



## April 2008 Schedule

*Updated March 18, 2008*

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### Thursday, April 10

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- 12:00 PM Optional Pre-Conference Special Event (12-3:30 PM)  
**Organic Viniculture: An Agricultural Workshop, Lunch, and Barrel Tasting Event** (\$60, pre-registration required)  
Ehlers Estate  
3222 Ehlers Lane  
St. Helena, California 94574  
Highway 29, 1 mile north of the CIA at Greystone  
*Plan to arrive at the winery by 11:45 PM for check-in at the winery for this special event, which is limited to 20 people.*
- 1:00 PM Optional Pre-Conference Special Event (1-3:30PM)  
**An Insider's Tour of Select Napa Valley Wineries** (\$50, pre-registration required)  
*Plan to arrive at the off-site parking lot by 12 PM for check-in between 12:15 & 12:30 PM 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.*
- 4:00 PM **Registration Opens**  
*Atrium (1<sup>st</sup> floor) of the CIA at Greystone*
- 5:00 PM Plenary Session I  
**Welcome & Orientation**  
*Ventura Foods Center for Menu Research and Development (3<sup>d</sup> floor)*  
Speakers: **David Eisenberg, MD** (Harvard)  
**Mark Erickson, CMC** (CIA)
- Healthy Kitchens, Healthy Lives: A World of Flavors**  
Speaker: **Greg Drescher** (CIA)  
Culinary Presenters: **Suvir Saran** (chef/cookbook author)  
**Lars Kronmark** (CIA)
- 6:00 PM Tasting Reception and Exhibition  
**A World of Healthy Flavors\***  
*Historic Barrel Room (2<sup>nd</sup> floor)*  
A walk-around tasting prepared by the chefs of The Culinary Institute of America featuring healthy foods of the Mediterranean, Asian, Latin American, and contemporary American kitchens.  
*Please note that experience suggests that this will easily serve as your evening meal.*
- 7:30 PM **Tasting Reception and Exhibition Close**

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

April 2008 Healthy Kitchens, Healthy Lives Schedule

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## Friday, April 11

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- 7:00 AM      **Registration Opens**  
**Light Napa Valley Breakfast\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 8:00 AM      Plenary Session II  
**Healthy Kitchens for Healthy Lives: Taking up the Challenge, Bridging Communities of Stakeholders**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
Speaker:                      **David Eisenberg, MD** (Harvard)
- 8:45 AM      Plenary Session III  
**Principles and Strategies for Healthy Cooking, Part I: A Toolkit of Ideas**  
Speaker:                      **Mark Erickson, 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  
**Principles and Strategies for Healthy Cooking, Part II: A Focus on Carbohydrates**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
Moderator:                  **David Eisenberg, MD** (Harvard)  
Speakers:                    **David Ludwig, MD, PhD** (Harvard)  
   **Kathy McManus, MS, RD, LDN** (Brigham and Women's Hospital)  
Culinary Presenters:      **Mark Furstenberg** (chef/artisan bread baker)  
   **Joyce Goldstein** (chef/cookbook author)  
   **Adam Busby, CMC** (CIA)
- 12:30 PM     **A "See One, Taste One, Teach One" Lunch\***  
*Herb Terrace*
- 1:45 PM      **Active Break: Walking the Greystone Campus**  
*Option 1:      An informal guided tour of the Greystone Herb Gardens with plant specialist **Dianne Martinez***  
*Option 2:      A fitness walk with physical activity expert **Daniel Rooks, PhD***
- 2:15 PM      Plenary V  
**What We Know About Opportunities to Optimize our Diets and Deconstructing Popular Diets**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
Speaker:                      **Walter Willett, MD, DrPH** (Harvard)

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

- 3:15 PM Plenary VI  
**Plant-based Foods, Longevity, and Prevention of Chronic Disease**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
 Speaker: **Eric Rimm, ScD** (Harvard)
- 4:15 PM **Break and Healthy Snack Tasting\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 4:45 PM Culinary Demonstration  
**Forgotten Foods: Flavorful Cooking with Nuts & Legumes**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
 Culinary Presenters: **John Ash** (chef/cookbook author)  
**Joyce Goldstein** (chef/cookbook author)
- 5:15 PM Plenary Session VII  
**Principles and Strategies of Healthy Cooking, Part III:  
 What to Do When You Have Limited Time**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
 Speaker: **Mark Erickson, CMC** (CIA)  
 Culinary Presenters: **Michelle Hauser** (Harvard)  
**Patrick Clark** (CIA)  
**David Eisenberg** (Harvard)
- 6:15 PM **Wine Reception**  
*Greystone Atrium*
- 6:45 PM **Program Concludes for the Day**  
*Enjoy dinner on your own in the Napa Valley. Please make reservations for 7:15 PM or later. Find links to 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, April 12

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7:00 AM **Light Napa Valley Breakfast\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*

8:00 AM **Kitchen Sessions and Workshops: Block 1**  
*Note: 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 along side a CIA chef-instructor. At the same time, workshops are being offered which, while not hands-on, focus on ingredients, tastings, techniques, demonstrations, and practical culinary strategies as well as counseling techniques.*

### **KITCHEN SESSIONS**

*Third Floor Teaching Kitchen*

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

*These hands-on sessions are intended to provide attendees with 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. **Protein Strategies: Fish, Chicken, and Tofu Cooking Made Easy**  
Chef Instructor: **Almir Da Fonseca (CIA)**
- E-1. **The Dessert "Flip" and Other Sweet, Seductive Ideas**  
Chef Instructor: **Stephen Durfee (CIA)**

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

## WORKSHOPS

### **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

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

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

Speakers: **Joyce Goldstein** (chef/cookbook author)  
**Amy Myrdal, MS, RD** (CIA)

Workshop II-A

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

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

Speakers: **Kathy McManus, MS, RD, LDN** (Brigham & Women's Hospital)  
**Lars Kronmark** CIA)

Workshop III-A

### **Menu Planning on a Budget: Creating Memorable Meals for Four for Under \$20**

*Williams Flavor Discovery Center*

Speakers: **John Ash** (chef/cookbook author)  
**Michelle Hauser** (Harvard)  
**Cynthia Goody, PhD, RD, LD** (Hy-Vee, Inc.)

Workshop IV-A

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

*Rudd Center for Professional Wine Studies, Classroom One*

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

Workshop V-A

### **Mind, Heart . . . and Stomach: An Integrative Approach to Childhood Obesity**

*Rudd Center for Professional Wine Studies, Classroom Two*

Speakers: **David Ludwig, MD, PhD** (Boston Children's Hospital)  
**Christina Economos, PhD** (Tufts University School of Nutrition)

10:00 AM

### **Break and Healthy Snack Tasting\***

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

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

- 10:30 AM Plenary Session VIII  
**The Other Pillars of Change: Physical Activity and Mindfulness as Prerequisites to Weight Management and Healthy Lifestyles**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
Moderator: **David Eisenberg, MD** (Harvard)
- Physical Activity: How Do You and Your Patients Get Moving?**  
Speaker: **Daniel Rooks, PhD** (Novartis)
- A Mouthful of Delight: Mindfulness, Eating, and Intimacy**  
Speaker: **Mark Abramson, DDS** (Stanford)
- 12:30 PM Tasting Lunch, Exhibition, and Book Signing  
**A World of Healthy Flavors\***  
*Historic Barrel Room (2<sup>nd</sup> floor)*
- A walk-around tasting prepared by the chefs of The Culinary Institute of America featuring the healthy foods of the Mediterranean, Asian, Latin American, and contemporary American kitchens.
- NOTE: Nutrition and culinary faculty will be signing books during this time. Books will be available for purchase in the Barrel Room during this time; at other times, attendees may purchase books in the campus store.*
- 1:30 PM **Active Break: Walking the Greystone Campus**  
*An opportunity to walk and mindfully enjoy the beautiful grounds and gardens at the CIA at Greystone campus*
- 2:00 PM Plenary Session IX  
**Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part I**  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*  
Moderator: **David Eisenberg, MD** (Harvard)  
Speakers: **Kathy McManus, MS, RD, LDN** (Brigham & Women's Hospital)  
**Helen Delichatsios, MD** (Harvard, Mass General Hospital)  
**Mollie Katzen** (cookbook author)
- 3:30 PM **Break and Healthy Snack Tasting\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*

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

## Kitchen Sessions and Workshops: Block 2

### KITCHEN SESSIONS

*Third Floor Teaching Kitchen*

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

*These hands-on sessions are intended to provide attendees with the skills necessary to prepare several representative dishes from each of the food categories listed below.*

- 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. **Protein Strategies: Fish, Chicken, and Tofu Cooking Made Easy**  
Chef Instructor: **Almir Da Fonseca (CIA)**
  
- E-2. **The Dessert "Flip" and Other Sweet, Seductive Ideas**  
Chef Instructor: **Stephen Durfee (CIA)**

### WORKSHOPS

#### **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 II-B

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

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

Speakers: **Kathy McManus, MS, RD, LDN (Brigham & Women's Hospital)**  
**Lars Kronmark (CIA)**

Workshop V-B

#### **Mind, Heart . . . and Stomach: An Integrative Approach to Childhood Obesity**

*Rudd Center for Professional Wine Studies, Classroom Two*

Speakers: **David Ludwig, MD, PhD (Boston Children's Hospital)**  
**Christina Economos, PhD (Tufts University School of Nutrition)**

Workshop VI-A

#### **Fruits, Vegetables, Nuts, and Legumes: From Phytochemicals and Fiber to Flavor and More!**

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

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

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

Workshop VII-A

**Making Healthy Protein Choices: From Fish, Beans, and Tofu to Chicken and Lean Meats**

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

Speakers: **Heather Peña, MD** (St. Helena Center for Health)  
**Vicki Saunders, MS, RD** (St. Helena Center for Health)  
**Brenda LaNoue** (CIA)

Workshop VIII-A

**Of Ethanol and Phytochemicals: The Latest Research on the Health Impacts of Wine, Plus a Guided Tasting of California Wines**

*Rudd Center for Professional Wine Studies, Classroom One*

Speakers: **Eric Rimm, ScD** (Harvard School of Public Health)  
**Karen MacNeil** (CIA)

5:45 PM

Plenary Session X

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

**Cooking Up Change: Projects from Across the United States that Demonstrate What's Possible**

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

**Shape Up Somerville: Successful Community-Based Change**

Presenter: **Christina Economos, PhD** (Tufts University School of Nutrition)

**Turning the Tables: Reversing the Epidemic of Childhood Obesity by 2015**

Presenter: **Kathryn Thomas** (Robert Wood Johnson Foundation)

6:45 PM

**Program concludes for the evening**

*Enjoy dinner on your own in the Napa Valley. Please make reservations for 6:30 PM or later. Find links to 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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## Sunday, April 13

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- 7:00 AM **Light Napa Valley Breakfast\***  
*Ventura Foods Center for Menu Research & Development (3<sup>rd</sup> floor)*
- 8:00 AM Plenary XI  
**Informing & Inspiring Our Patients: Strategies & Resources for Clinicians, Part II**  
*Ventura Foods Center for Menu Research & Development*  
Moderator: **David Eisenberg, MD** (Harvard)  
Speakers: **Connie Guttersen, PhD, RD** (CIA)  
**Heather Peña, MD** (St. Helena Center for Health)  
**Patty Brown** (patient, St. Helena Center for Health)  
Discussants: **Deanne Brandstetter, MBA, RD, CDN** (Compass Group)  
**Kathy McManus, MS, RD, LDN** (Brigham & Women's)

9:30 AM **Break/Walk to Kitchen Sessions and Workshops**

9:45 AM **Kitchen Sessions and Workshops: Block 3**

### **KITCHEN SESSIONS**

*Third Floor Teaching Kitchen*

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

*These hands-on sessions are intended to provide attendees with the skills necessary to prepare several representative dishes from each of the food categories listed below.*

- 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. **Protein Strategies: Fish, Chicken, and Tofu Cooking Made Easy**  
Chef Instructor: **Almir Da Fonseca** (CIA)
- E-3. **The Dessert "Flip" and Other Sweet, Seductive Ideas**  
Chef Instructor: **Stephen Durfee** (CIA)

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## WORKSHOPS

### **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-B

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

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

Speakers: **Joyce Goldstein** (chef/cookbook author)  
**Amy Myrdal, MS, RD** (CIA)

Workshop III-B

### **Menu Planning on a Budget: Creating Memorable Meals for Four for Under \$20**

*Williams Flavor Discovery Center*

Speakers: **John Ash** (chef/cookbook author)  
**Michelle Hauser** (Harvard)  
**Cynthia Goody, PhD, RD, LD** (Hy-Vee, Inc.)

Workshop IV-B

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

*Rudd Center for Professional Wine Studies, Classroom One*

Speakers: **Mark Furstenberg** (chef/artisan bread baker)  
**Kathy McManus, MS, RD** (Brigham & Women's Hospital)

Workshop VI-B

### **Fruits, Vegetables, Nuts, and Legumes:**

### **From Phytochemicals and Fiber to Flavor and More!**

*Ventura Center for Menu Research & Development (1<sup>st</sup> floor)*

Speaker: **Adam Busby, CMC** (CIA)  
**Connie Guttersen, PhD, RD** (CIA)

Workshop VII-B

### **Making Healthy Protein Choices: From Fish, Beans, and Tofu to Chicken and Lean Meats**

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

Speaker: **Heather Peña, MD** (St. Helena Center for Health)  
**Vicki Saunders, MS, RD**, (St. Helena Center for Health)  
**Brenda LaNoue** (CIA)

11:45 AM

**Break/Return to Ventura Center**

12:00 PM

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

*Ventura Foods Center for Menu Research & Development*

Moderators: **David Eisenberg, MD** (Harvard)  
**Mark Erickson, CMC** (CIA)

12:30 PM

Closing Lunch\*

### **Exploring the Fantastic Flavors and Plant-Based Foods of India**

*Herb Terrace (front of Greystone)*

2:00 PM

**Closing Lunch and Conference Conclude**

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

Healthy Kitchens, Healthy Lives - April 2008 Schedule