



CHEF Coaching Quarterly Newsletter Summer 2019

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FROM RANI'S KITCHEN

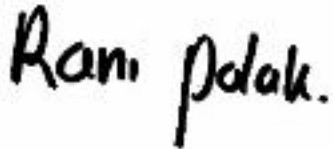
Hello Home Cookers!

This year, the scientific evidence that supports the culinary medicine movement improved significantly with two very high impact publications. The first is an NIH randomized control trial that was published in [Cell Metabolism](#). It showed that adults who ate ultra-processed food ad libitum for 14 days, consumed 500 calories more and gained 1.8 kg, compared to adults who ate an unprocessed diet which was matched for presented calories, sugar, fat, fiber, and macronutrients. The second study, which was published in [Science Translational Medicine](#), suggested an additional mechanism to the association between ultra-processed food and nutritional related diseases. It showed an interesting correlation between propionate consumption and insulin resistance in a randomized control weight loss trial. A few decades ago , health organizations began promoting trans fat reduction; now other industry origin food items such as propionate, are spotlighted. How many other non-healthy, processed food items do we eat? It is hard to tell.

This year, together with the worldwide growth of culinary medicine, our program staff has doubled. First, I would like to welcome Laura Klein, a graduate of the CHEF Coaching program, who joined our group as a marketing coordinator. Among her responsibilities is to continue to grow our CHEF Coaching community, including being the editor of our newsletter. In addition, I would like to welcome Janine Gilarde, RN, and Shalu Ramchandani, MD, who joined our faculty team. Both Shalu and Janine are graduates of the CHEF Coaching program and will help expand our focus on the educational needs of Nurses and Primary Care Physicians.

Our fall remote training is about to start after Labor Day. I hope to meet you there!

Best, Rani

A handwritten signature in black ink that reads "Rani Polak." The signature is written in a cursive, slightly slanted style.

Dr. Rani Polak
[CHEF Coaching](#) Program Director

CHEF COACHING PROGRAMS

Earn a "Certificate of Completion in Culinary Coaching"
from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School

- Overcome Barriers to Home Cooking
- Empower Patients with Culinary Goals
- Improve your Culinary Skills and Personal Health

Clinicians CHEF Coaching: the REMOTE
Don't miss out on the latest in Culinary Coaching and Telemedicine Training!

Fall 2019 Cohort Registration is ALMOST SOLD OUT!

This 10 WEEK program includes five, ninety minute live weekly teleclasses and five, seventy-five minute small group practice sessions.

FALL REMOTE 2019 COHORT begins SEPTEMBER 9

For more information and registration visit our website
at: <http://bit.ly/CHEFCoachInfo>

**Have Questions? Join us for a LIVE Information Session
followed by Q & A with program founder and director, Dr.
Ran Polak**

Tuesday, August 6, 2019 @ 8:00 AM (ET)

To Register: <http://bit.ly/ChefCoachQA>

CHEF COACHING RESEARCH

Are you interested in cooking more at home and improving your nutrition?

You may be eligible to participate in a research study conducted by the CHEF Coaching Program at Spaulding Rehabilitation Hospital to evaluate how a remote home cooking program can help improve nutrition, weight and other health outcomes of adults who are overweight or obese.

For more details and to see if you are eligible [Click Here](#).

CHEF COACHING COMMUNITY SPOTLIGHT

**Dr. Heather Hammerstedt, CHEF COACHING
Alumni**

www.wholisthealth.com

Heather Hammerstedt MD MPH is a board certified emergency physician and lifestyle medicine physician, as well as a certified integrative nutrition health coach.

You are a "Health Curator" - what does that mean?

I disseminate "real" information for people around healthy lifestyles and provide resources that empower people toward health with sustainable lifestyle changes. Wholist, my lifestyle coaching company, does this in 12-week personalized coaching programs that include weight wellness and culinary coaching, fitness wellness and mindset wellness.

How has the CHEF Coaching Program impacted your business?

I converted one of the 12 coaching calls in our weight management program into a culinary cooking class, similar to the CHEF Coaching model. Clients report that the program is greatly enhanced by this session and they would like to see more cooking classes added. Clients report feeling more confident in cooking whole grains and plant-based food by realizing it doesn't have to be complicated.

I have also added a culinary strategy session option that allows clients to meet with a chef/health coach to help them figure out how to adjust/expand their food plans. Feedback has been that clients have more confidence to modify recipes on their own and create their own dishes.

What results have you seen with your patients/clients since incorporating culinary coaching?

Most clients that have a weight loss goal lose 8-10% body weight while eating real food and not restricting calories. Clients who have athletic goals find themselves able to reach new endurance heights without frequent refueling with products. Many clients find their food relationships entirely revisited and evolved to one of more balance and respect.

CHEF COACHING RECIPE

Pumpkin Carpaccio with Pumpkin Seeds

Carpaccio is a method for “cooking” vegetables that doesn’t involve heating at all. Instead, vegetables are cooked in vinegar, using a technique similar to that used to make Ceviche (i.e., fish dish from Central America). In this technique, the acid slowly softens the product, and makes it suitable for eating. This technique is usually used for fish and meat, but can also be used to prepare hard vegetables that are generally cooked, such as pumpkin. Because the cooking is delicate, and in order to succeed with this recipe, it is important to use fresh pumpkin, and slice it very thinly. Some people like using a vegetable peeler to slice. Looking for variety? The pumpkin can be replaced with beets or zucchini. The lemon juice can be replaced with other acidic liquids such as balsamic vinegar, rice vinegar, or any other type of vinegar you like. In addition to giving this dish a different flavor, vinegars also have a lower acidity than lemon juice, so the vegetables will need to soak for a bit longer before reaching the desired result. However, since you are preparing food to last the entire week, that shouldn’t be a problem.

Ingredients

Serves 6 / Serving size: 3/4 cup

3 ounces fresh pumpkin, peeled and seeded

1/4 teaspoon Atlantic sea salt

1/4 teaspoon ground black pepper

3 tablespoons fresh lemon juice

3 tablespoons extra-virgin olive oil

1 teaspoon nigella seeds

1 tablespoon pumpkin seeds

Directions

Cut pumpkin into very thin slices. (Use a vegetable peeler if you like.) Arrange a thin layer of pumpkin slices at the bottom of a deep, flat-bottomed dish. Season with salt and pepper, and sprinkle with lemon juice and olive oil.

Arrange another layer of pumpkin slices on top. Season with salt and pepper and sprinkle with juice and oil. Repeat process until all pumpkin slices have been stacked. Let sit for at least 30 minutes.

To serve, arrange pumpkin slices in a thin layer on a large plate, and sprinkle with nigella and pumpkin seeds.



Do you have any questions or thoughts you would like to share? Please contact us at: chefcoaching@instituteoflifestylemedicine.org

