



NUTRITION & WELLNESS

Military Families Learning Network

Resources for Culinary Medicine: Where Health Meets Food

1. Culinary medicine is a new facet to medical education at the [Tulane School of Medicine Teaching Kitchen](https://www.tulane.edu/healthcenter/goldring-center-for-culinary-medicine) at the Goldring Center for Culinary Medicine, the first of its kind in America. <https://www.nationalgeographic.com/people-and-culture/food/the-plate/2015/01/29/food-medicine-health-super-bowl-sunday/>
2. Culinary medicine is the practice of helping patients use nutrition and good cooking habits to restore and maintain health. It's a new field that combines important scientific principles related to nutrition, behavior and medicine. <https://www.acpm.org/page/culinarymedicine>
3. Culinary Medicine – Resources for Patients and Clinicians <https://www.acpm.org/page/culinarymedicine#recipes>
4. “Imagine this: Right next to the lab where blood is drawn and blood pressure is taken stands a fully stocked kitchen — in your doctor's office.” <https://www.npr.org/sections/13.7/2016/02/18/467074258/cooking-with-your-doctor-the-new-culinary-medicine>
5. Why do we need Culinary Medicine? <https://nutrition.org/the-art-of-cooking-for-health-culinary-medicine/>
6. Innovation in medical education: a culinary coaching tele-nutrition training program <https://www.tandfonline.com/doi/full/10.1080/10872981.2018.1510704>
7. Tulane's Goldring Center for Culinary Medicine, gives a new meaning to “cookbook medicine” https://www.medscape.com/viewarticle/828443?src=trendmd_pilot
8. Interview with Dr. Timothy Harlan, Executive Director of the Goldring Center for Culinary Medicine <https://medium.com/@HealthierGen/interview-with-dr-timothy-harlan-executive-director-of-the-goldring-center-for-culinary-medicine-8dd3e1ebcd40>
9. Evidence based Culinary Medicine at Goldring Center for Culinary Medicine, Tulane University <https://www.usnews.com/news/healthiest-communities/articles/2018-11-05/in-culinary-medicine-a-recipe-for-better-health>
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