



SCHOOL OF PUBLIC HEALTH  
Department of Nutrition

# Healthy Kitchens, Healthy Lives®

*Caring for Our Patients and Ourselves*

## February 2019 Faculty Biographies

**BARBARA ALEXANDER, CEC, CHE** is a consulting chef for the CIA. For 30+ years Barbara has worked as a professional executive chef, running pedigree Hotel Kitchens & Michelin level restaurants in Vancouver, Canada and Sydney, Australia. Chef Barbara left the restaurant business to become a culinary educator with The Dubrulle French Culinary School in Vancouver Canada, The Culinary Institute of America at Greystone, Napa Valley and a 16 year stint as culinary director at the lauded Napa Valley Cooking School. Currently, Barbara is a consultant chef for the Culinary Institute of America at Copia and authoring a new curriculum for the CIA in Plant Forward Cuisine. Barbara holds degrees in English Literature and Journalism, CEC- Certified Executive Chef, and CHE- Certified Hospitality Educator from the American Culinary Federation. An avid traveller, Chef Barbara is a partner in two culinary travel and tour operations, leading bespoke culinary adventures in the Napa Valley and world-wide. Barbara brings a humorous synergy of education, knowledge, and experience to the table, peppered with stories of the professional kitchen, travel, and an appreciation for an enriching cultural experience. (Angwin, CA)

**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, RDN** worked with Nutrition Services of the San Francisco Department of Public Health from 1995-2018. There she provided staff and provider training and consultation and developed and implemented community nutrition education programs for the Nutrition Education and Obesity Prevention Branch of the California Department of Public Health. She also disseminated 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 a resource by the Hawaii Department of Public Health, the NYC Department of Public Health, the Cleveland Clinic and many others. Laura was the co-editor of the San Francisco Food, Nutrition and Agriculture Directory, 6th Edition (2018). 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. (El Cerrito, CA)

**TRACEY BURG, RDN, LDN '86** is the culinary/nutrition manager at Boston Medical Center's (BMC's) Nutrition Resource Center (NRC), Food Demonstration Kitchen, and Preventive Food Pantry. At BMC she develops curriculum and presents culinary classes for various patient groups and staff to increase knowledge of healthy cooking techniques and promote nutritional and behavioral changes for improved health. Tracey is a registered dietitian nutritionist and graduate of Framingham State University as well as a former chef. During her tenure at BMC, the NRC has been featured on numerous television and news outlets and has received several awards including the 2012 James W. Varnum "National Quality Health Care Award"; 2014 Certificate of Appreciation from the Boston Health Care for the Homeless Program; and the 2016 Academy of Nutrition and Dietetics' Council on Future Practice's award for "Innovations in Dietetics Practice". In addition, for the past 20 years, Tracey has been a culinary instructor/educator for school foodservice programs in Massachusetts and around the country where she teaches culinary skills to school foodservice workers. She currently works with the John C. Stalker Institute of Nutrition and Dietetics at Framingham State University, the USDA's Institute for Child Nutrition at the University of Mississippi. (Boston, MA)

**JACQUELYN CHI, MA** is director of programs and special projects for the Strategic Initiatives Group at The Culinary Institute of America (CIA). In this role, Jacquelyn oversees the CIA's reThink Food conference exploring the intersection of technology, behavior, design, and food. She also oversees Appetites + Innovation National Leadership Collaborative for Retail Foodservice (A+I), which aims to advance culinary excellence and cultures of innovation in retail foodservice; and the Flavor Summit retreat, targeting F&B executives in the hotels, resorts, cruise lines, casinos, and upper-tier multi-unit restaurants sector. In 2013, Jacquelyn project-managed the CIA's first mobile app for its flagship Worlds of Flavor® International Conference & Festival, which won the 2013 Cvent Plannie Award for "Best Use of a Mobile App". Prior to joining the CIA, Jacquelyn earned a bachelor's degree in radio-television-film from Northwestern University, and a master's degree in international communication from American University, where she researched food as a tool of public diplomacy and the social construction of authenticity in foreign eating experiences. She has also served as photographer and videographer for a Turkish coffee truck diplomacy project; managed social media for a start-up food company; and worked in a chocolate factory. (Napa, 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)

**COURTNEY CRENSHAW** is the CA regional procurement & engagement coordinator for the Healthy Food in Health Care program at Health Care Without Harm. She coordinates the statewide network that includes approximately 180 health care institutions and convenes the regional hospital leadership teams. Courtney also manages the ProCureWorks cross-sector purchasing collaborative that is focused on transforming regional and national supply chains through collaboration among CA K-12 school districts and hospitals. The goal is to increase institutional procurement of healthy, regional and sustainable foods and to support regional producers and food businesses through local purchasing commitments. Courtney earned a master's degree in sociology from the University of California, Santa Cruz and went on to work in both the nonprofit and social service sectors. Prior to Health Care Without Harm, she worked as the program manager for Orange County Food Access Coalition facilitating several workgroups serving community food providers and focusing on food justice and urban agriculture. When she's not trying to change the food system, Courtney enjoys teaching and practicing yoga, cooking, and spending time outdoors with her rescue dog, Luna. (Long Beach, CA)

**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 Dining 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)

**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 clinical interests are focused promoting health equity through collaboration between primary care, community stakeholders and policy makers. Outside of his clinical duties, Dr. Frank is a member of the Health Equity Tactic Team for Family Medicine for America's Health where he leads research demonstrating a return on investment to businesses that support the health equity of their employees and the communities they serve. Dr. Frank was a 2016-17 Clinical Innovation Fellow with the Oregon Health Authority where he led projects designed to identify and reduce the prevalence of food insecurity in primary care clinics. Outside of work, Dr. Frank 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 the Rehnborg Farquhar 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)

**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, and has advocated for incorporating mindful practices into the training of health professionals. He has been a visiting professor at over 100 medical schools worldwide. (Washington, DC)

**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 leadership team for the Dartmouth-Hitchcock Weight & Wellness Center and directs the CHaD LiveINHealthy 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. She is recently certified in obesity medicine. 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, RDN, 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)

**WESLEY MCWHORTER, MS, RDN, LDN, CSCS** is the culinary nutrition director of the Nourish Program and a lecturer within the Dietetic Internship Program at the University of Texas School of Public Health (UTSPH) in Houston. He is a professionally trained chef, registered dietitian nutritionist, and certified strength and conditioning specialist. Wesley's experience includes dietetics education, corporate wellness, school and hospital foodservice, fine dining, sport's dietetics, and working as a private chef. He has earned degrees in culinary nutrition (AS), dietetics (BS), nutrition and metabolism (MS), and he is currently a DrPH candidate in behavioral sciences at UTSPH. Wesley teaches Culinary Medicine courses at the UTSPH, McGovern Medical School, Cizik Nursing School, and UTHealth School of Dentistry. His research interests are in closing the divide between culinary literacy and nutrition education and policy. (Houston, TX)

**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](http://www.drjuliacooks.com)! (Palo Alto, CA)

**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. (San Francisco, CA) @ChefAlexOng

**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. Heather 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. She currently serves on the board of advisors for the POM Wonderful company. (Napa Valley, CA)

**EDWARD M. PHILLIPS, MD** is assistant professor of physical medicine and rehabilitation at Harvard Medical School and is founder and director of the Institute of Lifestyle Medicine (ILM) at Spaulding Rehabilitation Hospital, [www.instituteoflifestylemedicine.org](http://www.instituteoflifestylemedicine.org). In 2015 Eddie began his role as chief of the Physical Medicine & Rehabilitation Service at the VA Boston Healthcare System where he also serves as one of VA Boston's flagship education champions. Additionally, Eddie 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 *Organize Your Emotions, Optimize Your Life: Decode Your Emotional DNA and Thrive* (Harvard Health Publications, William Morrow, 2016) and ACSM's *Exercise is Medicine™, A Clinician's Guide to Exercise Prescription* (Wolters-Kluwer, 2009) and is past chair of the Exercise

is Medicine™ Education Committee. Eddie serves on the Advisory Board of the American College of Lifestyle Medicine, on the Health Sector of the United States National Physical Activity Plan, and the President's Council on Fitness, Sports and Nutrition has recognized both Eddie and the ILM with its Community Leadership Award. He has published over 75 scientific publications and is an active clinician and researcher who speaks and consults nationally, guiding a broad based effort to reduce lifestyle-related death, disease, and costs through clinician directed interventions with patients. Eddie has appeared on various national media including *Good Morning America*, *ESPN radio*, *Huffington Post*, *Slate*, *Time Magazine*, and *Cosmopolitan* and he co-hosted the NPR Daily Exercise Podcast, *WBUR's Magic Pill*, which was awarded an Edward R. Murrow award for Excellence in Innovation. (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 in restaurants to conducting sensory studies and exploring fermentation 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) @rootedfood

**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)

**SUVIR 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 Dévi 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)

**GEORGE SHANNON, CEC, CHE** is an assistant professor of culinary arts at the Hyde Park Campus of The Culinary Institute of America. George currently is teaching Culinary Fundamentals and previously was teaching Non-Commercial Food Service and High-Volume Production at “The Line,” in the student dining facility known as the Egg. During his first four years at the school he spent some of his time on “The Line” developing and implementing many healthy breakfast options following the Menus of Change Principals. He co-presented at two of the Menus of Change Conferences discussing plant forward menus in High volume settings and utilization of “Spent” Brewer’s grain in food products. These items came from his personal desire to avoid using medication to control his cholesterol and sugar levels and maintaining a healthy diet. George started his career completing an American Culinary Federation apprenticeship in 1990 at The Trellis Restaurant in Williamsburg Virginia that was co-owned and operated by Marcel Desaulniers, ‘65, then continuing his studies by working in a variety of culinary operations including private clubs, 4 and 5-star hotels and resorts, private restaurants and his own catering business for 6 years. He worked for and with many CIA graduates including Certified Master Chef Mark Erikson, the CIA’s Provost. He received his Associates in Business Administration from Thomas Nelson Community College in 2012, his Certified Executive Chef in 2008 and is currently working on his Bachelor’s in Business Administration at SUNY - Empire, with an expected completion date of 2019. (Hyde Park, NY)

**LINDA SHIUE, MD** is a primary care internist and professionally trained chef who believes that the best medicine is prevention, based upon a healthy lifestyle. As the first Director of Culinary Medicine at Kaiser Permanente San Francisco, she founded and directs a teaching kitchen, the Thrive Kitchen, to empower patients and physicians with a new set of skills and knowledge to improve health and wellness – nutrition applied through cooking skills. In her cooking demonstrations and hands-on workshops, Linda teaches the fundamentals of delicious, healthy cooking with an emphasis on preparing seasonal produce lavishly flavored with spices and fresh herbs. Her food writing has appeared in publications including the *Washington Post*, *San Francisco Chronicle*, *New York Times*, and *Smithsonian Magazine*, in addition to on her personal blog, Spicebox Travels, on Kaiser Permanente's blog, Food for Health, and in several cookbooks. Linda has been quoted in publications including *Reader's Digest* and *US News & World Report*. She currently serves as a reviewer for the *American Journal of Lifestyle Medicine*, is on the speaker’s bureau for the American College of Lifestyle Medicine and has also served as faculty at the University of California, San Francisco and Stanford University. She represents Kaiser Permanente San Francisco as a founding member of the Teaching Kitchen Collaborative and as

a member of the Google Food Lab, and is a Guest Chef at Draeger's Cooking School, Macy's, and elsewhere. (San Francisco, CA)

**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. Ana graduated from La Varenne Ecole de Cuisine de Paris and opened her restaurant, Oleana, in 2001, immediately drawing rave reviews from the *New York Times*. She was named Best Chef: Northeast by the James Beard Foundation in 2005, and went on to open Sofra Bakery and Café. She also co-owns Sarma in Somerville and is the author of two cookbooks – *Spice: Flavors of the Eastern Mediterranean* (William Morrow, 2006), and *Soframiz: Vibrant Middle Eastern Recipes from Sofra Bakery* (with Maura Kilpatrick (Ten Speed Press, 2016). Ana is known for bringing Middle Eastern flavors into the mainstream through her passion of Turkish cooking, spices and her husband's (Chris Kurth of Siena Farms) fresh, organic vegetables. A 2015, 2016, and 2017 James Beard Outstanding Chef semi-finalist, among her many accomplishments, solidifies her as a leading female chef. (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)

**WALTER WILLETT, 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)

**KATHLEEN ZELMAN, MPH, RDN** 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)