2018 PROGRAM SCHEDULE

Draft – Subject to Change

Optional Pre-Conference Events

Thursday, February 8

10 AM  Knife Skills Morning Workshop
($150, pre-registration required)
Plan to arrive at the CIA by 9:30 a.m. for registration, which will take place in the Atrium (1st 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 always sells out months in advance.

12:15 PM  An Insider’s Tour of Select Napa Valley Wineries
($80, pre-registration required)
Plan to arrive at the CIA by 12:15 p.m. for registration, which will take place in the Atrium (1st floor) of the CIA. 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 12:30 p.m. Buses will depart at 12:45 p.m. for behind-the-scenes tours of select Napa Valley wineries. Buses will return to the CIA by 3:45 p.m.

1:30 PM  Knife Skills Afternoon Workshop
($150, pre-registration required)
Plan to arrive at the CIA by 1 p.m. for registration, which will take place in the Atrium (1st 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 always sells out months in advance.

Please note that pre-conference events do not include lunch. Our Bakery Café by Illy (1st floor) will be open and serving salads, soups, and sandwiches to eat in or take out, and offer a 10% discount to Healthy Kitchens, Healthy Lives attendees.

To register for pre-conference events, please click on this link.
Thursday, February 8

4 PM  
Registration for the Conference Opens  
CIA at Greystone Atrium (1st floor)

5 PM  
Plenary Session I  
Ventura Foods Center for Menu Research & Development (3rd floor)  
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 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)

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 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)
6:30 PM  Reception, Author Book Signing and Exhibition Open  
Vintners Hall of Fame Historic Barrel Room (2nd floor)  

Exploring a World of Healthy Flavors  
The reception 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.

“Meet the Authors”  
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.

• Suvir Saran, author of Masala Farm, and Indian Home Cooking  
• Ana Sortun, author of Soframiz: Vibrant Middle Eastern Recipes from Sofra Bakery and Café, and Spice: Flavors of the Eastern Mediterranean

7:30 PM  Reception and Exhibition Close  
** If you choose to go out for dinner, please make reservations for 8:00 p.m. or later. Find links to popular Napa Valley restaurants at www.healthykitchens.org

Friday, February 9

7:15 AM  Registration Opens  
Hospitality Table (3rd floor)

7:15 AM  Napa Valley Breakfast Buffet  
Ventura Foods Center for Menu Research & Development (3rd floor)

7:40 AM  Pop-up Yoga Studio (optional)  
Meet in the Barrel Room on the second floor for a yoga and stretching break from 7:40-8:00am.

8 AM  Brief Presentation  
A Culinary Nutrition Review of the Breakfast Menu  
Presenter:  Kristen Rasmussen de Vasquez, MS, RDN (CIA)

8:10 AM  Plenary Session II  
Ventura Foods Center for Menu Research & Development (3rd floor)  
Presentation  
Healthy Kitchens for Healthy Lives: Take Home Messages and Teaching Kitchens of the Future  
Our patients and clients face significant challenges to, and conflicting information about, healthy eating. How do we start the conversation about changing diets to help patients navigate the current food environment? How much more effective
could we be if those conversations took place in Teaching Kitchens? Dr. Eisenberg will present how and why to eat, cook, move and think differently.
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)

9:10 AM Plenary Session III
Ventura Foods Center for Menu Research & Development (3rd floor)
Moderator: David Eisenberg, MD (Harvard)

Presentation

**What We Know About Opportunities to Optimize Our Diets**

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?
Presenter: Walter Willett, MD, DrPH (Harvard)

9:50 AM Healthy Snack Tasting and Fitness Break
Ventura Foods Center for Menu Research & Development (3rd floor)

Dr. Edward Phillips will lead a 15-20 minute fitness session during this break.

9:55 AM Pop-up Yoga Studio (optional)
Meet in the Barrel Room on the second floor for a yoga and stretching break from 9:55-10:15am.

9:55 AM Optional Interactive Activity
Piano Lounge (2nd floor)

10:15 AM Plenary Session IV
Presentation

**Deconstructing Popular Diets, and Benefits of Plant-Based Foods**

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?

Moderator: David Eisenberg, MD (Harvard)
Presenter: Eric Rimm, ScD (Harvard)
10:55 AM  Moderated Interactive Q & A with Plenary III & IV Speakers
Moderator:  David Eisenberg, MD (Harvard)
Panelists:  Walter Willett, MD, DrPH (Harvard)
           Eric Rimm, ScD (Harvard)

11:30 AM  Plenary Session V
Ventura Foods Center for Menu Research & Development (3rd floor)
Principles and Strategies for Healthy Cooking: Mastering the Basic Techniques
Moderator:  Kristen Rasmussen de Vasquez, MS, RDN (CIA)

Culinary Presentation and Demonstration
Essential Equipment and a Well-Stocked Pantry For Home Cooks and for Teaching Kitchens of All Sorts
What should a home kitchen have in it? What are the essential items that should be included in the launch of any Teaching Kitchen, whether it is in a hospital, doctor’s office, corporate worksite, school or community center? This session presents the basic, quality tools and equipment that home cooks need, how to select pantry ingredients that make for quick, delicious, nutritious meals, the importance of “mise en place,” and other tips and tricks to make home cooking and basic cooking instruction less daunting and more enjoyable.
Presenter:  Patrick Clark (CIA)

Culinary Demonstration
Alternatives To Potatoes and White Rice: Ideas for Quick, Healthful Carbohydrate Side Dishes for Home Cooks
Dr. Eisenberg will share one of his favorite, go-to, recipes for whole wheat couscous as a healthy, quick alternative to simple carbohydrates (e.g. potatoes, white rice). He will also discuss emerging ideas to create a short engaging videos of best in class hands-on cooking demonstrations for enjoyment and efficient learning by all.
Presenter:  David Eisenberg, MD (Harvard)

12:15 PM  Tasting Lunch, Exhibition, Walking Tours, and Author Book Signing
Vintners Hall of Fame Historic Barrel Room (2nd 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”
Vintners Hall of Fame Historic Barrel Room (2nd 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.

- **Walter Willett, MD, DrPH**, author of *Eat, Drink, and Be Healthy*

**12:15 PM Walking Tour of the Greystone Campus**
Meet at the front doors of Greystone at either 12:15 pm (M-Z) or 1:15 pm (A-L) for a 20-minute walk around the campus, weather permitting. Note: These two groups will reverse their order for lunch on Saturday.
Leader: **Edward M. Phillips, MD** (Harvard Medical School/Joslin Diabetes Center)

**12:35 PM Pop-up Yoga Studio (optional)**
Weather permitting, meet on the Outdoor Herb Terrace on the first floor for a yoga and stretching break from 12:35-12:55pm.

**1:30 PM Nuts, Fruit & Dark Chocolate “Three Pleasures” Dessert Tasting**
Ventura Foods Center for Menu Research & Development (3rd floor)

**1:45 PM Plenary Session VI**
Ventura Foods Center for Menu Research & Development (3rd floor)

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)

*Culinary Presentation
**Whole Grains: Strategies in the Relentless Pursuit of Deliciousness**
In this session, we’ll learn the strategies, techniques and flavor dynamics employed for the various whole grain preparations we will taste throughout the conference.
Presenters: **Kristen Rasmussen de Vasquez, MS, RDN** (CIA)
**Chef Paul DelleRose, CHE, ’94** (CIA)
### Culinary Demonstrations

**Lessons from the Teaching Kitchen: Easy Techniques for Healthy Cooking with Patients and Families**

Busy families need to be able to prepare quick, inexpensive, and healthful meals. The presenters, both trained chefs and physicians, will focus on technique-driven recipes that can be adapted by both parents and children to seasonal local ingredients and/or family budget. They will also provide tips for helping families shift toward more plant-based diets that are healthier, lower in cost, and more sustainable.

**Presenters:**
- **Julia Nordgren, MD, ’13** (Palo Alto Medical Foundation)
- **Auden McClure, MD, MPH** (Geisel School of Medicine at Dartmouth, Dartmouth-Hitchcock Culinary Medicine Program)

#### 3:35 PM

**Healthy Snack Tasting and Fitness Break**

*Ventura Foods Center for Menu Research & Development (3rd floor)*

Dr. Edward Phillips will lead a 15-20 minute fitness session during this break.

#### 3:40 PM

**Pop-up Yoga Studio (optional)**

Meet in the Barrel Room on the second floor for a yoga and stretching break from 3:40-4:00 pm.

#### 3:40 PM

**Optional Interactive Activity**

*Piano Lounge (2nd floor)*

#### 4 PM

**Plenary Session VII**

*Ventura Foods Center for Menu Research & Development (3rd floor)*

**Current Research and the Future of Nutrition**

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

**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.

**Presenters:**
- **Justin Sonnenburg, PhD** (The Sonnenberg Lab, Stanford University School of Medicine)
- **Erica Sonnenburg** (The Sonnenberg Lab, Stanford University School of Medicine)

**Presentation**

The Dietary Guidelines for Americans (DGAs) is updated every 5 years jointly by the Department of Health and Human Services and the USDA. The DGAs have enormous implications for nutrition and food policies including the National School Lunch Program (NSLP), the Supplemental Nutrition Assistance Program (SNAP), and Women Infants and Children (WIC). These guidelines are grounded on the best available scientific evidence on nutrition and health, which has continued to accumulate and evolve. Translating nutrition research findings into guidelines and policies is essential to improve public health.

Presenter: Frank Hu, MD, PhD (Harvard)

5 PM  Moderated Interactive Q & A with Plenary VII Speakers
Moderator: David Eisenberg, MD (Harvard)
Panelists: Justin Sonnenburg, PhD (The Sonnenberg Lab, Stanford University School of Medicine)
Erica Sonnenburg (The Sonnenberg Lab, Stanford University School of Medicine)
Frank Hu, MD, PhD (Harvard)

5:15 PM  Happy Hour and Exhibitor Passport Reception
Herb Terrace (weather permitting)
All attendees are invited to participate in the exhibitor passport reception featuring Healthy Kitchens, Healthy Lives exhibitors paired with 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 2019 Healthy Kitchens, Healthy Lives conference. The raffle drawing will take place at 5:55 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.
• Justin & Erica Sonneburg, authors of The Good Gut: Taking Control of Your Weight, Your Mood and Your Long-Term Health

6 PM  Program Concludes for the Day
** Enjoy dinner on your own in the Napa Valley. Please make reservations for 6:30 PM or later. Find links to popular restaurants at www.healthykitchens.org
Saturday, February 10

7:15 AM  Napa Valley Breakfast Buffet  
Ventura Foods Center for Menu Research & Development (3rd floor)

7:30 AM  Pop-up Yoga Studio (optional)  
Meet in the Barrel Room on the second floor for a yoga and stretching break from 7:30-7:50am.

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

8 AM  Plenary Session VIII  
Ventura Foods Center for Menu Research & Development (3rd floor)  
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.  
Moderator:  David Eisenberg, MD (Harvard)  
Presenter:  Helen Delichatsios, MD (Harvard)

9 AM  Short Break/Time to Walk to Kitchen Sessions and Workshops

9 AM  Pop-up Yoga Studio (optional)  
Meet in the Barrel Room on the second floor for a yoga and stretching break from 9:00-9:15am.

9:15 AM  KITCHEN SESSIONS AND WORKSHOPS  
There are three blocks of time for hands-on cooking opportunities scheduled for Saturday and Sunday. These sessions will give everyone attending the conference a chance to have a 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**

*Kitchen Session A in Viking Kitchen (1st floor)*
*Kitchen Sessions B-E in Teaching Kitchen (3rd 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 learn culinary techniques from traditions around the world to make vegetables appealing and delicious.

Chef Instructor:  Chef Thomas Wong, CEC, CHE, ’86 (CIA)

**B-1  Cool Salads and Creative Dressings**

Participants in this hands-on kitchen session learn how to create diverse dressings by varying oils, acids, and other ingredients, as well as how to select and prepare lettuces and other vegetables to assemble a broad range of delicious salads. Recipes will feature salads inspired by a variety of world cuisines as well as whole grain dough preparations perfect for pairing with a main course salad.

Chef Instructor:  Chef Patrick Clark (CIA)

**C-1  Whole Grain Additions to Every Meal**

Participants in this hands-on kitchen session learn techniques for cooking a variety of intact whole grains and whole grain products including bulgur, farro, quinoa, and barley.

Chef Instructor:  Chef Tod Kawachi (CIA)

**D-1  Healthy Protein Cooking Made Easy**

Participants in this hands-on kitchen session learn techniques for cooking with nuts, seafood, tofu, legumes, and other healthful proteins.

Chef Instructor:  Chef Lars Kronmark, CWP (CIA)

**E-1  Cooking on a Budget: Preparing Delicious, Healthy, Easy to Make Family Meals for Four for $20.00 or Less**

Participants in this hands-on kitchen session learn to prepare a nutritionally sound dinner for a family of four for twenty dollars or less. Cooking techniques will include roasting, sautéing, sauce making, steaming, and stewing as well as grain, legume and green vegetable cookery and basic knife skills. The dishes will be quick, affordable, nutritious and easy to make.

Chef Instructor:  Chef Paul DelleRose, CHE, ’94 (CIA)
WORKSHOPS: BLOCK 1
Various campus locations

Workshop I
Ventura Foods Center for Menu Research & Design (3rd 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: Laura Brainin-Rodriguez, MPH, RD (Food Historian, Researcher, Registered Dietitian)
Chef Iliana de la Vega (Chef, Restaurateur, Consultant)

Workshop II
Ecolab Theater (1st 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.
Presenters: Julia Nordgren, MD, '13 (Palo Alto Medical Foundation)
Chef Ana Sortun (Chef, Restaurateur, Author)

Workshop III
DeBaun Theater (1st floor, behind the campus book store and CIA Illy café)
Memorable Starts: Building a Better Breakfast and More
Breakfast eaters tend to eat more healthful diets, including consuming more fruits, vegetables, and fiber. This workshop starts with a discussion of the nutrition, health, and weight management benefits of breakfast. Breakfast “makeover” strategies are presented, including how to improve the carbohydrate quality of the typical breakfast, how to prepare a simple whole grain bread and more. Practical ideas are presented for a multitude of healthy breakfasts, including “grab and go” breakfasts for hectic workday mornings, as well as ideas for leisurely weekend brunches.
Presenters: Connie Guttersen, RD, PhD (CIA)
Chef Aaron Brown (CIA)
Workshop IV
Rudd Center for Professional Wine Studies, Classroom One
(1st floor of Rudd Center building)
Navigating Food Packaging and Menu Labeling at the Supermarket and Beyond
Interpreting food labeling can be challenging. What do “free-range,” “natural,” and “gluten-free” really mean? What can we learn from the Nutrition Facts panel and how can we expect it to change in the future? What changes can we expect with menu labeling? This workshop will provide practical ways to help patients and clients understand food and menu labeling and make healthier and more informed choices.
Introduction: Sophie Egan (CIA)
Presenter: Kathleen Zelman, MPH, RD, LD (WebMD)

Workshop V
Rudd Center for Professional Wine Studies, Classroom Two
(2nd floor of Rudd Center building)
Precision Nutrition, Culinary Insight and the Mediterranean Diet
This workshop also takes place in Block 2 on Saturday at 3:15 PM.
Building on the scientific consensus around the Mediterranean Diet (which was prominently endorsed in the 2015 Dietary Guidelines for Americans as part of a strategy to bring more attention to healthy dietary patterns), this seminar will explore emerging frontiers of research that will likely further our understanding of the potential of this traditional cultural model for healthy eating. From probing possible synergistic effects of the various elements of the diet—including vegetables, other plant-based foods, and olive oil—to exploring how the genome is being analyzed and interpreted to empower health professionals with unprecedented tools to deliver personalized nutrition or precision nutrition, we’ll get a fresh take on how to approach Mediterranean-inspired kitchen strategies. An accomplished chef will lead us through a sensory tasting of foundation flavors and culinary insights based on the Mediterranean Diet, and explain how these compelling tastes can be shared with patients and simply reproduced in American home kitchens.
Introduction: Greg Drescher (CIA)
Presenters: José M Ordovás, PhD (Tufts University)
Chef Daniel Olivella (Chef, Restaurateur)

11:15 AM Short Break/Time to Walk Back to Ventura Center

11:15 AM Pop-up Yoga Studio (optional)
Meet in the Barrel Room on the second floor for a yoga and stretching break from 11:15-11:30am.

11:15 AM Optional Interactive Activity
Herb Terrace (weather permitting)
11:30 AM  Plenary Session IX  
Ventura Foods Center for Menu Research & Development (3rd floor)

Presentation  
Physical Activity: How Do You and Your Patients Get Moving?  
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.  
Moderator: David Eisenberg, MD (Harvard)  
Presenter: Edward M. Phillips, MD (Harvard Medical School/Joslin Diabetes Center)

12:15 PM  Tasting Lunch, Exhibition, Author Book Signings and Walking Tours  
Vintners Hall of Fame Historic Barrel Room (2nd 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”  
Vintners Hall of Fame Historic Barrel Room (2nd 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, author of Devoured  
• Connie Guttersen, RD, PhD, author of The Love Diet, The New Sonoma Diet and The New Sonoma Cookbook

12:15 PM  and 1:15 PM  Walking Tour of the Greystone Campus  
Meet at the front doors of Greystone at either 12:15 pm (A-L) or 1:15 pm (M-Z) for a 20-minute walk around the campus, weather permitting.  
Leader: Edward M. Phillips, MD (Harvard Medical School/Joslin Diabetes Center)

12:20 PM  Pop-up Yoga Studio (optional)  
Weather permitting, meet on the Outdoor Herb Terrace on the first floor for a yoga and stretching break from 12:20-12:40 PM.

1:30 PM  Healthy “Dessert Flip” Tasting  
Ventura Foods Center for Menu Research & Development (3rd floor)
1:45 PM  
Plenary Session X  
Ventura Foods Center for Menu Research & Development (3rd floor)  
Informing and Inspiring Our Patients: Strategies and Resources for Clinicians  
Moderator: David Eisenberg, MD (Harvard)  

Presentation  
Advising Primary Care Patients about Vitamins, Chocolate, Sleep, and More  
Patients (and non-patients) frequently ask their clinicians questions about nutrition beyond macronutrients. How can you respond to queries about trending topics such as vitamins, food allergies, non-nutritive sweeteners, chocolate, coffee, sleep, and intermittent fasting? Dr. Delichatsios will provide a framework for reviewing both published studies and lay media on popular topics with the current bottom lines.  
Presenter: Helen Delichatsios, MD (Harvard)  

Presentation  
Protein: The Macronutrient at the Intersection of Human and Environmental Health  
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? This session explores the state of the American diet, producing and eating protein, and the role healthcare professionals play at the intersection of protein, human and environmental health.  
Introduction: Sophie Egan (CIA)  
Presenters: Christopher Gardner, PhD (Stanford University)  
Arlin Wasserman, MS, MPH (Changing Tastes)  

3 PM  
Time to Move to Hands-On Kitchen Sessions and Workshop  

3 PM  
Pop-up Yoga Studio (optional)  
Meet in the Barrel Room on the second floor for a yoga and stretching break from 3:00-3:15pm.  

3:15 PM  
KITCHEN SESSIONS AND WORKSHOPS  

KITCHEN SESSIONS: BLOCK 2  
Kitchen Session A in Viking Kitchen (1st floor)  
Kitchen Sessions B-E in Teaching Kitchen (3rd 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.
A-2 The World Vegetable Kitchen
Participants in this hands-on kitchen session learn culinary techniques from traditions around the world to make vegetables appealing and delicious.
Chef Instructor: Chef Thomas Wong, CEC, CHE, ’86 (CIA)

B-2 Cool Salads and Creative Dressings
Participants in this hands-on kitchen session learn how to create diverse dressings by varying oils, acids, and other ingredients, as well as how to select and prepare lettuces and other vegetables to assemble a broad range of delicious salads. Recipes will feature salads inspired by a variety of world cuisines as well as whole grain dough preparations perfect for pairing with a main course salad.
Chef Instructor: Chef Patrick Clark (CIA)

C-2 Whole Grain Additions to Every Meal
Participants in this hands-on kitchen session learn techniques for cooking a variety of intact whole grains and whole grain products including bulgur, farro, quinoa, and barley.
Chef Instructor: Chef Tod Kawachi (CIA)

D-2 Healthy Protein Cooking Made Easy
Participants in this hands-on kitchen session learn techniques for cooking with nuts, seafood, tofu, legumes, and other healthful proteins.
Chef Instructor: Chef Lars Kronmark, CWP (CIA)

E-2 Cooking on a Budget: Preparing Delicious, Healthy, Easy to Make Family Meals for Four for $20.00 or Less
Participants in this hands-on kitchen session learn to prepare a nutritionally sound dinner for a family of four for twenty dollars or less. Cooking techniques will include roasting, sautéing, sauce making, steaming, and stewing as well as grain, legume and green vegetable cookery and basic knife skills. The dishes will be quick, affordable, nutritious and easy to make.
Chef Instructor: Chef Paul DelleRose, CHE, ’94 (CIA)

WORKSHOPS: BLOCK 2

Workshop VI
Ventura Foods Center for Menu Research & Design (3rd 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 de Vasquez, MS, RDN (CIA)

Presenters:  
Chef Alexander Ong (Chef, Consultant)  
Chef Suvir Saran (Chef, Author, Consultant)

**Workshop VII**

Ecolab Theater (1st floor, next to registration area)

**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 VIII**

DeBaun Theater (1st floor, behind the campus store)

**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 highlight projects across the country that provide low-income families with fresh, nutritious foods including veggie prescriptions and farm-to-clinic programs. We will also offer HKHL participants concrete tools to start similar programs in their communities. Tastings of some of our favorite farmers’ market recipes will be available for the audience to enjoy.

Presenters:  
Brian Frank, MD (Oregon Health & Science University)  
Auden McClure, MD, MPH (Geisel School of Medicine at Dartmouth, Dartmouth-Hitchcock Culinary Medicine Program)  
Zandra Alford, MPH (North Carolina State University)

**Workshop IX**

Rudd Center for Professional Wine Studies, Classroom One (1st floor of Rudd Center building)

**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. 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 a review of key principles and examples of sustainable diets, food systems, and emerging sustainability programs across the healthcare sector.
Moderator: Walter Willett, MD, DrPH (Harvard)
Presenters: Christopher Gardner, PhD (Stanford University)
            Arlin Wasserman, MS, MPH (Changing Tastes)
            Stacia Clinton, RD, LDN (Health Care Without Harm)

**Workshop X**
Rudd Center for Professional Wine Studies, Classroom Two
(2nd floor of Rudd Center building)

**Precision Nutrition, Culinary Insight and the Mediterranean Diet**

Building on the scientific consensus around the Mediterranean Diet (which was prominently endorsed in the 2015 Dietary Guidelines for Americans as part of a strategy to bring more attention to healthy dietary patterns), this seminar will explore emerging frontiers of research that will likely further our understanding of the potential of this traditional cultural model for healthy eating. From probing possible synergistic effects of the various elements of the diet—including vegetables, other plant-based foods, and olive oil—to exploring how the genome is being analyzed and interpreted to empower health professionals with unprecedented tools to deliver personalized nutrition or precision nutrition, we’ll get a fresh take on how to approach Mediterranean-inspired kitchen strategies. An accomplished chef will lead us through a sensory tasting of foundation flavors and culinary insights based on the Mediterranean Diet, and explain how these compelling tastes can be shared with patients and simply reproduced in American home kitchens.

Introduction: Greg Drescher (CIA)
Presenters: José M Ordovás, PhD (Tufts University)
            Chef Daniel Olivella (Chef, Restaurateur)

5:15 PM    Short Break/Time to Walk to Ventura Center for Final Session of the Day

5:15 PM    Pop-up Yoga Studio (optional)
Meet in the Barrel Room on the second floor for a yoga and stretching break from 5:15-5:30pm.

5:30 PM    Plenary XI: Keynote Address
Ventura Foods Center for Menu Research & Development (3rd floor)

**Keynote Address**

**A Conversation: Innovating Healthcare**

America’s healthcare professionals are not trained to deliver effective counseling on maintaining a healthy weight, diet, and physical activity level, despite staggering rates of obesity and related chronic diseases. In fact, less than one fourth of physicians feel they have received adequate training in these areas. Hear from the winners of the Innovation Award for Health Care Provider Training and Education – these health profession training programs are ahead of the curve in providing nutrition and physical activity education to their students.
Moderator:  David Eisenberg, MD (Harvard)
Presenter:  Howell Wechsler, MD (Alliance for a Healthier Generation)
Panelists:  Innovation Awardees to be announced

6:30 PM  Program Concludes for the Day
** Enjoy dinner on your own in the Napa Valley. Please make reservations for 7:15PM or later. Find links to popular restaurants at www.healthykitchens.org

Sunday, February 11

7:15 AM  Napa Valley Breakfast Buffet  Ventura Foods Center for Menu Research & Development (3rd floor)

7:55 AM  Brief Presentation
A Culinary Nutrition Review of the Breakfast Buffet
Presenter:  Kristen Rasmussen de Vasquez, MS, RDN (CIA)

8 AM  Plenary XII
Ventura Foods Center for Menu Research & Development (3rd floor)
Tips, Tools, and Practical Advice forPatients (and All of Us)
Moderator:  David Eisenberg, MD (Harvard)

Presentation
The Latest Online Tools for Weight Management
Is there really an app for that? Online, smartphone, and other high tech applications are the latest tools for weight management. This session will explore what tools are available, how they are used, who is using them, and what evidence is available about their effectiveness.
Presenter:  Mark Berman, MD (One Medical Group)

Presentation
Clinical Pearls for Transforming Lives
In this session, Dr. Peña will share some “pearls of wisdom,” 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.
Presenter:  Heather Peña, MD (Private Practice)

Presentation
Healthy Dining in Restaurants: Practical Tips and Strategies
Eating out used to be only for special occasions, but today more than half of Americans eat out three or more meals per week. This session will examine common
nutrition pitfalls in restaurants, how to find the best choices on menus in all types of restaurants, and strategies that help patients make dining out part of a healthy lifestyle.
Presenter:  Connie Guttersen, RD, PhD (CIA)

Presentation
Motivational Interviewing and Health Coaching
This session will assist providers who are supporting their patients in health-giving behaviors by exploring core principles and application of motivational interviewing and health coaching.
Presenter:  Margaret Moore (Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate)

Presentation
A Vision for and Examples of the Future of Food in Healthcare
Imagine the future of food in healthcare – hospitals as showrooms and access points for health, local, and sustainable food from patient trays to teaching kitchens and community gardens; Clinicians that are connected to food purchasing and community benefit programs; An organization that values the role of food as fundamental to their mission.
Presenter:  Stacia Clinton, RD, LDN (Health Care Without Harm)

10 AM  Break / Time to Walk to Kitchen Sessions and Workshops

10:15 AM  KITCHEN SESSIONS AND WORKSHOPS

KITCHEN SESSIONS: BLOCK 3
Kitchen Session A in Viking Kitchen (1st floor)
Kitchen Sessions B-E in Teaching Kitchen (3rd 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.

A-3  The World Vegetable Kitchen
Participants in this hands-on kitchen session learn culinary techniques from traditions around the world to make vegetables appealing and delicious.
Chef Instructor:  Chef Thomas Wong, CEC, CHE, ’86 (CIA)

B-3  Cool Salads and Creative Dressings
Participants in this hands-on kitchen session learn how to create diverse dressings by varying oils, acids, and other ingredients, as well as how to select and prepare lettuces and other vegetables to assemble a broad range of delicious salads. Recipes will feature salads inspired by a variety of world

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cuisines as well as whole grain dough preparations perfect for pairing with a main course salad.
Chef Instructor: Chef Patrick Clark (CIA)

C-3 Whole Grain Additions to Every Meal
Participants in this hands-on kitchen session learn techniques for cooking a variety of intact whole grains and whole grain products including bulgur, farro, quinoa, and barley.
Chef Instructor: Chef Tod Kawachi (CIA)

D-3 Healthy Protein Cooking Made Easy
Participants in this hands-on kitchen session learn techniques for cooking with nuts, seafood, tofu, legumes, and other healthful proteins.
Chef Instructor: Chef Lars Kronmark, CWP (CIA)

E-3 Cooking on a Budget: Preparing Delicious, Healthy, Easy to Make Family Meals for Four for $20.00 or Less
Participants in this hands-on kitchen session learn to prepare a nutritionally sound dinner for a family of four for twenty dollars or less. Cooking techniques will include roasting, sautéing, sauce making, steaming, and stewing as well as grain, legume and green vegetable cookery and basic knife skills. The dishes will be quick, affordable, nutritious and easy to make.
Chef Instructor: Chef Paul DelleRose, CHE, ‘94 (CIA)

WORKSHOPS: BLOCK 3

Workshop XI
Ventura Foods Center for Menu Research & Development (3rd 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, RD, LDN (Brigham and Women’s Hospital)
Chef Ken Woytisek (CIA)

Workshop XII
Ecolab Theater (1st floor, next to the registration area)
Advising Patients and Families on a SNAP Budget
This workshop intends to address the misconception that it’s expensive, complicated, and time consuming to make delicious, nutritious, affordable meals from ingredients that are available year-round. For patients and populations who are financially constrained and dependent on SNAP funding, getting healthy and...
tasty food to the table is arguably one of life’s greatest challenges. This session will present an overview of the relevant problems then provide specific examples of solutions, including demonstrations with helpful tips to be tried at home and enjoyed by all, regardless of socioeconomic status.

Moderator: David Eisenberg, MD (Harvard)
Presenters: Chefs from the Teaching Kitchen Collaborative including:
Stephanie Michalak, MA, ’12, ’14 (Turner Farm)
Jehan Luth, ’14, ’16 (Penn)

Workshop XII
DeBaun Theater (1st floor, behind the campus book store and CIA Illy café)
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, Author, Consultant)

Workshop XIV
Rudd Center for Professional Wine Studies, Classroom One
(1st floor of Rudd Center building)
Health Coaching in Action: Path to Culinary Wellness
This session provides an overview of the science and application of health and wellness coaching, as well as new developments toward national standards and credentialing. This experiential session will also include a coaching demonstration supporting the development of a personal vision for culinary wellness, intrinsic motivation, self-efficacy, and a commitment to initial goals and first steps.

Presenter: Margaret Moore (Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate)

12:15 PM Short Break/Time to Walk Back to the Ventura Center

12:30 PM Closing Plenary Session XIII
Ventura Foods Center for Menu Research & Development (3rd floor)

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)

1:05 PM  Closing Remarks
Speakers: David Eisenberg, MD (Harvard), Greg Drescher (CIA)

1:10 PM  Closing Picnic Box Lunch
Outdoor Herb Terrace (weather permitting)

Vibrant Flavors of World Cuisines
This lunch will feature a variety of healthful, flavorful foods from a variety of cuisines, including many of the dishes demonstrated during Healthy Kitchens, Healthy Lives.

2 PM  Closing Lunch and Conference Concludes

Conference Pop-up Yoga Studio
A pop-up yoga and stretching studio made possible by contributions from Sunsweet Growers will be open periodically (see below grid for scheduled times) during breaks and meals throughout the conference in the second floor barrel room, or on the Herb Terrace (weather permitting). A fitness instructor will guide small groups through a 20 minute exercise of light yoga and stretching (no need to change into workout clothes) during each of the times below. Yoga mats and towels will be provided.

<table>
<thead>
<tr>
<th>FRIDAY, 2/9</th>
<th>SATURDAY 2/10</th>
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<tbody>
<tr>
<td>7:40 - 8 AM</td>
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<td>9:55 - 10:15 AM</td>
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## Optional Interactive Activity Details

*Additional interactive activities hosted by our generous exhibitors will be available throughout the conference based on the following schedule:*

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<thead>
<tr>
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<th>SATURDAY 2/10</th>
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<tbody>
<tr>
<td>9:55 AM</td>
<td>11:15 AM</td>
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<tr>
<td><em>Piano Lounge (2nd floor)</em></td>
<td><em>Herb Terrace (weather permitting)</em></td>
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<tr>
<td>Fender Blender Pro Smoothies</td>
<td>Bean Bag Toss</td>
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<tr>
<td>Pedal-powered bike blenders create delicious smoothies</td>
<td>Try your luck with a quick game in between sessions</td>
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<tr>
<td>Hosted by Chobani</td>
<td>Hosted by Northarvest Bean Growers Association</td>
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<td>3:40 PM</td>
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<tr>
<td><em>Piano Lounge (2nd floor)</em></td>
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<td>Hands-On Canola Pressing Experience</td>
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<td>See the process of turning canola seed into a healthy oil</td>
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<tr>
<td>Hosted by Northern Canola Growers – USA and AmeriFlax</td>
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