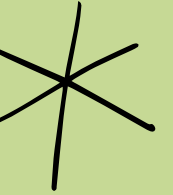




# WHY IS THE #1 RANKED DIET SO GOOD FOR YOU?

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# Why Culinary Medicine?

About **75%** of physicians do not feel confident in their nutritional knowledge to discuss with patients

But physicians are the **#1** trusted source of nutrition information by patients

Eisenberg, D.M. and J.D. Burgess, J Assoc Amer Med Colleges, 2015

Frantz, D.J., et al., JPEN, 2016

Macaninch, E., et al, BMJ Nutr Prev Health. 2020



# Culinary Medicine at Dell Med Dept of Pediatrics

Pediatric Residents, PHM Fellows  
UT Nutrition students as facilitators

**REQUIRED**

2 modules/year = 6 modules over 3 years  
UT IPE designation

Flipped classroom model

- Curriculum viewed at home
- Hands-on cooking lesson (2.5hr)
- Pre/Post Test



# **Culinary Medicine Modules**

**Newborn and Early Childhood  
Pediatric Weight  
Management  
Food Insecurity  
Food Allergies  
Eating Disorders  
Fad Diets**



# Culinary Medicine at Dell Med Dept of Pediatrics

- Focus: pediatrics, cultural awareness, all foods accepted
- We don't shy away from talking about misconceptions
- We include beef, poultry, dairy, and desserts as well as vegetarian and vegan options – this is how providers and patients eat!





# Culinary Medicine for 75 Pediatric Residents



Shakshuka, black bean brownies, pineapple chicken salad, caprese dessert skewers





# Dell Med Pediatric Culinary Medicine







# **MEDITERRANEAN DIET IS #1**

**#1**

**70 experts – medical doctors,  
registered dietitians, nutritional  
epidemiologists, chefs and weight  
loss researchers**

**Evaluated and rated 38 diets  
across 21 different categories.**





# CRITERIA



01

**Nutritional  
Completeness**

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02

**Health Risks &  
Benefits**

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03

**Long-Term  
Sustainability**

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04

**Evidence-Based  
Effectiveness**





# MEDITERRANEAN DIET

The Mediterranean diet is based on the traditional foods of countries bordering the Mediterranean Sea.



plant  
**FORWARD**

## Encourage:

Fruits, vegetables, whole grains, legumes, nuts & seeds, moderate intakes lean meat, poultry, seafood, heart-healthy fats (monounsaturated such as olive oil, avocados, nuts), small intakes dairy, wine in moderation

## Consume Less:

Fried foods, refined grains, saturated fats, processed foods, processed meat (deli meat, hot dogs), added sugars, sweets, trans fats





# MEDITERRANEAN DIET

Focuses on **quality** of food and lifestyle, not particular nutrients or food groups



## Nutrition and Health

Fruits, vegetables, whole grains, lean meats, fish, and poultry, beans, nuts, healthy fats; less added sugars and processed foods

## Evidence-Based

The most well-researched diet - proven to reduce risk of heart disease, diabetes, and some types of cancer

## Challenges

Lack of guidance re: specific amounts of foods and portion sizes



A collage of various Mediterranean dishes. The top left shows a bowl with yellow peppers, white cheese, and purple lettuce. The top center is a white plate with a green salad, tomatoes, and olives. The top right is a blue plate with pita, tomatoes, and olives. The bottom left is a bowl with a red sauce and green salad. The bottom center is a small bowl of white yogurt with herbs. The bottom right is a plate with grilled chicken and pita. The text "COMMON MEDITERRANEAN FOODS" is overlaid in the center.

# COMMON MEDITERRANEAN FOODS



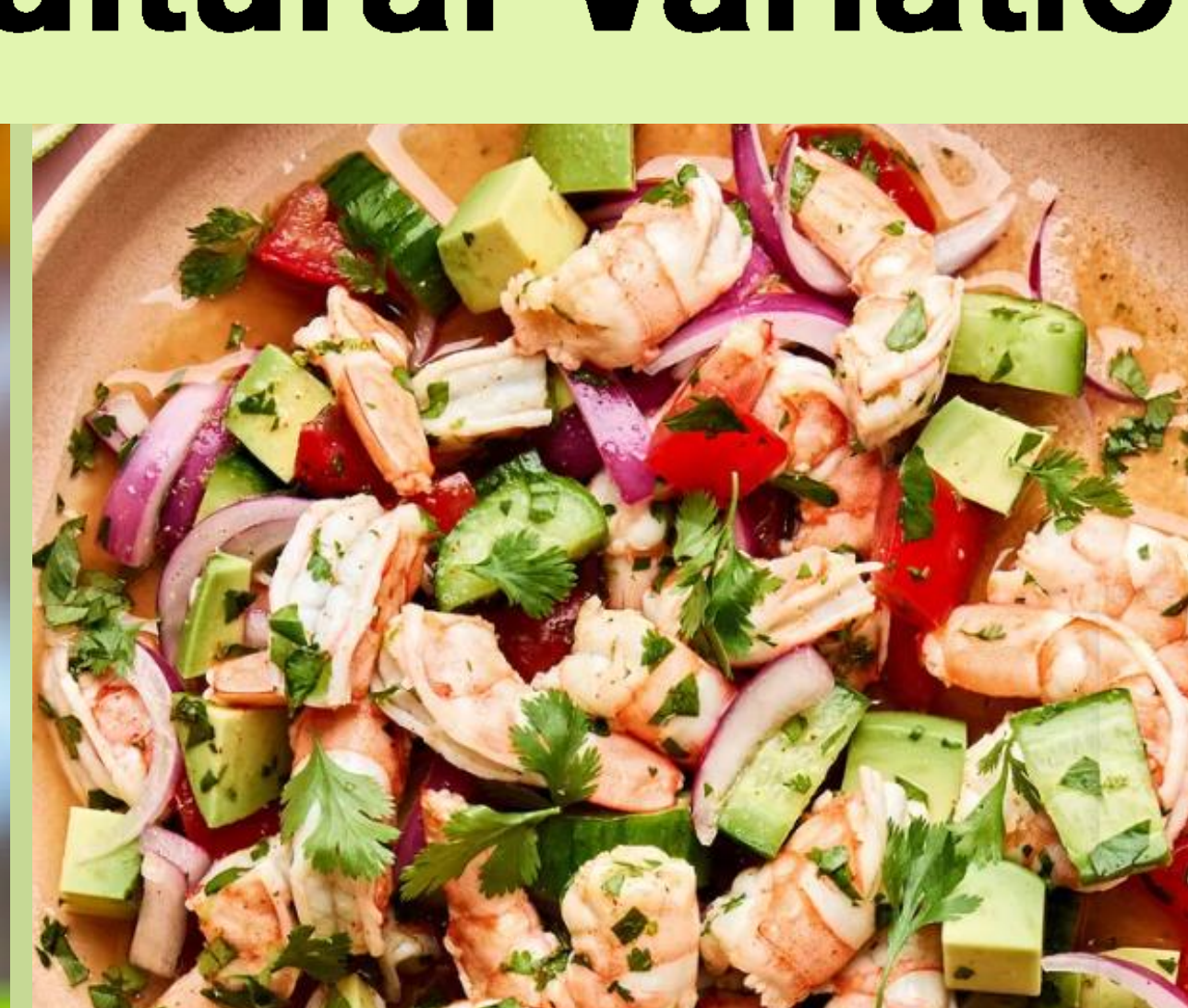
# MEDITERRANEAN DIET







# Cultural Variations





# TIPS FOR MEDITERRANEAN DIET

Use spices, garlic, citrus, and herbs for flavor and less salt

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Embrace good fats - commonly found in olive oil, nuts, seeds

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Most of plate should be veggies, whole grains with meat, seafood, or poultry (3 oz portion), and small amount of dairy





# Why include lean beef in Mediterranean Diet?

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**Beef is a source  
of high-quality  
protein**

**Beef contains  
iron, zinc,  
B-vitamins, and  
other nutrients**

**Many people  
enjoy the flavor  
of beef, adding to  
satisfaction and  
sustainability**

**Studies show that  
lean beef + Med  
Diet lowers heart  
disease risk**





# MEDITERRANEAN BEEF MEATBALL KABOB

Lean Ground Beef, fresh parsley and cumin are formed into meatballs and served in flatbreads. Customize with your choice of chopped veggies and tzatziki sauce.





# Prep Time





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**Any new techniques or flavors?**

**Adapting? Equipment, cultural ingredients, allergies, other?**



**Challenges with talking to patients about nutrition?**

**Referral to Registered Dietitian?**