



## September 2008 Schedule

Updated August 13, 2008

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### Thursday, September 25

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- 1:00 PM**      **Optional Pre-Conference Event**  
*(\$50, pre-registration required)*
- “An Insider’s Tour of Select Napa Valley Wineries”**  
Plan to arrive at the CIA between 12:15 and 12:30 PM for registration in the Atrium (1<sup>st</sup> floor) of the CIA at Greystone. Winery tour buses will board at 12:45 PM for prompt departure at 1:00 PM. Buses will return to the CIA by 4 PM.
- 4:00 PM**      **Registration Opens**  
*CIA at Greystone Atrium (1<sup>st</sup> floor)*
- 5:00 PM**      **Plenary Session I**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- “Healthy Kitchens, Healthy Lives: Welcome & Orientation”**  
Speakers:                      **David Eisenberg, MD** (Harvard)  
   **Greg Drescher** (CIA)
- “Healthy Kitchens, Healthy Lives: Culinary Strategies from World Kitchens”**  
Speaker:                              **Amy Myrdal, MS, RD** (CIA)
- “Opening Culinary Demonstrations: Soups & Salads from India and Mexico”**  
Culinary Presenters:      **Suvir Saran** (Indian Chef, Cookbook Author)  
   **Bill Briwa** (CIA)
- 6:15 PM**      **Reception and Exhibition Open\***  
*Historic Barrel Room (2<sup>nd</sup> 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.  
*(NOTE: Experience suggests that this can easily serve as your evening meal.)*
- 7:30 PM**      **Reception and Exhibition Close**

\* Includes dishes that will be demonstrated during the conference.

September 2008 Healthy Kitchens, Healthy Lives Schedule

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## Friday, September 26

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- 7:00 AM**      **Registration Opens**  
**Napa Valley Breakfast Buffet\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 8:00 AM**      **Plenary Session II**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Healthy Kitchens for Healthy Lives: Taking up the Challenge, Bridging Communities of Stakeholders”**  
Speaker:                      **David Eisenberg, MD** (Harvard)
- 8:45 AM**      **Plenary Session III**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Principles and Strategies for Healthy Cooking, Part I: A Toolkit of Ideas”**  
Speaker:                      **Adam Busby, CMC** (CIA)  
Culinary Presenters:      **Patrick Clark** (CIA)  
   **David Eisenberg, MD** (Harvard)
- 10:00 AM**     **Break and Healthy Snack Tasting\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 10:30 AM**     **Plenary IV**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Principles and Strategies for Healthy Cooking, Part II: A Focus on Healthy Carbohydrates”**  
Moderator:                    **David Eisenberg, MD** (Harvard)
- “Translating the Science on Glycemic Index and Glycemic Load: Advising Patients About Healthy Carbohydrates”**  
Speaker:                      **Helen Delichatsios, MD** (Harvard Medical School)
- “Helping Patients Overcome the Challenges of Choosing Healthy Carbohydrates”**  
Speaker:                      **Kathy McManus, MS, RD, LDN** (Brigham & Women’s Hospital)
- “Building a Better Breakfast”**  
Culinary Presenter:      **Mark Furstenberg** (chef/artisan bread baker)
- “Using Whole Grains and Legumes in Salads and Side Dishes”**  
Culinary Presenter:      **Joyce Goldstein** (chef/cookbook author)

\* Includes food items and dishes that will be demonstrated during the conference.

- 12:30 PM**      **Lunch\***  
*Herb Terrace (front of Greystone)*  
**“See One, Taste One, Teach One”**  
 This seated lunch will feature foods from morning culinary demonstrations so that attendees get the opportunity to taste items demonstrated earlier in the day.
- 1:30 PM**      **Fitness Break**  
*Greystone Campus*  
**“Exploring the Greystone Campus”**  
 Feel free to walk the campus grounds, enjoy the views of the vineyards, visit the Culinary Herb Garden, and get some physical activity before the afternoon sessions begin.
- 2:00 PM**      **Plenary V**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“What We Know About Opportunities to Optimize Our Own and Our Children’s Diets”**  
 Speaker:                      **W. Allan Walker, MD** (Harvard Medical School)
- 3:00 PM**      **Plenary VI**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Plant-based Foods, Longevity, and Prevention of Chronic Disease: Deconstructing Popular Weight Loss Diets”**  
 Speaker:                      **Eric Rimm, ScD** (Harvard School of Public Health)
- 4:00 PM**      **Break and Healthy Snack Tasting\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 4:30 PM**      **Culinary Demonstration**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Fast & Flavorful Salads & Salad Dressings”**  
 Culinary Presenter:      **Joyce Goldstein** (chef, consultant, cookbook author)
- 5:00 PM**      **Plenary Session VII**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Principles and Strategies of Healthy Cooking, Part III: What’s for Dinner?”**  
 Speaker:                      **Adam Busby, CMC** (CIA)  
 Culinary Presenters:      **Patrick Clark** (CIA)  
    **Bill Briwa** (CIA)  
    **David Eisenberg** (Harvard)
- 6:00 PM**      **Wine Reception**  
*CIA at Greystone Atrium (1<sup>st</sup> Floor)*
- 6:30 PM**      **Program Concludes for the Day**  
 Enjoy dinner on your own in the Napa Valley. Please make reservations for 7:00PM or later. Find links to popular Napa Valley restaurants at [www.healthykitchens.org](http://www.healthykitchens.org)

\* Includes food items and dishes that will be demonstrated during the conference.

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## Saturday, September 27

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**7:00 AM**

**Napa Valley Breakfast Buffet\***

*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*

**8:00 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 kitchen experience working alongside a CIA chef-instructor. Workshops are also being offered which, while not hands-on, focus on ingredients, tastings, techniques, demonstrations, and practical culinary strategies as well as counseling techniques.

**KITCHEN SESSIONS: BLOCK 1**

*Third Floor Teaching Kitchen*

**Inside the Healthy Kitchen: New 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-1 “Cool Salads and Creative Dressings”**

Chef Instructor: **Toni Sakaguchi** (CIA)

**B-1 “Whole Grain Additions to Every Meal”**

Chef Instructor: **Tucker Bunch** (CIA)

**C-1 “Vegetables—Inspiration from World Cuisines”**

Chef Instructor: **Thomas Wong** (CIA)

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

Chef Instructor: **Almir Da Fonseca** (CIA)

**E-1 “Think...and Cook Like a Chef: Tools, Techniques, Tips & Tricks”**

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

**WORKSHOPS: BLOCK 1**

**Inside the Healthy Kitchen: New Skills for Healthier Lives**

*Workshops, while not hands-on, focus on ingredients, techniques, demonstrations, practical culinary strategies, and counseling techniques.*

**Workshop I-A**

*Ecolab Theater (1<sup>st</sup> floor next to the registration area)*

**“Spices, Herbs & Aromatics: A World of Flavors for American Cooking”**

Speakers: **Joyce Goldstein** (Mediterranean chef/cookbook author)  
**Suvir Saran** (Indian chef/cookbook author)

*\* Includes food items and dishes that will be demonstrated during the conference.*

### **Workshop II-A**

*Ventura Foods Center for Menu Research & Design (3<sup>rd</sup> floor)*

#### **“Healthy Flavors of the Mediterranean: Ingredients and Flavor Dynamics”**

Speakers: **Kathy McManus, MS, RD, LDN** (Brigham & Women’s Hospital)  
**Bill Briwa** (CIA)

### **Workshop III-A**

*Williams Center for Flavor Discovery*

#### **“Healthy Eating on a Budget: Creating Memorable Meals for Four for Less Than \$20”**

Speakers: **John Ash** (chef/cookbook author)  
**Amy Myrdal, MS, RD** (CIA)

### **Workshop IV-A**

*DeBaun Theater (1<sup>st</sup> floor next to campus store)*

#### **“Memorable Starts: How to Build a Better Breakfast”**

Speakers: **Mark Furstenberg** (chef/artisan bread baker)  
**Connie Gutterson, RD, PhD** (CIA)

**10:00 AM Break/Time to Walk Back to Ventura Center**

**10:15 AM Plenary Session VIII**

*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*

#### **“The Other Pillars of Change: Physical Activity and Mindfulness as Prerequisites to Weight Management and Healthy Lifestyles”**

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

##### **“Physical Activity: How Do You and Your Patients Get Moving?”**

Speaker: **Edward M. Phillips, MD** (Harvard Medical School)

##### **“Munching with Mindfulness: Getting Nourished and Nurtured”**

Speaker: **Mark Abramson, DDS** (Stanford University Medical Center)

**12:15 PM Tasting Lunch, Exhibition, and Book Signing**

*Historic Barrel Room (2<sup>nd</sup> floor)*

#### **“Exploring a World of Healthy Flavors”**

The tasting lunch and exhibition is a walk-around event featuring healthy foods from Mediterranean, Asian, Latin American, and contemporary American kitchens prepared by the chefs of The Culinary Institute of America.

#### **“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.

- W. Allan Walker, M.D., author of [Eat, Play and Be Healthy](#)
- Connie Gutterson, RD, PhD, author of [The Sonoma Diet](#), and [The Sonoma Diet Cookbook](#)
- Joyce Goldstein, author of [Mediterranean Fresh](#)
- Suvir Saran, author of [American Masala](#) and [Indian Home Cooking](#)

\* Includes food items and dishes that will be demonstrated during the conference.

**Healthy Kitchens, Healthy Lives - September 2008 Schedule**

1:15 PM

**Plenary Session IX**

Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)

**“Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part I”**

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

**“Motivating Patients through Motivational Interviewing”**

Speaker: **Kathy McManus, MS, RD, LDN** (Brigham & Women’s Hospital)

**“Advising the Primary Care Patient: Dietary Supplements”**

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

**“Advising Specialty Care Patients: Probiotics”**

Speaker: **W. Allan Walker, MD** (Harvard)

**“Creating the Perfect Plate”**

Speaker: **Mollie Katzen** (cookbook author)

2:45 PM

**Break and Healthy Snack Tasting\***

Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)

3:00 PM

**KITCHEN SESSIONS AND WORKSHOPS**

**KITCHEN SESSIONS: BLOCK 2**

*Third Floor Teaching Kitchen*

**A-2 “Cool Salads and Creative Dressings”**

Chef Instructor: **Toni Sakaguchi** (CIA)

**B-2 “Whole Grain Additions to Every Meal”**

Chef Instructor: **Tucker Bunch** (CIA)

**C-2 “Vegetables—Inspiration from World Cuisines”**

Chef Instructor: **Thomas Wong** (CIA)

**D-2 “Healthy Protein Cooking Made Easy”**

Chef Instructor: **Almir Da Fonseca** (CIA)

**E-2 “Think...and Cook Like a Chef: Tools, Techniques, Tips & Tricks”**

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

\* Includes food items and dishes that will be demonstrated during the conference.

## **WORKSHOPS: BLOCK 2**

### **Workshop V-A**

*DeBaun Theater (1<sup>st</sup> floor, next to the campus bookstore)*

#### **“Children’s Nutrition: Practical Strategies for Promoting Better Outcomes from Conception to Adulthood”**

Speakers: **W. Allan Walker, MD** (Harvard)  
**Joyce Goldstein** (author, chef, consultant)  
**Amy Myrdal, MS, RD** (CIA)

### **Workshop VI-A**

*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*

#### **“Fruits, Vegetables, Nuts & Legumes: Phytochemicals, Fiber, Flavor and More!”**

Speakers: **Adam Busby, CMC** (CIA)  
**Connie Gutterson, RD, PhD** (CIA)

### **Workshop VII-A**

*Ecolab Theater (1<sup>st</sup> floor, next to the Atrium)*

#### **“Ethanol and Phytochemicals: The Latest Research on the Health Impacts of Wine, Plus a Guided Tasting of Wine”**

Speakers: **Eric Rimm, ScD** (Harvard School of Public Health)  
**John Buechsenstein** (CIA)

**5:00 PM** **Break/Time to Walk Back to Ventura Center**

**5:15 PM** **Plenary Session X**

*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*

#### **“A Menu of Change: Healthy Food for Healthy Communities and a Healthy Planet”**

Moderator: **David Eisenberg, MD** (Harvard)  
Presenters: **Jamie Harvey, PE** (Health Care Without Harm)

**6:15 PM** **Program concludes for the evening**

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

*\* Includes food items and dishes that will be demonstrated during the conference.*

**Healthy Kitchens, Healthy Lives - September 2008 Schedule**

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## Sunday, September 28

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- 7:00 AM**      **Napa Valley Breakfast Buffet\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 8:00 AM**      **Plenary XI**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
**“Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part II”**  
Moderator:    **David Eisenberg, MD** (Harvard)
- “Healthy Eating in Restaurants”**  
Speaker:        **Connie Gutteresen, RD, PhD** (CIA)
- “Clinical Pearls for Transforming Lives”**  
Speaker:        **Heather Peña, MD** (St. Helena Center for Health)  
                         **Patty Brown** (patient, St. Helena Center for Health)
- 9:30 AM**      **Break/Time to Walk to Kitchen Sessions and Workshops**
- 9:45 AM**      **KITCHEN SESSIONS AND WORKSHOPS**
- KITCHEN SESSIONS: BLOCK 3**  
*Third Floor Teaching Kitchen*
- A-3**      **“Cool Salads and Creative Dressings”**  
Chef Instructor:    **Toni Sakaguchi** (CIA)
- B-3**      **“Whole Grain Additions to Every Meal”**  
Chef Instructor:    **Tucker Bunch** (CIA)
- C-3**      **“Vegetables—Inspiration from World Cuisines”**  
Chef Instructor:    **Thomas Wong** (CIA)
- D-3**      **“Healthy Protein Cooking Made Easy”**  
Chef Instructor:    **Almir Da Fonseca** (CIA)
- F-1**      **“The Pastry Flip and Other Sweet Dessert Ideas”**  
Chef Instructor:    **Stephen Durfee** (CIA)

\* Includes food items and dishes that will be demonstrated during the conference.

### **WORKSHOPS: BLOCK 3**

#### **Workshop I-B**

*Ecolab Theater (1<sup>st</sup> floor next to the registration area)*

#### **“Spices, Herbs & Aromatics: A World of Flavors for American Cooking”**

Speakers: **Joyce Goldstein** (Mediterranean chef/cookbook author)  
**Suvir Saran** (Indian chef/cookbook author)

#### **Workshop II-B**

*Ventura Foods Center for Menu Research & Design (3<sup>rd</sup> floor)*

#### **“Healthy Flavors of the Mediterranean: Ingredients and Flavor Dynamics”**

Speakers: **Kathy McManus, MS, RD, LDN** (Brigham & Women’s Hospital)  
**Bill Briwa** (CIA)

#### **Workshop III-B**

*Williams Center for Flavor Discovery*

#### **“Healthy Eating on a Budget: Creating Memorable Meals for Four for Less Than \$20”**

Speakers: **John Ash** (chef/cookbook author)  
**Amy Myrdal, MS, RD** (CIA)

#### **Workshop IV-B**

*DeBaun Theater (1<sup>st</sup> floor next to campus store)*

#### **“Memorable Starts: How to Build a Better Breakfast”**

Speakers: **Mark Furstenberg** (chef/artisan bread baker)  
**Connie Guttersen, RD, PhD** (CIA)

**11:45 AM Break/Time to Walk Back to the Ventura Center**

**12:00 PM Closing Session**

*Ventura Foods Center for Menu Research & Development*

#### **“Healthy Kitchens, Healthy Lives: Re-imagining Our Future”**

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

**12:30 PM Closing Lunch\***

*Herb Terrace (front of Greystone)*

#### **“The Best of Farm Fresh California Cuisine”**

This seated lunch will feature a variety of healthful plant-based recipes featuring seasonal California produce.

**2:00 PM Closing Lunch and Conference Conclude**

*\* Includes food items and dishes that will be demonstrated during the conference.*

**Healthy Kitchens, Healthy Lives - September 2008 Schedule**