Culinary Team, USA that garnered 26 medals. He is a high honors graduate of the California Culinary Academy, Former President of the San Francisco Chapter of the American Culinary Federation, a gentleman Farmer, and Winemaker. (San Antonio, TX)

**STACIA CLINTON, RD, LDN**, is national director for the Healthy Food in Health Care Program, an initiative of the global non-profit organization Health Care Without Harm where she guides local and sustainable institutional purchasing and policy action through their network of over 1,000 facilities nationwide and serves as an advisor to the organization on the impact of diet on individual and environmental health. Stacia is chair of the Clinician Champions in Comprehensive Antibiotic Stewardship (CCCAS) collaborative, a joint effort of the Pediatric Infectious Disease Society and Health Care Without Harm. She has extensive experience in the field of food service and clinical nutrition management with past positions in small and large scale health care facilities. Her commentary has been featured in publications such as Today’s Dietitian, Food Service Director Magazine and Time Magazine. (Portsmouth, NH)

**ILIANA DE LA VEGA** won worldwide acclaim for her restaurant and cooking school in Oaxaca, El Naranjo, which was featured in numerous newspapers and magazines, such as *The New York Times* and *Bon Appetit*. The reincarnation of El Naranjo, in Austin, has been recognized as the best Mexican restaurant in the city. Before the brick and mortar restaurant came into being,
Iliana owned El Naranjo Mobile and Catering, a successful food trailer that was called, “the only real Mexican restaurant in Texas” by *The Texas Monthly*. She is a passionate teacher, and she served as the Mexican/Latin cuisines specialist for The Culinary Institute of America (CIA) from 2007 to 2012. In 2014, the Mexican government granted her the prestigious Ohtli award in recognition for her work with the Hispanic population and for furthering Mexican gastronomy. Also in 2014, the Hispanic Chamber of Commerce named her “Hispanic Female Entrepreneur of the Year.” She currently also serves as a consultant for the prestigious Stanford University Dinning Enterprises. Along with her daughter Isabel, Iliana conducts culinary tours to different parts of Mexico. Through El Naranjo and the culinary trips, she keeps her dream of sharing the food and culture of Mexico with the world alive. (Austin, TX)

**HELEN DELICHATSIOS, MD, SM** is a clinician-educator at Massachusetts General Hospital. Helen has developed educational tools on nutrition which she applies with her patients in her busy practice and to teach her medical students and residents. Her research interests and publications concern effective nutrition and obesity counseling methods in the primary care office, and she runs shared medical appointments for patients with metabolic disorders with an emphasis on self-management and teaching through cooking. At Harvard Medical School, Helen directed the preventive medicine and nutrition course and led the transition to the new clinical nutrition course. On the nutrition curriculum committee, she strives to increase nutrition and obesity education in all four years of medical school and graduate medical education. Helen runs faculty development sessions on nutrition education, including physician self-health. A graduate of Cornell University Medical College, Helen completed her residency at Cornell New York Hospital and earned a master of science degree in epidemiology at the Harvard T. H. Chan School of Public Health. Helen is active in her town’s wellness committee to improve nutrition and health in schools. (Boston, MA)

**PAUL DELLEROSE, CHE, ’94**, is a professor of culinary arts at The Culinary Institute of America (CIA) in Hyde Park, New York. Paul teaches Non-Commercial Foodservice and High-Volume Production in the college’s degree programs. He was instrumental in designing the course, which operates on “The Line,” a teaching kitchen in the CIA’s student dining venue known as The Egg. Through lectures and hands-on practice, Paul’s students learn the skills necessary for a successful non-commercial high-volume foodservice operation. Paul also helped develop the curriculum and taught the two cohorts of a joint pilot study with the CIA and Harvard T.H. Chan School of Public Health. The study involved a multi-dimensional approach to training consumers to eat better through healthy cooking techniques and lifestyle modifications. Paul is a 1994 CIA graduate, and returned to his alma mater as a faculty member in 2007. Before that, he was consulting executive chef for Cornerstone USA. His professional experience also includes serving as executive chef for the Doubletree Hotel and Hilton in Tarrytown, New York and executive chef and partner at Civile’s Venice on the Hudson. A Certified Hospitality Educator (CHE), Paul holds a bachelor’s degree in interdisciplinary studies with a concentration in education from Empire State College of the State University of New York. He also studied at the Windows on the World Wine School. (Hyde Park, NY)
GREG DRESCHER is the vice president of Strategic Initiatives and Industry Leadership at The Culinary Institute of America, and creator of the college’s influential Worlds of Flavor® International Conference & Festival, the annual Worlds of Healthy Flavors Leadership Retreat presented in partnership with the Harvard School of Public Health, as well as other CIA “think tank” initiatives. In the early 1990s, he jointly spearheaded a collaboration of some of the world’s leading health experts and organizations—including the Harvard School of Public Health, Department of Nutrition and the World Health Organization, European Regional Office—in researching and authoring the “The Traditional, Healthy Mediterranean Diet Pyramid.” In May 2005, Greg was inducted into the James Beard Foundation’s Who’s Who of Food & Beverage in America, and in 2006 was honored with Food Arts magazine's Silver Spoon Award. (Napa Valley, CA)

TRACI DUTTON is a sommelier, a wine judge, and the manager of public wine and beverage studies at the CIA at Greystone. She joined the CIA in 1998 as beverage manager and sommelier for the college’s Wine Spectator Greystone Restaurant. Over the course of more than 30 years in the wine world, Traci has worked in high-end establishments such as Montrachet, The Striped Bass, and 231 Ellsworth, and has served luminaries as varied as Oprah Winfrey, Kevin Bacon, and Chef Paul Bocuse. She has studied and tasted great wines at vineyards around the world, from Portugal and Austria to Argentina and the United States. Her writing on wines and beverages has appeared in Kitchen & Cook, the St. Helena Star, iSanté.com, and many other publications. In 2011, she was named one of the top wine country sommeliers by Tasting Panel magazine. (Napa Valley, CA)

SOPHIE EGAN, MPH, is director of health and sustainability leadership/editorial for strategic initiatives at The Culinary Institute of America, where she oversees a portfolio of the college’s food industry leadership initiatives focused on health and sustainability. Sophie is a contributor to The New York Times’ Well blog, and has written about food and health for Time, The Wall Street Journal, Bon Appétit, WIRED, and Sunset magazine, where she worked on The Sunset Cookbook and The One-Block Feast book. Sophie has also worked as a communications consultant for clients including eBay Foundation, Health Career Connection, Community Grains, and The Vitality Institute on its Food@Work initiative. She holds a master of public health, with a focus on health and social behavior, from University of California, Berkeley, where she was a Center for Health Leadership fellow. She also holds a bachelor of arts with honors in history from Stanford University. Sophie is the author of the book, Devoured: From Chicken Wings to Kale Smoothies — How What We Eat Defines Who We Are (William Morrow/HarperCollins, 2016). In 2016, she was named one of the UC Global Food Initiative’s 30 Under 30. (San Francisco, CA)

DAVID M. EISENBERG, MD, is the director of culinary nutrition and adjunct associate professor of nutrition at the Harvard T. H. Chan School of Public Health. He is the founding Co-Director of the Healthy Kitchens, Healthy Lives conference, and Co-Director of the recently established CIA-HChan Teaching Kitchen Collaborative. From 2000-2010, David served as the Bernard Osher Distinguished Associate Professor of Medicine at Harvard Medical School, founding director of the Osher Research Center and the founding chief of the Division for Research and
Education in Complementary and Integrative Medical Therapies at Harvard Medical School. He simultaneously served as the director of the Program in Integrative Medicine at the Brigham & Women’s Hospital. His current educational and research interests include: studies to assess the safety and cost-effectiveness of complementary and integrative medical therapies; and the creation of reproducible self-care strategies involving nutrition, mindfulness, exercise and behavioral optimization to prevent, treat and manage common medical conditions. David is a graduate of Harvard College and Harvard Medical School. He completed his fellowship training in general internal medicine and primary care and is Board Certified in Internal Medicine. In 1979, under the auspices of the National Academy of Sciences, David served as the first U.S. medical exchange student to the People’s Republic of China. In 1993, he was the medical advisor to the PBS Series, “Healing and the Mind” with Bill Moyers. He has served as an advisor to the National Institutes of Health, the Food and Drug Administration and the Federation of State Medical Boards with regard to complementary, alternative and integrative medicine research, education and policy. From 2003-2005 David served on a National Academy of Sciences Committee responsible for the Institute of Medicine Report entitled, “The Use of Complementary and Alternative Medicine by the American Public.” He is currently a member of the US National Board of Medical Examiners Clinical Skills Committee and its Communications Task Force. David has authored numerous scientific articles involving complementary and integrative medical therapies and continues to pursue research, educational and clinical programs relating to integrative and lifestyle medicine. As the son and grandson of professional bakers, David aspires to bring together the culinary and medical communities to enhance comprehensive health care for all. (Boston, MA)

**BRIAN FRANK, MD** is an assistant professor and full-time clinician in the department of family medicine at Oregon Health and Science University in Portland, Oregon. Since 2011, he has had the good fortune to provide care to multi-generational families and individuals in all stages of life at the OHSU’s Family Medicine Clinic at Richmond, a federally qualified health center for low-income families. His research is focused on addressing food insecurity and other social determinants of health through collaboration between primary care, community wellness and health information technology. Outside of his clinical duties, Brian is a clinical innovation fellow with the Oregon Health Authority and serves on the executive board of CSA Partnerships for Health, a collaboration of local farms, universities and public health entities studying the benefits of CSA “prescriptions” for patients in a primary care practice. In addition, Brian is a member of the Teaching Kitchen Collaborative; a national research collaborative evaluating the impact and scalability of teaching kitchens in medical centers across the country. Outside of work, Brian is an avid home (read: amateur) chef. He has been experimenting in the kitchen since his first attempt at making a cake at the age of five (flour, sugar, milk, chocolate chips). Fortunately, he is a quick learner. He is rarely happier than when in the kitchen, preparing food for his family and friends. (Portland, OR)

**CHRISTOPHER GARDNER, PhD**, is a professor of medicine at Stanford, the director of Stanford Prevention Research Center’s (SPRC) Nutrition Studies Group, and the director of the SPRC Postdoctoral Research Fellow Training Program. His primary research focus for the past decade
has been randomized controlled nutrition intervention trials (soy, garlic, antioxidants, ginkgo, omega-3 fats, vegetarian diets, weight loss diets), testing the effects of these on chronic disease risk factors that have included blood cholesterol, weight, and inflammatory markers. His research interests have recently shifted to two new areas. The first is to approach helping individuals make healthful improvements in diet through motivators beyond health, linking to ongoing social movements around animal rights and welfare, climate change, and social justice and their relationships to food. The second is to focus less on trying to improve individual behaviors around food, and more on a food systems approach that addresses the quality of food provided by universities, worksites, hospitals, schools, etc., using a Community Based Participatory Research approach and taking advantage of the many complementary disciplines represented on the Stanford campus, such as medicine, business, education, law, and earth sciences. (Stanford, CA)

CONNIE GUTTersen, RD, PhD, is an adjunct nutrition instructor at The Culinary Institute of America at Greystone. Connie joined the CIA in July, 1995, and brings to the college’s curriculum a synthesis of nutritional science with the culinary arts. Her role in working with culinary professionals to develop sound nutritional principles in the context of viable commercial food endeavors reflects the intent of the college’s philosophy of food and cooking. She is a founding nutrition advisor to the CHEF culinary health and Education for Families program in San Antonio, Texas. Connie is also the author of The New York Times bestseller The Sonoma Diet, and The Sonoma Cookbook. Her new book The Love Diet, will be released this coming May by HarperOne Publications. (Napa Valley, CA)

AVIAD “ADI” HARAMATI, PhD, is a professor of integrative physiology in the Departments of Biochemistry, Molecular & Cellular Biology and Medicine (Nephrology), the director of the center for innovation and leadership in education (CENTILE), and a co-director of the CAM Graduate Program at Georgetown University Medical Center. His research interests addressed renal and electrolyte homeostasis, but now he focuses his work on medical education and rethinking how health professionals are trained. Adi has taught physiology for over 35 years and has been recognized with multiple awards including the Alpha Omega Alpha Robert J. Glaser Distinguished Teaching Award from the Association of American Medical Colleges, and the Master Scholar Award from the International Association of Medical Science Educators (IAMSE). Adi seeks to improve medical education across the globe, especially with regard to the intersection of science, mind-body medicine and professionalism and has been a visiting professor at over 70 medical schools worldwide. (Washington, DC)

FRANK HU, MD, PhD is professor of nutrition and epidemiology at the Harvard T.H. Chan School of Public Health and professor of medicine, Harvard Medical School and Brigham and Women’s Hospital. He serves as co-director of the Program in Obesity Epidemiology and Prevention at Harvard and director of the Boston Nutrition and Obesity Research Center Epidemiology and Genetics Core. Frank received his MD from Tongji Medical College in China and a PhD in epidemiology from University of Illinois at Chicago. His research is mainly focused on nutritional and lifestyle epidemiology and prevention of obesity, diabetes, and
cardiovascular disease, as well as gene-environment interactions. He has published more than 800 original papers and reviews, as well as a textbook on *Obesity Epidemiology* (Oxford University Press, 2008). The recipient of the 2010 Kelly West Award for Outstanding Achievement in Epidemiology by the American Diabetes Association, he has served on the Institute of Medicine (IOM) Committee on Preventing the Global Epidemic of Cardiovascular Disease, the American Heart Association/American College of Cardiology Obesity Guideline Expert Panel, and the 2015 Dietary Guidelines for Americans advisory committee of the U.S. Departments of Agriculture (USDA) and Health and Human Services (DHHS). He currently serves on the editorial board of *Lancet Diabetes & Endocrinology*, *Diabetes Care*, and *Clinical Chemistry*. Frank was elected to the National Academy of Medicine (formerly IOM) in 2015.

**TOD KAWACHI** is a chef-instructor at The Culinary Institute of America at Greystone. Tod was raised around the rich cultural food influences of his mixed Japanese and Chinese heritage. His extensive cooking experience began in his hometown at a Seattle culinary school, leading him to Napa Valley’s Domaine Chandon, Los Angeles with Checkers Hotel, Hotel Bel-Air and the Peninsula Beverly Hills. He then became executive chef at the award winning, island favorite, Roy’s Kahana Bar & Grill on Maui. Tod has been featured in the PBS series *The Great Chefs of Hawaii*, *Gourmet*, the Bay Café television show, at the James Beard House, as well as in *The San Francisco Examiner Magazine*, which voted him one of the Bay Area’s Top Ten Up and Coming Chefs in 1998. Prior to joining the CIA, Tod worked as Constellation Wines U.S. winery chef, creating refined wine and food paired meals designed to showcase the portfolio of impressive wines. (St. Helena, CA) @CIAGreystone

**LARS KRONMARK, CWP**, a native of Denmark, is a professor at The Culinary Institute of America at Greystone. As part of the start-up “dream team,” Lars was hand-picked from the finest culinary educators in the United States to open the school in August of 1995. As a chef-instructor, Lars has led professionals in custom and catalog programs as well as being involved with the annual Worlds of Flavor® International Conference & Festival since its conception in 1996. As part of his involvement in international programs, Lars has traveled to several countries including Mexico (with the award-winning chef and restaurateur, Rick Bayless), Italy, France, and Spain as part of a partnership with the International Olive Oil Council along with Paula Wolfert and Connie Guttersen. Lars helped launch the China Educational Project, for which he spent significant time in Shanghai and Beijing teaching Chinese hotel and restaurant chefs the art of contemporary American cuisine. He has also worked in the wine regions of Southern Australia as a guest chef instructor in Adelaide for six months. Lars’ interest in wine developed over the past 20 years and has culminated in recognition as a Certified Wine Professional. Besides conducting wine-related cooking classes, he also participates in events at local wineries and has been involved with the Napa Valley Wine Auction for the past 20 years and chosen over the past 10 years as the chef for the CIA at the Barrel Auction event. In 2010, Lars was asked to be the celebrity guest chef at the wine auctions VIP event at Meadowood, joining top chefs from all over the United States. (Napa Valley, CA)
Jehan Luth ’14, ’16 is a chef with experience ranging from three Michelin Star restaurants and corporate food service to culinary innovation for consumer packaged goods companies. He is currently the corporate executive chef for a private educational institution with multiple campuses in multiple cities. Jehan also works as a consulting researcher for a bio-engineering lab that is striving to change staple foods by manipulating its microbial chemistry. He has a culinary arts and culinary science degree from The Culinary Institute of America and is currently finishing his masters of public health from the Perelman School of Medicine at the University of Pennsylvania. Jehan’s research focus has been in the implementation of artificial intelligence to solve culinary nutrition-related public health problems. (Philadelphia, PA)

Auden McClure MD, MPH, is co-director of the CHaD pediatric lipid and weight management center and director of the Dartmouth-Hitchcock Culinary Medicine Program. She is on the development team for the Dartmouth-Hitchcock Weight & Wellness Center and directs the CHaD LiviNHealthy program, which aims to address pediatric obesity regionally in Northern New England at the clinical and community levels. After graduating from Bowdoin College, Auden completed her culinary training at La Varenne Ecole de Cuisine in Paris, France. She apprenticed in Paris before returning to the U.S. to work at restaurants in New York City and Washington DC. She then completed medical school at The Geisel School of Medicine at Dartmouth, pediatric and preventive medicine residencies at Dartmouth Hitchcock Medical Center, and a MPH at The Dartmouth Institute for Health Policy and Clinical Practice. Her research efforts focus on better understanding adolescent health risk behaviors, including lack of physical activity and poor diet. She is part of the Dartmouth Media Lab at the Norris Cotton Cancer Center and has NIH funding to examine the impact of Internet marketing on youth. In the Culinary Medicine Program she comes full circle to combine her pediatric and public health training, research experience and cooking skills to provide new options for extending the reach of the clinical encounter beyond the traditional medical setting to help promote healthful foods and daily activity for children and families. (Lebanon, NH)

Kathy McManus, MS, RD, LDN, is the director of the department of nutrition at the Brigham and Women’s Hospital, a teaching affiliate of Harvard Medical School in Boston, and the director of nutrition services at Dana Farber Cancer Institute. In addition she is the director of Nutrition and Behavior Modification Programs for the Program for Weight Management at the Brigham. Kathy has been involved with a number of research trials during her years at the Brigham and served as a co-investigator on an NIH funded obesity study, POUNDS (Preventing Overweight Using Novel Dietary Strategies) Lost, in addition to serving as the director of the nutrition program for the Cholesterol and Recurrent Events (CARE) study, a cholesterol lowering trial involving 82 sites and more than 4000 patients in both Canada and the U.S. Kathy has presented her research nationally and internationally including in China, Japan, Crete, Germany, Italy, Mexico, Brazil and the United Kingdom. She has numerous publications and book chapters including co-authoring a chapter in the 2013 edition of Cardiovascular Therapeutics and was a co-author on an article published in the New England Journal of Medicine for her work on the Pounds Lost Study. Kathy serves on a number of leadership committees, including the Brigham and Women’s Hospital Women’s Health Center’s Medical
Leadership Committee, the Diabetes Clinical Steering Committee, and the Obesity Research Committee. She is a member of the Quality Improvement and Operations Committee on Transplantation, the Patient Care Services Director’s Committee, the Brigham and Women’s Wellness Committee at the Brigham. Kathy is also a member of the Boston Public Health Commission’s REACH Healthy Beverage and Sodium Reduction Committee and serves on their Clinical Hypertension Task Force. She is a member of the American Dietetic Association and the American Heart Association. (Boston, MA)

**Stephanie Michalak, MA, ’12, ’14,** is the chef and culinary manager for Turner Farm in Cincinnati, Ohio where she leads the teaching kitchen, serving as its educational program coordinator and providing the vital link between those wanting to learn about nutrition and stewardship of the land. In addition to creating curriculum, teaching, and catering at Turner Farm, Stephanie is developing a community outreach program focused on culinary confidence and competence, as well as eating healthfully within a budget. She is a graduate of The Culinary Institute of America (CIA) in Hyde Park, New York associate’s program in Culinary Arts (2012) and bachelor’s in Culinary Arts Management (2014), with academic achievement awards as valedictorian for both degrees. Stephanie has also spent time working in wine export and marketing while living in Germany and traveling to locations such as Ireland and India to research cultural implications of food and beverage consumption. She holds a Master of Arts in Food Studies with a focus on craft beer culture through an anthropological and sociological lens from New York University Steinhardt and received an excellence in scholarship award. Stephanie strives to help others understand their role as stewards of the land and reconnect with themselves through food. (Cincinnati, OH)

**Margaret Moore, MBA, (aka Coach Meg),** is the founder and CEO of Wellcoaches Corporation, a School of Coaching for health professionals, following 17 years in the biotechnology industry in four countries. A strategic partner of the American College of Sports Medicine, Wellcoaches is a standard-bearer for science-based coaching and professional coaches in healthcare and wellness. Wellcoaches has trained more than 10,000 health professionals as health and wellness coaches in 49 countries. Margaret is faculty at Harvard University Extension School, teaching coaching psychology, and co-founder and co-director of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate. She is a course director of the annual Coaching in Leadership & Healthcare Conference offered by Harvard Medical School. Margaret’s collaboration with Edward Phillips, MD, to create a Harvard Medical School CME program to teach physicians basic coaching skills, led to the launch of the Institute of Lifestyle Medicine, of which she is an advisor. Margaret co-leads the National Consortium for Credentialing Health & Wellness Coaches, which is launching national standards and certification for health and wellness coaches in collaboration with the National Board of Medical Examiners in 2017. She is co-author of the first coaching textbook in healthcare, now in its second edition, the *Coaching Psychology Manual* (Wolters Kluwer). She co-authored two Harvard Health books, *Organize Your Mind, Organize Your Life*, and *Organize Your Emotions, Optimize Your Lives*. Margaret was born on a dairy farm northeast of Toronto where she attended a two-room
school and learned to drive a tractor. She graduated from the University of Western Ontario with a bachelor’s degree in biology in 1978 and an MBA in 1983. (Boston, MA)

**JULIA NORDGREN, MD, ’13** is the pediatric lipid specialist at the Palo Alto Medical Foundation in Palo Alto, CA. She is an expert in childhood obesity, cholesterol disorders, and is also a trained chef. She received her medical degree from Dartmouth Medical School and is a board-certified pediatrician. Julia has a specialty practice that focuses on dyslipidemias, weight management, and heart disease prevention. In 2012, she took a break from her medical practice to dive into her life-long dream of pursuing culinary training. She graduated from the Culinary Institute of America’s Accelerated Culinary Arts Program with honors in 2013. Her healthy cooking style draws from the many great techniques of cuisines all over the world. She incorporates Culinary Medicine into her daily practice by providing practical tools and tips for families to enjoy more delicious, health-supporting food. She has taught healthy cooking classes to companies, individuals, and developed a Culinary Medicine Elective at Dartmouth Medical School. Julia loves developing recipes and talking about food whenever possible. Visit her at www.drjuliacooks.com! (Palo Alto, CA)

**DANIEL OLIVELLA** is the chef and managing partner of B44 Catalan Bistro in San Francisco, CA. and Barlata tapas bar in Austin, TX. Born in Vilafranca del Penedes Barcelona, Daniel has been living in the U.S. since 1980. He began his career as a teenager in his hometown at L’Era, which was one of the first international restaurants in Barcelona. He moved to Chicago to work for his uncle at La Paella. It was in Chicago when he had his first experience with Richard Melman’s restaurant group, Lettuce Entertain You, working at Café Babareeba and Shaw’s Crab House. Daniel ventured west to California to pursue his goal to become a chef, first in Palm Desert working for Sydney Chaplin at Chaplin’s Bistro, continuing on to San Francisco renowned Zuni Café owned by the late Judy Rodgers. Given the opportunity to return to his home country (Catalunya) Daniel returned to Barcelona in 1992 where he worked as a GM for Servicio Wilson, one of the premier restaurants during the Olympic year. He then returned to San Francisco where he continued his career working for all sorts of chefs and cuisines. He opened Thirstybear Brewing Co where he got the accolades of the Bay Area food critics for his authentically-cooked Spanish food. In 1999 he opened B44 Catalan Bistro, perhaps the first Catalan restaurant in the U.S. In 2001, Daniel was named San Francisco Rising Star Chef of the Year by San Francisco Magazine. B44 has been featured in numerous magazines both in the U.S. and Spain. Daniel opened his first Barlata concept in the Temescal neighborhood of Oakland in 2008, moving it to Austin’s S. Lamar district in 2012. His book, published by Clarkson Potter coming out in spring 2018 (yet to be named), will be the first Catalan cookbook done by a Catalan chef in the U.S. Daniel has been a part of numerous lectures and retreats at the CIA helping bringing Spanish food to the U.S. (San Francisco, CA + Austin, TX)

**ALEXANDER ONG** is a consultant at Chef Alex Ong, LLC. Alex was born and raised in Malaysia and apprenticed at the Shangri La Hotel in Kuala Lumpur for four years before coming to United States. Recruited by the Ritz Carlton Buckhead in Atlanta, he has traveled throughout the U.S. working on assignments for the company. In 1995, he moved to San Francisco, where
he worked with the chef Jeremiah Tower at Stars for three years. Although he was trained in classical French cooking, Alex decided to return to his Asian roots and opened Le Colonial’s kitchen and then Xanadu in Berkeley, where in 2000 he was named Rising Star Chef by the San Francisco Chronicle. In 2001, he became chef and managing partner of Betelnut Pejiu Wu in San Francisco. Under his leadership, Betelnut was awarded three stars by the San Francisco Chronicle and was of the Chronicle’s Top 100 restaurants since 2001, as well as a Michelin Guide’s Bib Gourmand recipient since 2007. Alex has been a guest blogger for the Chronicle’s food section and has worked with notable organizations such as Kikkoman USA, California Raisin Marketing Board, Niman Ranch, Chefs Feed, Visa, The James Beard Foundation, and Google. His recipes have been featured in various food magazines, such as 7X7, San Francisco Magazine, and Sunset. He has also been mentioned in notable cookbooks, such as The Seventh Daughter by Cecilia Chiang and Inside the California Food Revolution by Joyce Goldstein. Alex is a member of The Culinary Institute of America’s Asian Cuisines Advisory Council. Currently, he is consulting with various universities, corporate dining, tech start-ups, and national chain restaurants while plotting to take over the world, one noodle bowl at a time. @ChefAlexOng (San Francisco, CA)

JOSÉ M ORDOVÁS, PhD is professor of Nutrition and Genetics at Tufts University and a senior scientist at the USDA-Human Nutrition Research Center on Aging at Tufts University in Boston, where he also is the director of the Nutrition and Genomics Laboratory. He is a collaborating scientist at the CNIC, and Senior Scientist at IMDEA Alimentacion in Madrid, Spain. José was educated in Spain at the University of Zaragoza where he completed his undergraduate work in chemistry in 1978 and received his PhD in 1982. He did postdoctoral work at MIT, Harvard and Tufts. José’s research focuses on the genetic and epigenetic factors predisposing to cardiovascular disease and obesity and their interaction with the environment and behavioral factors with emphasis on diet. He has published 770 scientific articles in peer review journals and written several books on these topics. He is considered one of the most distinguished world experts in gene-diet interactions related to cardiovascular traits. Moreover, he has trained in his laboratory ~60 scientists from all continents. Throughout his career, José has received multiple honors for his scientific achievements including the USDA Secretary’s Award, the Centrum American Nutrition Society Award, the Danone Foundation Award, and the Gold Medal of the Spanish Society of Cardiology. He has been awarded an honorary degree in medicine bestowed by the University of Cordoba in Spain and he is a member of the Spanish Royal Academies of Sciences, Medicine, Nutrition and Pharmacy. He serves on multiple editorial, advisory, peer review and steering committees and he is a member of the Comité Científico y Técnico de la Agencia Estatal de Investigación (AEI). (Boston, MA)

HEATHER PEÑA, MD, is in private medical practice in St. Helena, CA. Her integrative approach reflects her belief that the most effective healthcare combines the best of modern science and technology with expertise in personalized proactive prevention. Heather’s commitment to finding new, more effective ways to assess health status, prevent illness and provide for patient well-being is deep-seated and longstanding, as evidenced by more than 25 years of pioneering work in this field. Widely recognized as a leader in the field of preventive medicine, Heather
began her career at the Pritikin Longevity Center, where she served as the Center’s medical
director and created the women’s health component of the Pritikin programs. She was also
scientific advisor to Pritikin@Home, helping design the nutritional supplement protocols for
this online outreach program. As medical director of the St. Helena Center for Health, Heather
developed and introduced two innovative health programs, and also served as chair of the
Department of Medicine at St. Helena Hospital. Heather graduated from Harvard Medical
School and completed her residency in Internal Medicine at UCLA. Her undergraduate degree
was from Tufts University where she graduated *summa cum laude* and received the honor of Phi
Beta Kappa. She lives in the Napa Valley and is a frequent lecturer and keynote speaker on
topics including heart disease and cancer prevention, nutrition, healthy lifestyle promotion, and
women’s health. (Napa Valley, CA)

**Edward M. Phillips, MD**, is assistant professor of physical medicine and rehabilitation at
Harvard Medical School, director of the institute of lifestyle medicine (ILM) at Spaulding
Rehabilitation Hospital [www.instituteoflifestylemedicine.org](http://www.instituteoflifestylemedicine.org) and Chief of Physical Medicine &
Rehabilitation Services at the VA Boston Healthcare System. Additionally, Edward is a fellow of
American College of Sports Medicine (FACSM) and serves on the executive council that
developed and leads the Exercise is Medicine™ global initiative. He is co-author of ACSM’s
Exercise is Medicine™, A Clinician's Guide to Exercise Prescription (Wolters-Kluwer, 2009) and
is chair of the Exercise is Medicine Education Committee. The President’s Council on Fitness,
Sports and Nutrition has recognized both Edward and the ILM with its Community Leadership
Award. (Boston, MA)

**Kristen Rasmussen de Vasquez, MS, RDN**, is a culinary nutrition and food sustainability
expert with passions that have led her many places – from implementing plant-based, stem-to-
root menu revamps and exploring fermentation to conducting sensory studies at the Nordic
Food Lab. She is an adjunct faculty member at UC Berkeley, past adjunct faculty at The
Culinary Institute of America at Greystone, and owner of Rooted Food, Inc., a culinary nutrition
and food sustainability consulting company. Kristen has worked on innovative projects
with various organizations including Bon Appétit Management Company, UC Berkeley’s
Brown’s Café, 6d bytes, the UCSF Division of Endocrinology, and the Culinary Institute of
America’s Strategic Initiatives Group. Additionally, Kristen is a Co-Investigator of Berkeley
Open Source Food, a non-profit dedicated to increasing availability and consumption of wild
edible plants through research, education, and outreach. Most recently, Kristen has
spearheaded Scandinavian-inspired pop-ups, of which she is also the chef, that were featured in
the San Francisco Chronicle. Her "West Coast Nordic" food philosophy is based on New
Nordic ideals rooted in place and time, incorporating ingredients and techniques from the
environment around her. You can find more about Kristen at Rooted Food ([rootedfood.com](http://rootedfood.com)),
where she documents her gastronomic ventures from delicious plant-forward menu
innovations to foraging. (Portland, OR)

**Eric Rimm, ScD**, is professor of Epidemiology and Nutrition and director of the Program in
Cardiovascular Epidemiology at the Harvard School of Public Health and professor of Medicine
at the Harvard Medical School. For over two decades he has conducted extensive research on the health effects of diet and lifestyle in relation to obesity and cardiovascular disease. He also studies the impact of nutrition policy as it relates to the diets of school children and the 15% of the U.S. population on food stamps. He has previously served on an Institute of Medicine’s Food Policy committee and the scientific advisory committee for the 2010 U.S. Dietary Guidelines for Americans. He has published more than 600 peer reviewed publications during his 23 years on the faculty at Harvard. Eric is also an Associate Editor for the American Journal of Clinical Nutrition. He has received several awards for his work including the 2012 American Society for Nutrition General Mills Institute of Health and Nutrition Innovation Award. (Boston, MA)

SUUVIR SARAN is a chef, consultant, restaurateur, hobby-farmer, and public speaker. Viewing the kitchen as both a culinary and spiritual haven, New Delhi-born Top Chef Master Suvir Saran has nurtured a lifelong passion for the traditional flavors of Indian cooking. As executive chef of Dèvi in New York City, Suvir shared the authentic flavors of Indian home cooking, earning three stars from New York magazine, two stars from the New York Times, and the first Michelin star ever awarded to a US Indian restaurant. A respected culinary authority, Suvir is chairman of Asian Culinary Studies for The Culinary Institute of America (CIA), a recurring guest chef at the CIA-Harvard School of Public Health Healthy Kitchens, Healthy Lives continuing medical education conference, and has participated in many culinary festivals around the world. Renowned for his accessible approach to Indian flavors and techniques, Suvir has penned three cookbooks: Indian Home Cooking: A Fresh Introduction to Indian Food, with More Than 150 Recipes, American Masala: 125 New Classics from My Home Kitchen, and Masala Farm: Stories and Recipes from an Uncommon Life in the Country. Suvir was the only US-based contributor to the largest Indian cookbook ever published, India Cookbook. When not on the road, Suvir joins his partner, Charlie Burd, in caring for American Masala Farm, a nineteenth-century farm in upstate New York, home to their heritage-breed animals and pets. (Salem, NY)

ERICA Sonnenburg, PhD, is a senior research scientist in the Department of Microbiology and Immunology at the Stanford University School of Medicine. JUSTIN Sonnenburg, PhD is an associate professor in the Department of Microbiology and Immunology at the Stanford University School of Medicine and recipient of the NIH Director’s New Innovator Award. Erica and Justin are the authors of the book The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long-Term Health (Penguin Books, 2015). Their laboratory at Stanford develops and employs diverse technologies to understand basic principles that govern interactions within the intestinal microbiota and between the microbiota and the host and their research findings have been published in top journals including Nature, Science, and Cell. An ongoing objective of the research program is to devise and implement innovative strategies to prevent and treat disease in humans via the gut microbiota. (Stanford, CA)

ANA Sortun is the executive chef and co-owner of Oleana Restaurant and Sofra Bakery and Café, and co-owner of Sarma Restaurant in Cambridge, Massachusetts. Called one of the country’s “best creative fusion practitioners,” Seattle-born Ana graduated from La Varenne
Ecole de Cuisine de Paris before opening Moncef Medeb’s Aigo Bistro in Concord, Massachusetts, in the early 1990s. Following stints at 8 Holyoke and Casablanca in Harvard Square, she opened Oleana in 2001, combining farm-fresh ingredients and Eastern Mediterranean spice blends, and immediately drew raves for dishes that The New York Times described as “rustic-traditional and deeply inventive.” Sofra offers a unique style of food and baked goods influenced mostly by Turkey, Lebanon, and Greece. Ana was named Best Chef: Northeast by the James Beard Foundation in 2005, and was a semi-finalist for Outstanding Chef in 2016. Ana is the author of the best-selling Spice: Flavors of the Eastern Mediterranean (William Morrow, 2006), and co-author with Sofra’s executive pastry chef, Maura Kilpatrick, of Soframiz: Vibrant Middle Eastern Recipes from Sofra Bakery & Café (Ten Speed Press, 2016). Her husband’s farm, Siena Farms, provides Ana’s restaurant with all of its fresh produce and is named after their daughter. (Cambridge, MA)

ARLIN WASSERMAN, MS, MPH is the founder of Changing Tastes, a consultancy that helps its clients find opportunity and realize value at the intersection of the five major drivers of change in our food system: sustainability, public health, information technology, demographics and the changing role of the culinary professional. The firm’s insights are the basis for the strategy, innovation, sustainability and performance management services it provides to Fortune 500 and growth stage food companies, public and private investors, and nongovernmental organizations. He and his firm has helped identify and catalyze some of the most significant shifts in the way business and consumers think about food including working with General Mills to develop one of the first sustainability management programs in the food industry, developing an industry-wide initiative to link organic farming and public health for the Organic Trade Association, creating the first sustainability strategy for a major foodservice company that combined both environmental and nutrition priorities, developing the strategic plan that underpins the National Farm to School Network, bringing together the foodservice industry around common standards for sustainable seafood, and working with The Culinary Institute of America and the Harvard T.H. Chan School of Public Health to create and realize Menus of Change. Arlin now chairs the Sustainable Business Leadership Council for Menus of Change. Arlin also previously served as vice president of sustainability at Sodexo, the world’s largest institutional foodservice company, and as the executive champion for culinary and health and wellness efforts in the North American market. He also has been awarded a Food and Society Fellowship by the W.K. Kellogg Foundation and a “First Movers” Fellowship for business leadership and innovation by the Aspen Institute. Arlin holds a master’s degree in natural resources and public health, as well as a bachelor of arts in social sciences, all from the University of Michigan. (Lenox, MA)

HOWELL WECHSLER, EDD, MPH is a national expert in childhood obesity and CEO of the Alliance for a Healthier Generation, a national non-profit organization that has worked with more than 35,000 schools and 2,600 out-of-school time programs to create healthier environments for more than 25 million children across the country. Healthier Generation also has worked with many food, beverage, and healthcare companies to create a healthier marketplace for children and their families. Prior to his current position, Howell spent 18 years
at the CDC, joining as a health scientist in 1995 and most recently serving as the director of Division of Adolescent and School Health (DASH) from 2004 to 2013. Howell has received a number of professional honors including the William A. Howe Award in 2012, the highest honor from the American School Health Association; the Milton J.E. Senn Award in 2006 from the American Academy of Pediatrics for achievement in the field of school health; the William G. Anderson Award in 2005 from the American Alliance for Health, Physical Education, Recreation, and Dance; and the Secretary’s Award for Innovations in Health from the U.S. Secretary of Health and Human Services in 1991. Before joining the CDC, Howell served for six years as project director of the Washington Heights-Inwood Healthy Heart Program in New York City, where he taught courses in health communications. Howell earned a doctoral degree in health education from Teachers College, Columbia University, a master’s degree in public health from Columbia University, and a bachelor’s degree in journalism from Northwestern University. He entered the field of public health during his service as a Peace Corps Volunteer in Zaire. (New York, NY)

WALTER WILLET, MD, DRPH, is professor of epidemiology and nutrition at Harvard T.H. Chan School of Public Health and professor of medicine at Harvard Medical School. Walter was born in Hart, Michigan and grew up in Madison, Wisconsin, studied food science at Michigan State University, and graduated from the University of Michigan Medical School before obtaining a Doctorate in Public Health from Harvard School of Public Health. Walter has focused much of his work over the last 35 years on the development of methods, using both questionnaire and biochemical approaches, to study the effects of diet on the occurrence of major diseases. He has applied these methods starting in 1980 in the Nurses’ Health Studies I and II and the Health Professionals Follow-up Study. Together, these cohorts that include nearly 300,000 men and women with repeated dietary assessments are providing the most detailed information on the long-term health consequences of food choices. Walter has published over 1,800 articles, primarily on lifestyle risk factors for heart disease and cancer, and has written the textbook, Nutritional Epidemiology, published by Oxford University Press. He also has four books for the general public, Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating, which has appeared on most major bestseller lists; Eat, Drink, and Weigh Less, co-authored with Mollie Katzen; The Fertility Diet, co-authored with Jorge Chavarro and Pat Skerrett; and Thinfluence, co-authored with Malissa Wood and Dan Childs. Walter is among the top three most cited persons in all areas of science. He is a member of the National Academy of Medicine and the recipient of many national and international awards for his research. (Cambridge, MA)

THOMAS B.H. WONG, CEC, CHE, ’86, is a professor at The Culinary Institute of America. Thomas’ passion for all things culinary started as a Hawai’i youngster. Always in and out of his grandma’s kitchen, he cooked with his mom, aunts and his grandma, learning to fine tune the ingredients, spices and stunning flavors of the Asian dishes of his culture. Throughout his teenage years, he toiled for two uncles: one owned a bakery in Honolulu and another, a Chinese restaurant in California. He began his formal culinary education at, and graduated from, Kapiolani Community College (he later served as chef-instructor for his first alma mater,
mentoring fledgling chefs as they found their way through the fundamentals and more advanced principals of the culinary learning process). In pursuit of excellence, Tom then went on to attend and graduate from The Culinary Institute of America, Hyde Park, NY. For the two years following his CIA studies, he apprenticed for the iconic and award-winning Greenbrier Hotel in White Sulphur Springs, West Virginia, sparking his love and respect for luxury hotels and their award-winning cuisine. Tom has served in an executive chef capacity for a roster of prestigious establishments: Mauna Lani Bay Hotel and Bungalows on the Kohala Coast of the Big Island of Hawai‘i; Hotel Hana in Maui, Hana, Hawai‘i; Waialae Country in Honolulu, Hawai‘i; and the historic Royal Hawaiian Hotel in Honolulu, Hawai‘i. While at the Royal Hawaiian, Tom created “Flavors of Hawai‘i”, a culinary concept adopted for all Sheraton Hawaiian hotels, emphasizing the use of fresh island products to allow the purity of the food to speak for itself, unhampered by heavy sauces or creams. His philosophy includes a strong commitment to sustainability and he has always endeavored to use local and seasonal produce, fish and meat in his kitchens. A Certified Executive Chef, Tom is also a member of the American Culinary Federation, the National Ice Carving Federation, Phi Theta Kappa National Honor Society, and Le Chaines des Rotisseurs. Tom has been a guest chef at the highly respected James Beard House for their Great Hotel Series, a Host and Guest Chef on Television Food Network’s Cooking Across America – Hawaiian Style, as well as guest chef for TVFN shows Talking Food, Dining Around, Pick of the Day and In Food Today. He has also appeared on CNN’s series On the Menu, Wake Up America (America’s Talking Network/CNBC), Weekend TODAY in New York (NBC), and Home and Family (The Family Channel).  He proudly shares the limelight, with a prestigious lineup of Hawaiian culinarians, as one of the featured chefs in the Discovery Channel’s Great Chefs television series Great Chefs of Hawai‘i, and its companion cookbook. (Napa Valley, CA)

KEN WOYTISEK is a professor at The Culinary Institute of America at Greystone. He started his culinary career working in the kitchens of Square One, Zuni Cafe, China Moon Cafe, and South Park Cafe, all in San Francisco. Woytisek attended La Varenne in 1987 for advanced culinary training, returning to the Bay area to work at The Mandarin Oriental Hotel and Campton Place. Chef Woytisek was the chef de cuisine at Insalata’s Restaurant in San Anselmo, CA before joining the CA faculty in 1998. (Napa Valley, CA)

Kathleen Zelman, MPH, RD, is director of nutrition for WebMD, a contributing editor of the Academy of Nutrition and Dietetics’ Food & Nutrition magazine, a member of the board of directors of the True Health Initiative, Inc., and formerly the nutrition expert for United Healthcare for 8 years. Kathleen has extensive media experience, including co-hosting a weekly radio program, 12 years as a national spokeswoman for the Academy of Nutrition and Dietetics, and hundreds of print and television appearances. She has been recognized for her contributions in the media and commitment to educating consumers about food and nutrition with multiple awards including the Academy’s Lenna Francis Cooper and Media Excellence Awards, the American Society for Nutrition’s Nutrition Science Media award, the Institute of Food Technologist’s Media Award for Excellence in Consumer Journalism, and Montclair State University’s Distinguished Alumni award. Kathleen has been a dietetic internship director at
Ochsner Medical Institutions and assistant professor of nutrition at St. Mary's Dominican College in New Orleans. She is frequently invited to speak at professional meetings worldwide and conducts media training for health care professionals. She served on the Academy of Nutrition and Dietetics board of directors and currently serves as a member of the Share our Strength Advisory Board, and Health Professional Advisors to the Egg Nutrition Center. She received her master's degree in public health from Tulane University and her bachelor of science from Montclair State University. (Atlanta, GA)