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## Introduction to Culinary Medicine

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Since the inception of the first national dietary guidelines recommendations introduced in the United States roughly a half-century ago, and followed shortly thereafter in the United Kingdom, there has been a worldwide increase in chronic disability and disease associated with dietary practices. Incidence and prevalence of conditions like obesity and diabetes continue to skyrocket across the globe. Not one country that is seen an increase in its population's rise in obesity has been able to reverse that trend with current approaches. In the United States, conflicting data has led to recommendation reversals, contradictory advice, and generalized confusion amongst the public at large. It is clear the current practices, recommendations, guidelines, and algorithms require a new perspective and method of engagement. Culinary Medicine is an evolving discipline that is a result of the union between The Culinary Arts and The Medical Sciences. At the University of Montana (Missoula, Montana, USA) Culinary Medicine is defined as:

The multidisciplinary application of evidence-based decision making in the selection of ingredients and techniques used in preparing foodstuffs with a goal of achieving and maintaining health and wellness through an optimized food experience.

Inclusive of the traditional nutritional sciences, Culinary Medicine expands the horizons and applicability of pertinent data through incorporation of both basic and applied sciences. In a nod to The Culinary Arts, Culinary Medicine seeks to establish a healthful lifestyle approach that is sustainable for the individual and planet through the construction of comestibles that please individual palates. In a nod to the Medical Sciences, the ingredients and preparatory techniques must be crafted in a way that promotes long-term healthfulness and wellness in accordance with a preventive medicine approach.

**Keywords:** Culinary Medicine, Chronic Disease, Obesity, Diabetes, Cardiovascular Disease, Culinary Arts

### Biography:

Michael S. Fenster is one of less than twenty physicians worldwide who hold both culinary and medical degrees. He is the only Interventional Cardiologist and Professional Chef to do so. He is also the only cardiologist with joint academic appointments in both the Medical and Culinary Arts. He serves as faculty in The University of Montana College of Health and in The Missoula College Culinary Arts Program of the Department of Business Technology where he teaches Culinary Medicine. He also serves as an Adjunct Professor of Medicine (Culinary Medicine) at The Kansas Health Science Center.