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# Bringing Healthcare Into The Kitchen Harnessing the Power of Food as Medicine

Webinar September 25th, 2025



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LIFESTYLE MEDICINE INITIATIVE







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SUMMIT



Hosted by: **Jessi Brandt**

**Director of Programs and Operations Global Wellness  
Summit and Institute | Certified Holistic Health Coach**





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## Global Wellness Institute

WHO WE ARE A 501(c)(3), nonprofit organization with a mission to empower wellness worldwide by educating public and private sectors about preventative health and wellness.

## Mission

To empower wellness worldwide by facilitating collaboration, providing global research and insight, triggering innovation, and advocating for growth and sustainability.

## Vision

To be recognized as the global wellness authority and resource for businesses and organizations dedicated to ensuring optimal wellbeing for our planet's citizens.

## Research

Researchers, journalists, academia and industry leaders look to the GWI as the leading global resource for wellness industry research. The GWI initiates, analyzes, and trumpets authoritative wellness industry research. We believe that accurate and in-depth research and data on the wellness economy—and its 11 sectors—are the foundation of the Institute's goal to empower wellness worldwide. All research is available at no cost thanks to our generous sponsors.

## Initiatives

A wide range of important industry initiatives, supported by the GWI and led by Initiative Chairs who are renowned thought-leaders in their field, have been instrumental in powering the growth of the multi-trillion-dollar global wellness economy and uniting the health and wellness industries.





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*Moderated by: Randi Gold*

*Global Wellness Institute Ambassador/Co-Chair Global Wellness  
Institutes Lifestyle Medicine Initiative /*

*Chair -American Heart Association's Circle of Red /ACLM  
Member / Board Member - The Zambrana Music Foundation*



# Expert Panel



**Melissa  
Sundermann, DO  
DipABLM, FACLM**



**Debora Duro  
MD,MS Pediatric  
Nutrition GI,  
Nutrition Support  
Culinary Medicine**



**Leanne Mauriello,  
PhD, Lifestyle  
Medicine Pioneer**

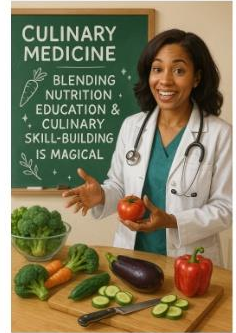


# Panel Discussion Include



**The "why"** – how exactly does unhealthy food cause inflammation, reeking havoc on your health in a multitude of ways.

**The "what"** – we'll bring visibility to the emerging field of culinary medicine and explain how blending nutrition education and culinary skill building is magical. It not only makes nutrition doable in real life, it sets the foundation for meaningful and lasting change. We'll talk about how culinary medicine can show up in healthcare, employee health and your own kitchen!



**The "how"** – insights from behavior change science, equipping our audience to translate the new knowledge into their personal and professional lives. This helps not only their patients, employees or clients improve their health through food, it also allows them to reclaim their own health with the power of food as medicine.





*Melissa Sundermann, DO, DipABLM, FACLM*

*Director, Lifestyle Medicine, Doctor Outdoors, Endurance Athlete,  
Chair, Nature as Medicine Committee-ACLM, Chair-Global Wellness  
Institute-Lifestyle Medicine Initiative, Co-Founder REVIVE! Well-  
Being Coaching*





## Lifestyle Medicine Defined

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Lifestyle Medicine is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.







## Simple, Powerful Therapy

- **NUTRITION:** Choose predominantly whole, plant-based foods that are fiber-filled, nutrient dense, health-promoting and disease-fighting
- **SLEEP:** Lack of, or poor-quality sleep can lead to a strained immune system. Identify and alter environmental habits that may hinder healthy sleep
- **EXERCISE:** Regular and consistent physical activity is an essential piece of an optimal health equation
- **SUBSTANCE USE:** The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease
- **STRESS MANAGEMENT:** Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improved wellbeing
- **SOCIAL CONNECTION:** Being connected to others is essential to emotional resiliency and overall health







*"Nothing bad added  
Nothing good taken away"*

--Michael Greger, MD, FACLM



“Eat Food, Not Too Much,  
Mostly Plants”  
–Michael Pollan





# *Definition of a Whole Food, Plant-Based Diet*



A dietary pattern centered on minimally processed vegetables, fruits, whole grains, and legumes with nuts and seeds in moderation.

It minimizes or excludes meat (including poultry and fish), dairy, eggs, added sugar, and processed oils. It's an evidence-based dietary pattern centered on whole, plant foods eaten as close to their natural state as possible for disease prevention, treatment, and reversal.

Frates B, Bonnet JP, Joseph R, Peterson JA. The nutrition-health connection. In: Frates B, ed. Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits.

Monterey, CA: Healthy Learning; 2021:174. AMERICAN COLLEGE OF LIFESTYLE MEDICINE JULY 2020. ALL RIGHTS RESERVED



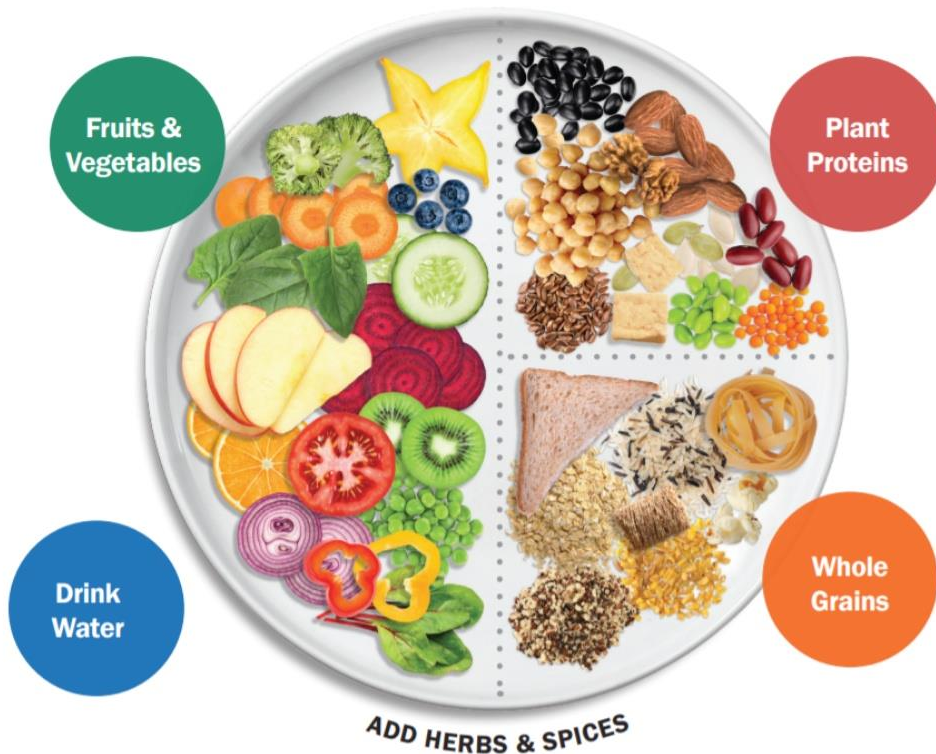
# A WHOLE FOOD, PLANT-BASED PLATE

## *Nutrition Prescription for Treating & Reversing Chronic Disease*

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



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## Health Benefits of A Plant-Based Diet



- ✓ Lower BMI, body fat
- ✓ Lower overall mortality
- ✓ Lower mortality from ischemic heart disease
- ✓ Reduced medication requirements
- ✓ Sustainable weight management
- ✓ Reduced incidence of hypertension, hyperlipidemia, and hyperglycemia
- ✓ Reduced risk of certain cancers (especially colorectal cancer)
- ✓ Reduced obesity inflammatory markers
- ✓ Reversal of advanced coronary artery disease
- ✓ Reversal of type 2 diabetes

A plant-based diet supports **living** longer not just living **longer**



# Whole food plant-based diet: Benefits

- Complex carbohydrates/starches for fuel, but also contain fiber, vitamins and minerals
- High in fiber (animal foods contain no fiber)
- Naturally lower in fat but contain healthy fats: Mono and PUFA omega-3 and 6's
- Minimizes/eliminates trans fats, saturated fats, and cholesterol
- Ideal levels and type of protein
- Micronutrient rich: vitamins and minerals, antioxidants
- Phytonutrients: Discovered and yet undiscovered nutrients found only in plants, critical for optimal health
- Low calorie density, helping prevent overeating and obesity







*Debora Duro MD, MS*

*Program Director, Pediatric Gastroenterology, Hepatology and Nutrition Salah Foundation Children's Hospital at Broward Health Associate Professor in Clinical Pediatrics at Florida International University Associate Professor in Clinical Pediatrics at NOVA Southeastern University Certified Plant based Nutrition @Cornell University Chef Culinary Coaching @Harvard Medical School Chair, Nutrition Committee of NASPGHAN*





**Food as medicine** is the result of integrating food into the management, prevention, and, in some cases, even reversal of diseases

**The food can interact with metabolic pathways** through pharmacological receptors, either directly or indirectly, thereby regulating biochemical cellular processes

**Culinary medicine** blends science together with nutrition knowledge and the art of cooking



OPINION

# Our Food Is Killing Too Many of Us

Improving American nutrition would make the biggest impact on our health care.

Aug. 26, 2019



[The New York Times](#)



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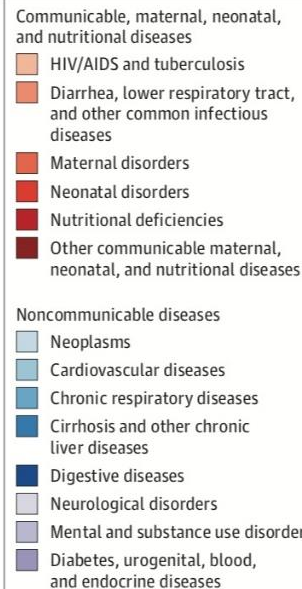
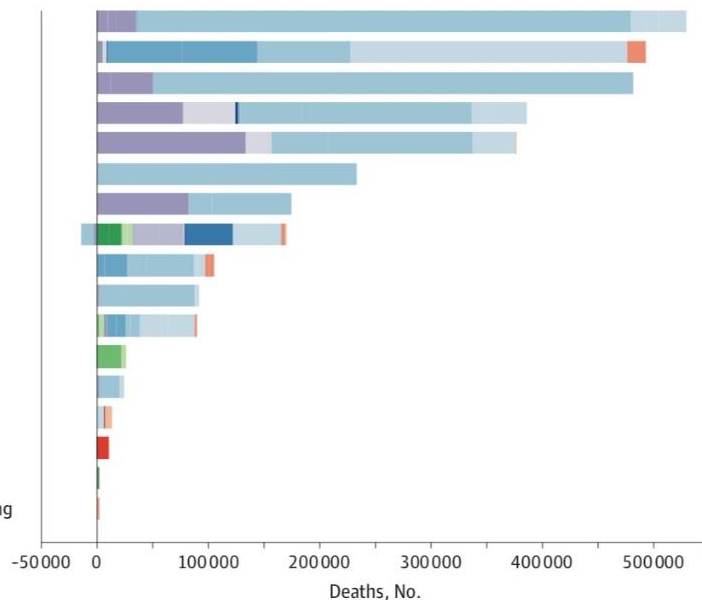


# Diet is now the number one predictor of all-cause mortality, surpassing smoking starting in 2016

**A** Risk factors and related deaths

## Risk factors

Dietary risks  
Tobacco use  
High systolic blood pressure  
High body mass index  
High fasting plasma glucose  
High total cholesterol  
Impaired kidney function  
Alcohol and drug use  
Air pollution  
Low physical activity  
Occupational risks  
Low bone mineral density  
Residential radon and lead exposure  
Unsafe sex  
Child and maternal malnutrition  
Sexual abuse and violence  
Unsafe water, sanitation, and handwashing





# Diet in crisis

## THE STANDARD AMERICAN DIET (SAD):

promotes chronic disease and weakens immune function



**3 out of 4 don't eat fruit**

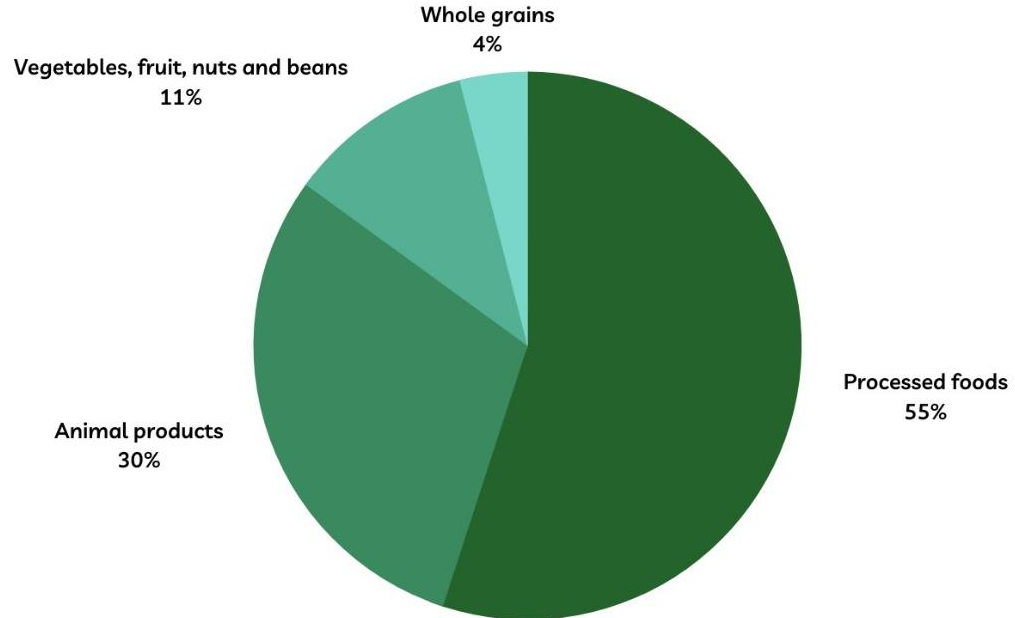
**9 out of 10 don't meet minimum**

**veggie intake**

**Imbalance of fats in the diet**

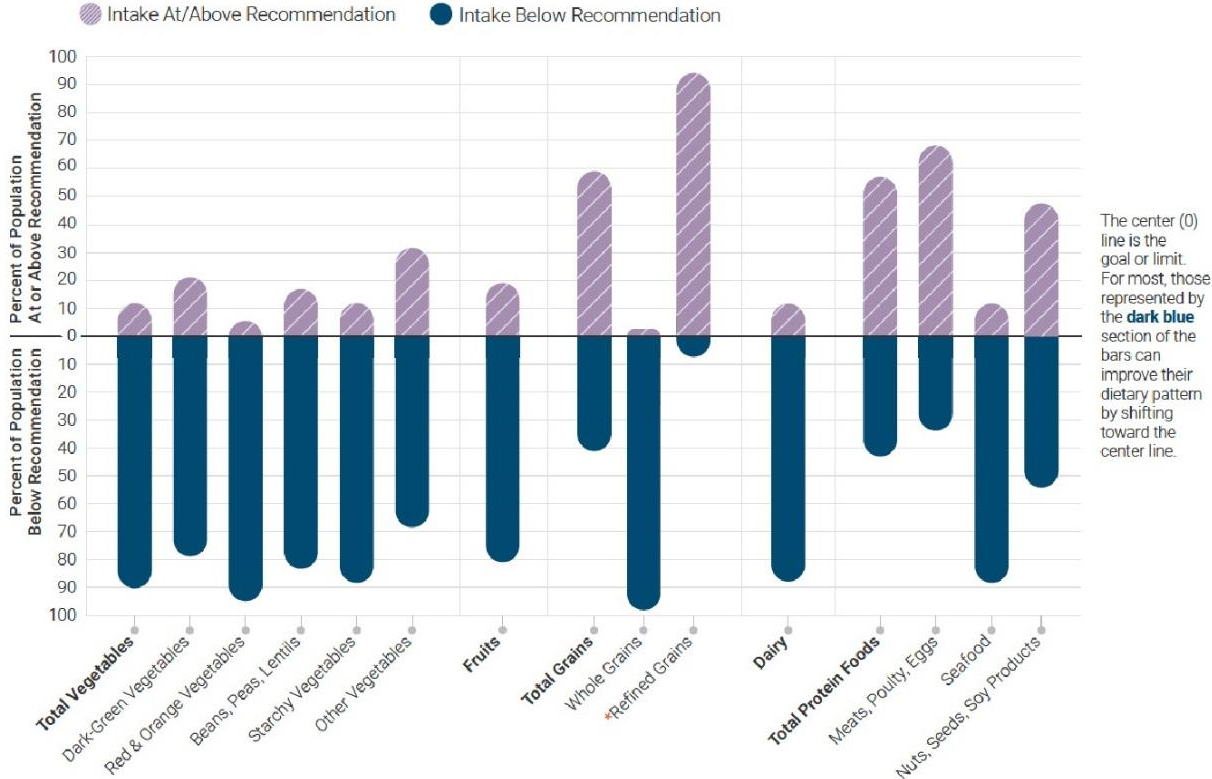
**Low fiber intake**

**Excess calories**





# Dietary Intakes Compared to Recommendations: Percent of the U.S. Population Ages 1 and Older Who Are Below and At or Above Each Dietary Goal



**\*NOTE:** Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

**Data Source:** Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. *Recommended Intake Ranges:* Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).

# Healthy Eating Is More Than Willpower

**EAT YOUR VEGETABLES**

< 10% of people are getting it right

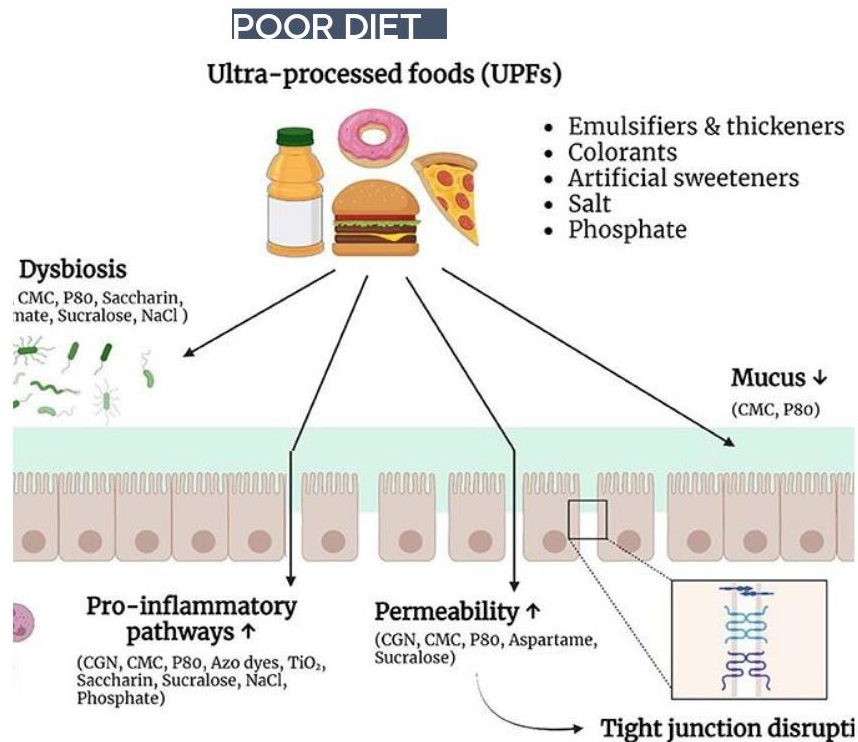
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary

based on age, sex, and activity level, for recommended intakes and limits.. Image: 66379409, J Bryson, licensed for use.





# The impact of food on metabolic pathways, inflammation and gut microbiome modulation



If a poor diet can  
cause  
the problem

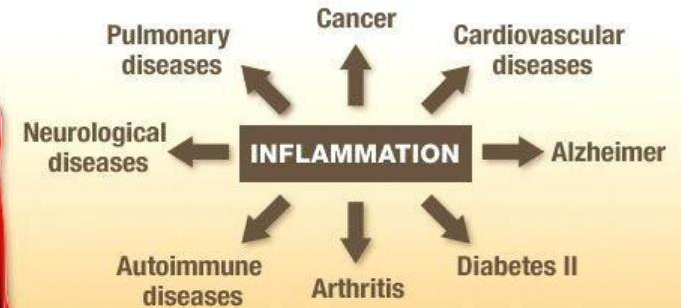
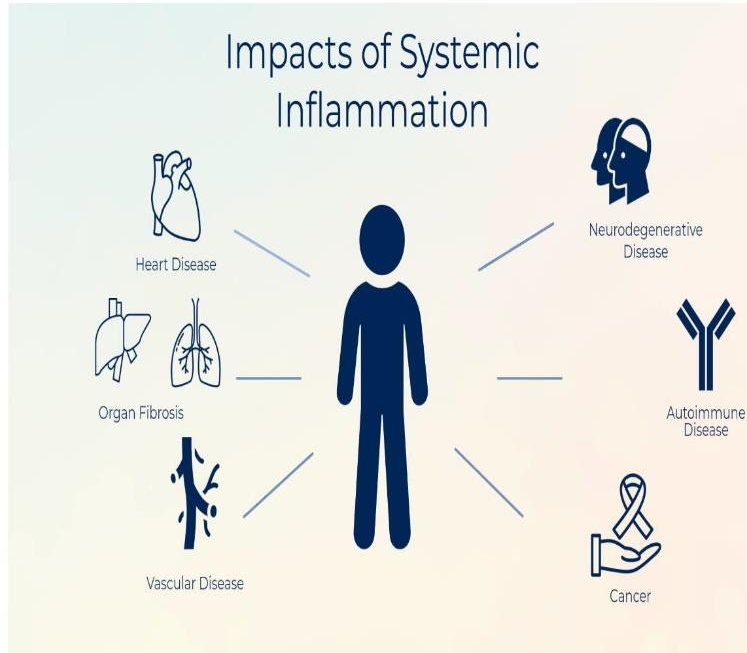


A healthy diet can  
correct the problem





# Diet-Related Disease & Inflammation





# Comparisons of Diets

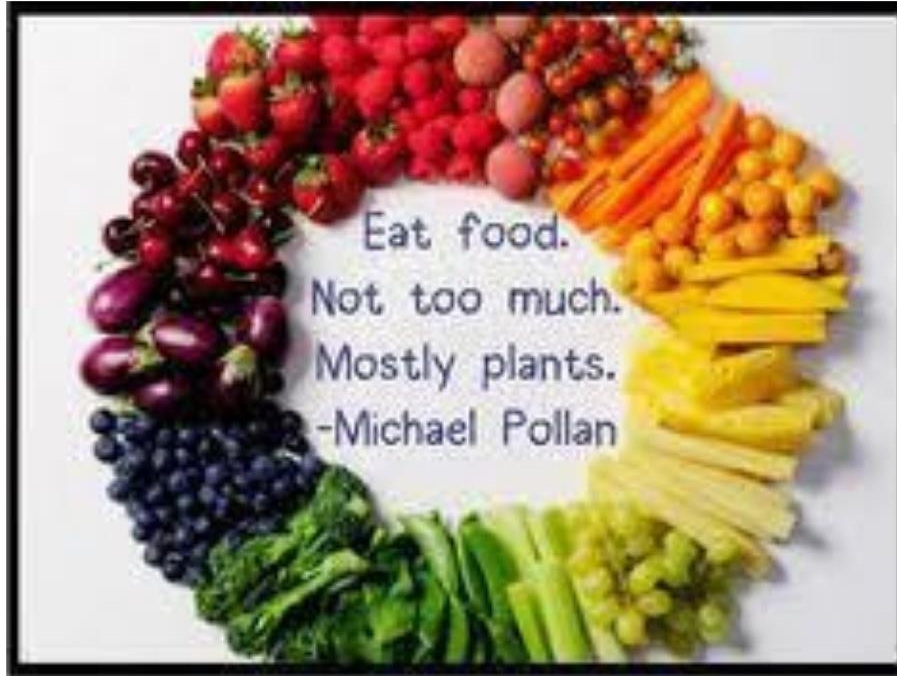


**Table 1.** Comparison of Diet Components.

Diet	Standard American Diet	Mediterranean Diet	Okinawan Diet	Anti-Inflammatory Diet
Vegetables and fruits	Fewer vegetables	High consumption of vegetables and fruits	High consumption of vegetables: orange-yellow root vegetables, leafy green vegetables	High consumption of vegetables: large diversity, including variety of colors to increase phytonutrients
Protein source	Red meat	Fish	High consumption of legumes (soy)	Plant sources of protein: legumes, soy, nuts, and seeds
	Dairy	Legumes	Small to moderate amounts of fish	More fatty fish and some lean animal protein
		Nuts	Less meat	
Carbohydrates	Refined carbohydrates; high-fructose corn syrup and added sugar Fewer whole grains	Whole grains	Small amounts of rice and noodles Less sugar and fewer refined grains	Whole grains in small amounts, high fiber, reduced refined carbohydrates
Dairy	High-fat dairy sources	Low-fat dairy, such as yogurt	Less dairy	
Fats	Solid added fats, such as butter and sour cream	Olive oil as source of added fat	Lower fat overall	Olive oil for added fat source
Other features	Soda and added-sugar beverages	Moderate red wine intake	Moderate alcohol intake, green tea intake; broth-based soups	Spices: turmeric, garlic, ginger, and other anti-inflammatory herbs and spices
Cultural	Eating on the run,	Highly social and	Low caloric diet; highly	Mindful eating approach; quality

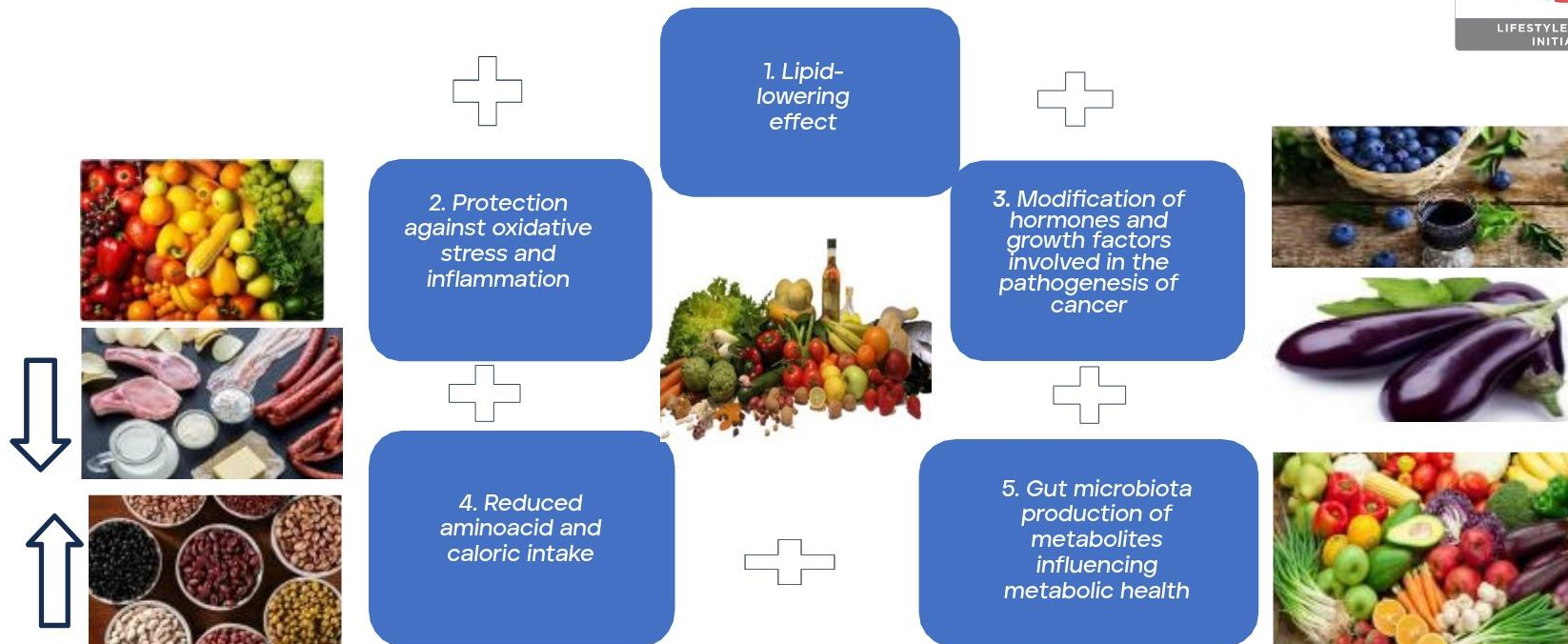
Ricker et al 2017 Nutr Clin Prac







# Pro-Health and Pro-longevity Effects of Anti-Inflammatory Diet





# Benefits of Food as Medicine



- Access to nutritional follow-up with therapeutic focus
- Reducing health barriers through food and ensuring access to recommended meals
- Incorporating food as part of the treatment has the potential to decrease the amount of prescribed medications as well as the overall cost of health care
- Fewer hospital admissions and better disease control



# Food as Medicine Strategies



- *Medically tailored meals & groceries*
- *Therapeutic diets (personalized meal plans)*
- *Produce prescriptions*
- *Community programs that ensure access to healthy foods*
- *Culinary Medicine*



# Culinary Medicine



## HOW TO EAT MORE ANTI-INFLAMMATORY FOODS



"*Culinary Medicine* is an *evidence-based* field that brings together nutrition and culinary knowledge to assist patients in maintaining *health, preventing, and treating disease by choosing high quality healthy foods in conjunction with appropriate medical*"





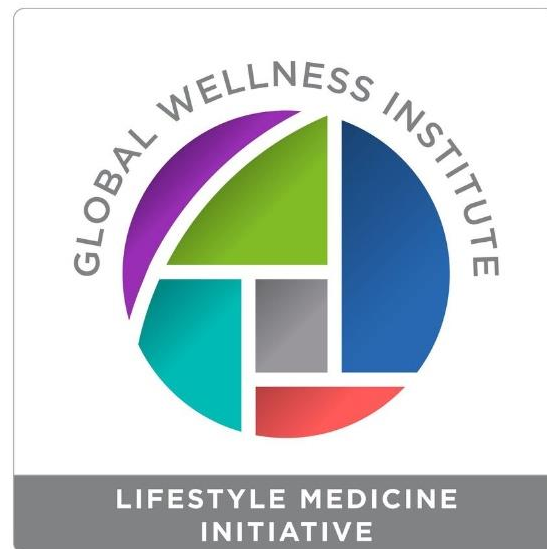
# *Future Directions*



*"Let the food be thy medicine"*

*Hippocrates*





*Leanne Mauriello, Ph.D.*

*Executive Director,  
Bonnie Wesorick Center for Healthcare Transformation  
Founder & CEO,  
Evolve Health Advisors*





## 2012 – Goldring Center for Culinary Medicine at Tulane University's School of Medicine

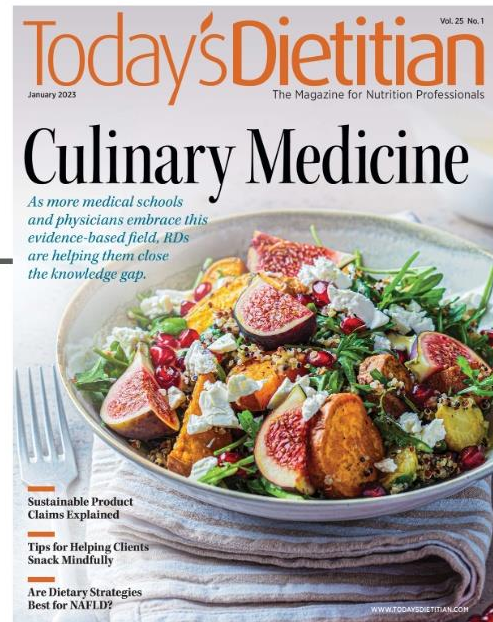
First medical school to have a chef on faculty and a dedicated teaching kitchen.



Dietitian feature article on the emerging field of Culinary Medicine and medical school curriculum



## 2023 – Today's Dietitian

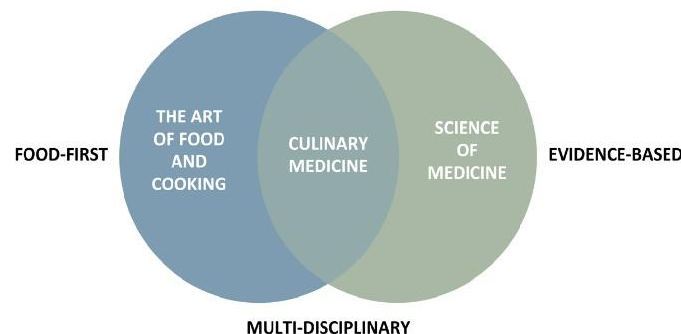




# Core Principles of Culinary Medicine Education



- **Food Forward** – *delicious food at the center*
- **Approachable** – *easy to implement*
- **Health Promoting** – *recipes that embody good-for-you food*
- **Culturally Familiar** – *recipes that are familiar and not far removed from current dietary patterns*
- **Budget Friendly** – *recipes that won't break the bank or require exotic ingredients*
- **Skill-Based** – *include hands-on culinary instruction*









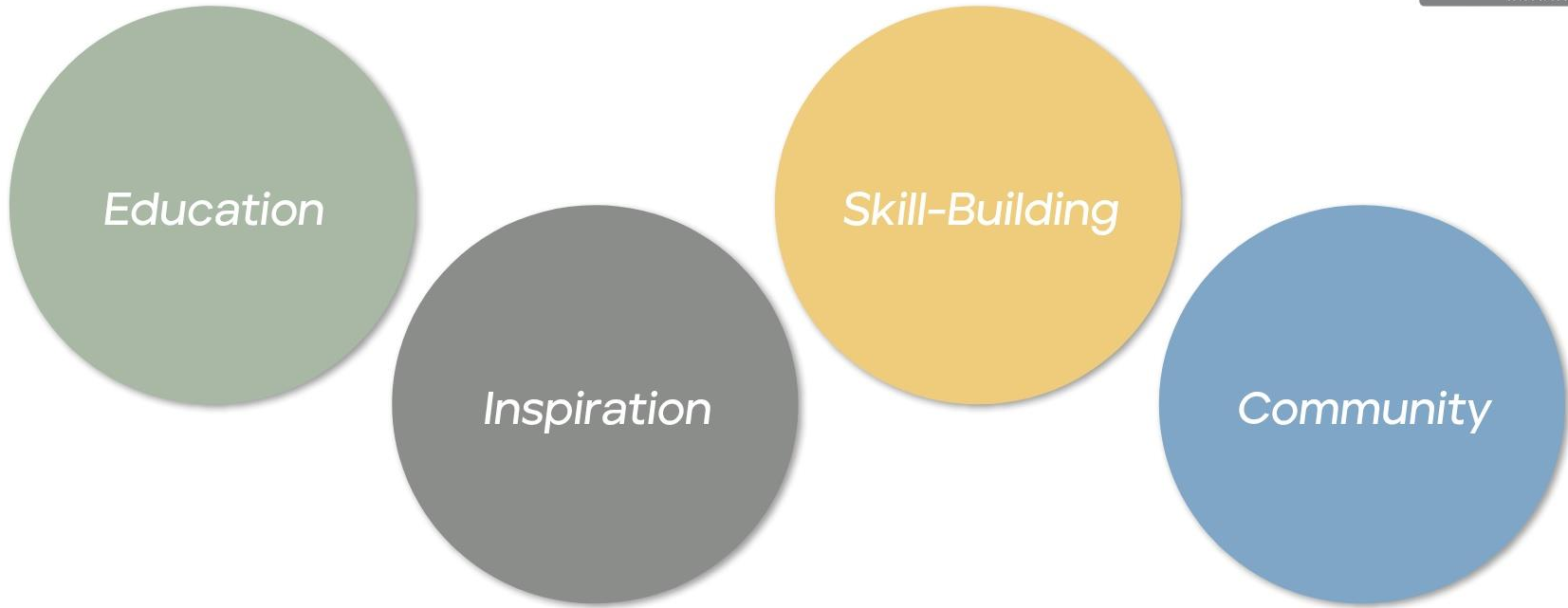
# Culinary Medicine Class Brought to Life!





# *The Power of Behavior Change*

## *Education is Necessary but Not Sufficient*



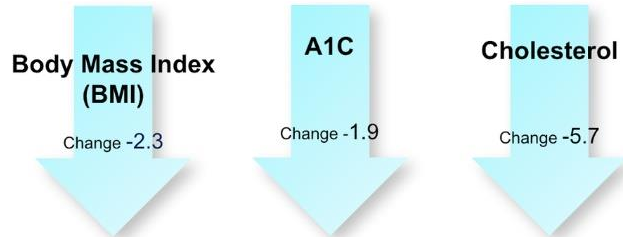


## Cooking for Health Shared Medical Appointment Series

- Designed for individuals with obesity and/or chronic disease
- 6-month Food as Medicine intervention led by physician and chef
- Series of 5 Shared Medical Appointments
- Group MNT with Registered Dietitian

### Results of CFH to date

77 patients





# Palate Reset

A short, intensive intervention to literally change your taste buds and maladaptive eating routines.



MEASURE	BEFORE JUMPSTART	AFTER JUMPSTART	REFERENCE RANGE
GLUCOSE, FASTING	120mg/dL	98mg/dL	70-99mg/dL
TOTAL CHOLESTEROL	225mg/dL	173mg/dL	<200mg/dL
LDL CHOLESTEROL	148mg/dL	118mg/dL	<100mg/dL
SYSTOLIC BLOOD PRESSURE	180mmHg	162mmHg	<120mmHg





# Why Change Efforts Often Fail



*It's not because the person didn't want to make a change, most often, they weren't prepared for the change and don't know how to make successful change.*

*Taking on too big of a change  
all at once*

*Trying to make multiple  
changes at once*

*Jumping into the change  
without preparing*

*Expecting immediate results or  
perfection*







*"Meeting Patients and  
People  
Where They're At"*

**Appreciate  
that Change  
is a Journey**

*And, how we  
approach change  
must match  
where someone is  
in the journey.*



# Principles of Behavior Change Science

*Behavior change is rooted in science.*

*It's not just luck, motivation or desire.*

*Evidence-based strategies can facilitate sustained change.*

*It requires using the right strategy at the right time.*

*Going from wanting to change to changing takes effort.*

*It requires shifting your thinking and your behavior.*

*It requires preparing for the change.*

*Change requires patience.*

*Expecting immediate results or perfection is not realistic.*

*Change requires starting somewhere.*

*Small changes can lead to big results.*

*Successful change increases the odds of additional successful behavior changes.*





# *Big Change Happens One Step at a Time*







# Ready to Chat With Our Panel?

*Lead By Host Jessi Brandt*



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# Join Us for Our Next Webinar

## *Lifestyle Medicine In The Workplace January 2025*

*Implementing Lifestyle Medicine in the Workplace  
Practical strategies to transform employee health, resilience,  
and organizational wellbeing*



*Dr Sunil Kumar*

*Lifestyle Medicine Physician | Executive Health Coach |  
Author | Global Keynote Speaker Creator of PREP™ |  
PeriopLM™ | DoctorThrive™ | LMBM™ | Council Member, Royal  
Society of Medicine | Forbes Coaches Council*



*Elizabeth Schy, MPH,*

*Diplomat, ACLM Health Promotion  
and Worksite Wellness Leader*



*Scan Me*



A detailed still life photograph of various food items arranged on a kitchen counter. In the foreground, there are several pieces of raw meat (salmon and beef), a whole red bell pepper, a bunch of green lettuce, a small bowl of red sauce, a small bowl of sesame seeds, and a round loaf of bread. To the right, there are two bowls of fried food (possibly chicken or fish), a bowl of yellow cheese slices, and a bunch of broccoli. In the background, there is a wooden cutting board with a green apple and a bunch of bread. The background also shows a kitchen with a stove, a sink, and various kitchen utensils hanging on the wall.

Thank you!

The End