

Culinary Nutrition: Healthy Eating Starts in the Kitchen
NYCNEN Meeting February 26, 2016

1. Welcome & Introduction

Brett Klein, MSc, Rd, CDN, Chair, NYCEN Steering & Envisioning Committee

- Intro to NYCEN: New York City Nutrition Education Network
 - Supporting professionals for prof development, networking
 - Tri-state area & all boroughs
 - From different professional backgrounds
 - Entrance to 4 meetings is free & we have a networking night
 - Working on members only section of website
 - April 8 meeting at TC: sustainable food systems

Rachel Berger, MS, RD, CDN, and Carrie Motschwiller, Med, RD, NYCEN February Meeting Co-Chairs

- Jackie Topol has the flu, so we have a voiceover for her powerpoint presentation

2. Jackie Topol, MS, RD, CSO, CDN

Senior Dietitian, New York Presbyterian Hospital and Culinary Nutritionist

Bringing the Culinary World to Clinical Dietetics: Oncology Food Demonstration

- Jackie is an RD & culinary nutritionist based in NYC, 8+ yrs experience in culinary arts
- 2014 launched a program for oncology patients: the nourishing kitchen
- Instructor at Jewish Community Center in Manhattan
- Believer in food as medicine
- Currently cover 2 oncology units
- The Nourishing Kitchen, just renamed to A Taste of Wellbeing
- Bi-monthly cooking demo program for in-patients & out-patients
- Was original oncology patients but has expanded
- Teaching easy to make recipes high in calcs & protein
- All recipes follow low microbial guidelines
- Demos in patient lounge—easy to access
- Provide handouts & recipes
- Got hands on training in cooking (didn't go to culinary school)
- Goal: prevent malnutrition in oncology patients (patients were losing weight between chemotherapy sessions)
- Initially proposal for the program was denied, but was accepted the following year—awarded grant funding in fall 2013
- Logistical challenges: location of demo, time (space is used for other purposes, wanted patients to be hungry), equipment ordering, food ordering (biggest hurdle—ended up purchasing food from stores & submitting receipts for reimbursement), storage, handouts, surveys (wanted to track feedback from patients), volunteers (recruiting patients, prep for class, cleanup)
- Always do 2 recipes—one is always a smoothie
- Do not use any burners due to fire safety regulations
- Just use food processors, blenders, mixing bowls
- Feedback has been overwhelmingly positive
- As a result of positive feedback, VP & COO of hospital took notice & wanted to support it
- May 2015 capital funding—bought a teaching kitchen with overhead mirror from Cook's Kitchen company in Oregon
- Jackie is a preceptor for oncology rotation—has interns come to demos

- November 2015—expansion of program to cardiac service—trained cardiac dietitian
- Added a cooking demo component to an existing lecture program
- Track attendance—2x as many people come to the lecture when the cooking demo is happening as when it is not
- Choosing recipes: start with the result (what do you want patients to learn? What are their common Qs?)
 - Like to help manage symptoms, like using lemon
 - Like to use ingredients like soy to help debunk myths about soy & cancer
 - Make sure the title is neither intimidating nor too simple/boring
 - Try to keep seasonality in mind (ex. Fall pumpkin spice or apple pie smoothie)
- Leading the demo: introduce self, purpose of class, 1 culinary tip + 1 nutrition tip for each ingredient, explain unfamiliar ingredients & culinary terms, describe what individual ingredients smell & taste like, engage the audience (ask questions—how are they feeling, what symptoms do they have; have you used any unfamiliar ingredients to them), allow for extra set up & cleanup time
- Student volunteers are essential
- Ask for feedback from attendees & track the data (can present this at a conference, etc.)
- Tips:
 - Look at popular healthy cooking blogs or Pinterest for inspiration (email Jackie for suggestions of these)
 - Take cooking classes or watch cooking shows (Food Network, ZLiving)
 - Practice in front of family or friends
 - Be receptive to feedback
 - Invite people from other professions & disciplines (we invite doctors, PAs, physical therapists, etc. & bring them samples—gets their buy-in)
 - Express gratitude (patients, volunteers, directors, admins, etc.)
- jackietopol.com (recipes, upcoming classes, etc.)
- jackietopol@gmail.com
- Samples provided at meeting: supergreen smoothie, turmeric spiced hummus with pita chip

3. Jennifer Stack, MS, RD, CDE

Associate Professor, The Culinary Institute of America

Bringing Nutrition into the Culinary World: Diabetes Food Demonstration

- 20+ yrs. exp in nutrition ed, culinary nutrition
- Practiced as an RD in NYC for 15 yrs
- Was an RD for cardiac wellness & compulsive eating management
- Recognized authority on food & nutrition, featured in media
- Associated professor at CIA
- Why learn how to cook & share basic cooking skills with others?
 - Cooking crisis in this country: Americans are willing to spend only an hour a day cooking, or 20 min/meal
 - Cooking our own meals provides healthier meals, better nutrition than relying on processed foods & restaurants
 - Definition of cooking has changed over past 2-3 decades (using a microwave is not cooking!)
 - Need to return to “grandma style cooking”
 - Have to show people they can cook for themselves & fast
 - Some companies like Blue Apron are helping people to do this

- This leaves a gap for people who don't have the luxury of these services
- Chronic health crisis: Type 2 diabetes, pre-diabetes (86 million people)
 - 15-30% of people with pre-diabetes will go on to diabetes
 - Moving forward we'll have a large portion of population with a severe degree of unhealthiness
 - Health & nutrition professionals can bring the ability to cater to chronic diseases & special diets to cooking demos
 - Culinaricians giving healthy cooking demos don't have the same understanding of health problems (not always the right nutrition message)
- Chefs are being looked to for the solutions to healthy eating: Sam Kass, Jamie Oliver, etc. (NOT RDNs)
- Cooking demos intrigue people: they get interested, ask questions—this builds up to teachable moments & your nutrition message
- Benefits of not being a professional chef: maybe what we need are not more professionals (intimidating), maybe we need regular people who don't love cooking for their family but do it anyways & have found solutions
- We need to reach the people who are totally intimidated by cooking
- Technique-based cooking (vs. recipe-based)
- **Making stock or broth:**
 - Stock = larger proportion of bones with some meat on them, water, aromatic veggies (low cal, low pro, broth)
 - Broth = larger proportion of meat relative to bones
 - Flavor is so superior with homemade vs. canned
 - Very simple to prepare: heat the water, drop in ingredients & wait
 - Use a spoon or "spider" strainer—skim the scum as it rises to the surface
 - Let the pot "burp"—slow, gentle simmer
- Vinaigrette using a flavorful broth in place of some of the oil
- **Stack's Six Steps to Serving a Successful Supper:**
 - Season (add spices to the protein)
 - Sear (should hear it—indicates hot enough pan, protein needs to be DRY before you put it on)
 - Sweat—add aromatic veggies (onions, garlic, celery, mushrooms, etc.) once the protein is browned—will loosen up the browned bits
 - Splash (add some liquid when it starts to stick)
 - Simmer (poach—put the protein back into the pan—add broth/liquid to half-way up the protein, then cover)
 - Sauce & serve (poaching liquid becomes sauce)
- Tip for setting up cooking demo: always set up ingredients to visually remind me what I need to do
- Sesame oil (using a small amount, want something with intense flavor)
- Aromatics: ginger, shallots, garlic, orange zest
 - Different flavor profile if cooked, used raw, or toasted
- Mixed arrow root with small amount of cold broth—thickener (slurry)
- Liquid needs to be at a boil for the thickener to work
- Try heirloom beans, like snow cap beans & calypso beans: taste like potatoes (can order these online)
- Can cook then freeze beans from dry
- Recommend using pressure cookers—fast, esp with beans—also grains, soups, stews

- Freezing a veg: breaks down the cell walls (can freeze a bag of baby kale & once it's defrosted it's wilted kale)
- Don't add s/p to kale until reduced down—they can get too salty very quickly
- Don't waste \$ on non-stick except scrambled eggs, eggs over easy
- Want food to stick: creates flavor (Maillard reaction)
- Heavy solid cookware is good, like All-Clad—conducts heat evenly
- McCormick has some salt free spice mixes—have an Asian one
- Difference between Morton's table salt & kosher salt (crystal size)
 - In a tsp of kosher salt there is less sodium than with table salt
- Taste as you go
- With cooking demos find out if you will have volunteers in advance
- Can soak beans in water overnight in fridge (makes it faster to cook)
- What is culinary nutrition? Blending of culinary arts, nutrition science, and dietetics. Integration of **delicious** cooking into the practice of dietetics.
- Expose your palette to all types of delicious food—train your palette
- Jennifer started off as a clinical RD writing articles for Cooking Light & doing cooking demos at Food Emporium grocery store
- NY Heart Association had started the culinary hearts program—had RDs do cooking demos in the hospital
- Have to have things to say while you're doing cooking demos—nutrition factoids—"did you know"
- Be careful about asking questions—yes/no questions are easier
- Bare hand contact with ready to eat food is illegal
- People equate gloves with safety
- Bring your own hat
- Culinary school lesson: basic techniques + quality ingredients = great tasting food
- Don't let anyone intimidate you: it's ok to break the culinary rules

Upcoming Events

Food & Nutrition Student Mixer 3/10

Pediatric Obesity symposium 3/15