



American College of Preventive Medicine
physicians dedicated to prevention

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ACPM Releases New Medical Education Course on Culinary Medicine

The American College of Preventive Medicine (ACPM) has released a new continuing medical education (CME) course on [culinary medicine](#), the clinical practice of helping patients use nutrition and good cooking habits to restore and maintain health.

The online course—now available for 1.5 CME as an elective of the [Lifestyle Medicine Core Competencies Program](#) for physicians and clinicians—provides a “food is medicine” perspective and examines what patients face day-to-day when trying to make substantive lifestyle changes.

Featured are recipes and cooking techniques that follow a high fiber plant-based diet and are achievable with low income to moderate budgets and amid time constraints. Participants are instructed to practice the culinary methods themselves and use their experience to counsel and empower patients to make and sustain healthier choices when shopping and preparing meals.

In addition to the course, [recipes and instructional videos](#) have been made available for all medical professionals and their patients. These resources are helpful for patients who want to start cooking healthy meals at home and need clear examples and demonstrations.

Made possible by a grant from the [Ardmore Institute of Health](#), the course was developed by **Rani Polak, MD, Chef, MBA**, founding director of the CHEF Coaching Program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, along with **Liana Lianov, MD, MPH, FACPM**, faculty director of the Lifestyle Medicine Core Competency Curriculum and former board member of ACPM and ACLM.

Culinary medicine is a new evidence-based field that combines important scientific principles related to nutrition, behavior and medicine. It offers a simple approach to understand how food and cooking relate to health, and is an important self-care tool studied by medical professionals to better counsel patients and improves health outcomes.

About ACPM

The American College of Preventive Medicine is the professional society for physicians dedicated to prevention. ACPM provides leadership in research, professional education, development of public policy, and enhancement of standards of preventive medicine for and on behalf of our physician members. Uniquely trained in both clinical medicine and public health, preventive medicine specialists are equipped to understand and reduce the risks of disease, disability, and death in individuals and populations.