



CHEF Coaching Quarterly Newsletter Winter 2019

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A Note From Rani's Kitchen

Hello Home Cookers!

A new year is upon us and holds several opportunities for the field of Lifestyle Medicine. 2018 was an excellent year for CHEF Coaching, winning a governmental grant to evaluate the impact of the culinary coaching telemedicine program on outcomes of patients with overweight and obesity, along with training over 300 clinicians to use culinary coaching for the benefit of their patients.

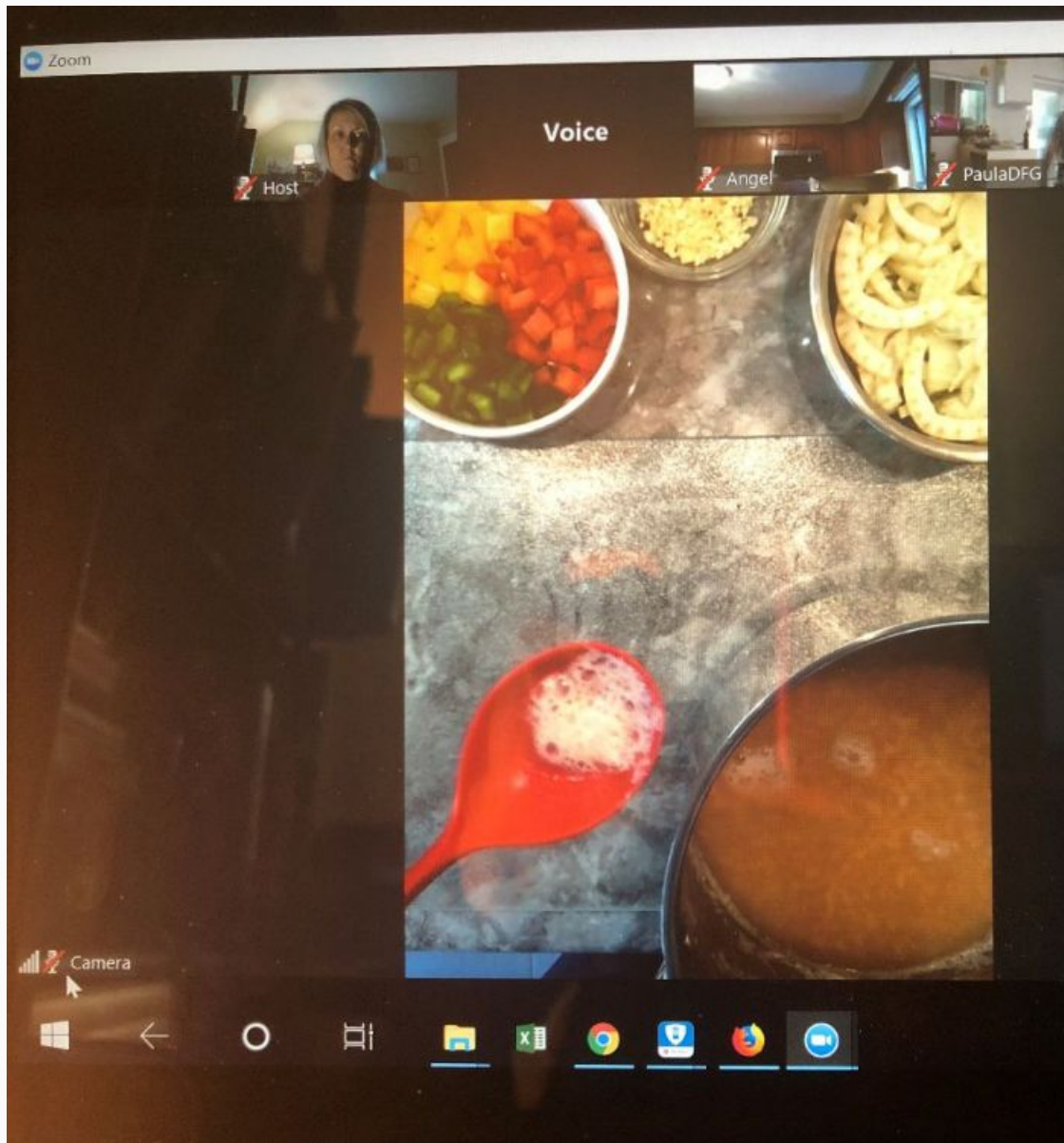
Telemedicine is also growing and becoming a significant tool to improve accessibility and reduce healthcare costs. During 2018 we successfully implemented a module that trains clinicians to deliver live, hands-on cooking education as part of the CHEF Coaching training. Responses were excellent, including appreciation about the ease with which this tool can be incorporated into a clinicians' practice: *"The camera on top of the dish/cooking counter idea was AWESOME. I would love for my patients to have that uninterrupted and clear view during the coaching lessons"*. In 2019, we plan to offer the first continuing education module of the CHEF Coaching training which is focused on how to implement this module in your practice.

Stay tuned and until then enjoy delicious and nutritious food!

Dr. Rani Polak

[CHEF Coaching](#) Program Director

The Latest CHEF Coaching Information



...The above picture is from our latest Remote Cooking Workshop, where participants learn how to deliver telemedicine in the form of a culinary workshop allowing for experiential distance learning. Here, one of our faculty is showing the culinary technique of skimming foam from cooking lentils while an assistant helps to answer chat questions from the group.

CHEF Coaching...
Advance Your Practice

- Learn innovative telemedicine skills to enhance experiential learning
- Discover what it takes to get reluctant patients into the kitchen and cooking!
- Master Culinary Coaching

Program Information

One great program, two delivery options:

The HYBRID consists of a full day onsite lectures & five remote small group practice sessions on **May 2, 2019**

As part of the *Lifestyle Medicine: Tools for Promoting Healthy Change* Conference
Small Group Practice will begin **Monday June 10, 2019**

The REMOTE: This 10-week program consists of five tele-classes and five remote small group practice sessions. Begins **September 9, 2019**

For more information or to register: <http://bit.ly/CHEFCoachInfo>

Do you have questions? Would you like to hear about culinary coaching in a live session with CHEF Coaching Founder and Director, Dr. Rani Polak?

Join us for our next **LIVE INTRODUCTION SESSION**

Thursday **February 14 at 8:00pm ET**

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

Are you a **Registered Dietitian** who has **completed CHEF Coaching – The Basics AND Beyond** since June of 2018? If so, you are eligible to receive 14 CPEU through CDR. Contact us if you would like a certificate at chefcoaching@instituteoflifestylemedicine.org

Chef Coaching Community Spotlight

Dr. Melinda Ring, Past Participant

Dr. Melinda Ring serves as the Executive Director of the Osher Center of Integrative Medicine at Northwestern University. While earning her medical degree and completing her internal medicine residency at the University of Chicago, Dr. Ring's passion for complementary and integrative medicine evolved along with her holistic philosophy of needing to treat the whole person to achieve true health and healing. Following residency, she completed a Fellowship in Integrative Medicine at the University of Arizona with Dr. Andrew Weil.

In her role at Northwestern, she maintains an active integrative medicine consult practice, oversees the medical trainee integrative medicine and culinary medicine education, and conducts research. Her expertise is reflected in her contribution to academic textbooks, lectures and research articles and her first consumer book on integrative women's health, The Natural Menopause Solution. She is also active on several national policy committees, including the board of the integrative medicine credentialing exam, Her interests include food as medicine, dietary supplements, women's health, mindfulness and the healing power of nature. She is passionate about raising awareness of the power of integrative medicine to heal ourselves and our healthcare system.

What inspired you to choose an alternative route of medicine for your career?

Integrative medicine has a strong emphasis on proactive, preventive and personalized healthcare. In developing treatment plans for patients in my integrative medicine practice at the Osher Center for Integrative Medicine at Northwestern I consider lifestyle medicine- including nutrition, movement, stress management and sleep- as core aspects regardless of the condition being addressed. The relationship with my patients is a partnership, where I see myself as their guide and support in achieving the changes needed to reach their goals. This approach is inherently how I believe medicine should be practiced, focusing on meeting a patient where they are and providing all the tools necessary for them to succeed.

How have you adapted the concepts learned in the CHEF Coaching Program into your current work?

In addition to my coaching in patient visits, I co-created a novel elective for health professional students called [Cooking Up Health](#), with the goal of empowering our future doctors to feel

confident in helping patients use food as medicine. This culinary medicine course is intended to expand students' comfort in counseling patients in successful behavior change around nutrition and cooking. Students learn basic culinary skills, steps to create nutritious meals, relationships between food, health, and disease, and cultural competencies around nutrition. Coaching is one of the skills we emphasize in each lesson, including many of the concepts emphasized in the CHEF Coaching program. As a unique aspect of our course, students put their skills to the test through service learning where they teach grade school children in at-risk communities about nutrition using a curriculum developed with our course partner Common Threads.

Can you share some outcomes of the research you have conducted on the Cooking Up Health Program?

We have had 3 cohorts of medical students participate in the Cooking Up Health elective so far. Our research findings have been presented at several conferences and recently summarized in a [publication](#). Some of the exciting findings include: Over the course of the elective, students showed increased confidence in nutrition and obesity counseling, cooking abilities, and food preparation practices. Personal dietary changes included decreased meat consumption and showed increased fruit and vegetable intake, and increased knowledge and confidence regarding consuming a plant-based diet. Students reported an increased appreciation for the role of nutrition in health promotion and disease prevention and an intention to incorporate nutrition into patient care.

We've received several requests from other schools interested in adopting the Cooking Up Health curriculum and look forward to hosting another training in 2019. I'd encourage any interested faculty to please contact me!

Can you share your favorite thing to cook with our readers?

My favorite dishes come from the first cookbook I got when my son and I started focusing more diligently on a plant-based diet: *Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week*. The slow-cooker curries are my go to for potlucks and plant-based entertaining.

NUTRIENT-DENSE RECIPE

Morning Oatmeal

Serves 2

Recipe Created By: Shirley Garrett, ACE, CHEF Coaching Program Faculty

Winter is that time of year where we go within and want to cocoon and feel nurtured. This recipe adds some warmth and goodness to a cold winter morning. Much of the "cooking" is done overnight while the grains soak in the fridge so in the morning, you have a hot and hearty

breakfast in about 20 minutes. It's full of fiber and healthy fat (with the addition of the nuts/seeds) to keep you full throughout your morning. Remember to eat it slowly and mindfully, enjoying all this dish has to offer!



Soaking Time: overnight

Total cooking and prep time approx: 30 minutes

Serves 2

The night before, soak the following in 1 cup of boiling water:

(keep the bowl with this grain mixture & boiled water in the fridge overnight)

4 Tbsp. Steel Cut Oats

2 Tbsp. Amaranth

2 Tbsp. Kamut Flakes

2 Diced Dates

¼ tsp. Cinnamon

pinch of Salt

The following morning, in a pot with the soaked grains, etc.

ADD:

1 cup of Water

2 Tbsp of Pumpkin or Squash Puree

Simmer until tender and creamy (approx. 15-20 minutes)

Top with:

Toasted pumpkin seeds

Toasted pecans or almond pieces

Fresh Fruit

Drizzle Yogurt

Drizzle Maple Syrup or Honey

Anything goes!

Do you have any questions or thoughts you would like to share? Please contact us

at: chefcoaching@instituteoflifestylemedicine.org





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