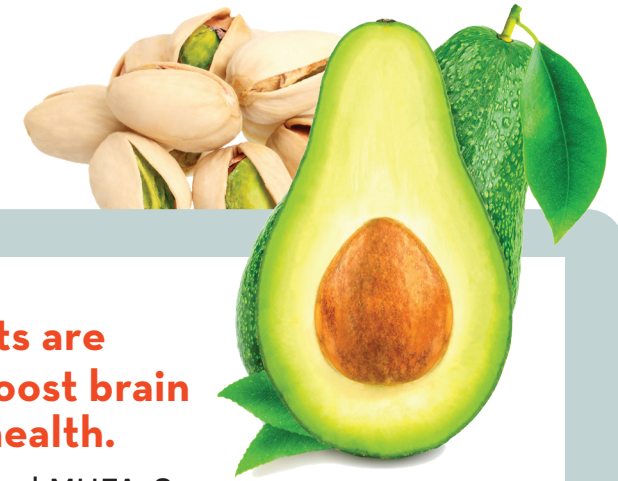


# CULTIVEAT PLACEMAT

FOOD IS MEDICINE



## The Culinary Medicine Program at the University of Arizona College of Medicine Phoenix

**MISSIONS:** To use food as medicine to blend the art of cooking with medical science to enhance nutrition. We do this through medical education and service learning with an understanding of food systems and food policies as social determinants of health.

**VISION:** To redesign the medical school curriculum by promoting community service projects and research endeavors to enhance nutrition knowledge and empower local neighborhoods and patients. Adding education and resources that improve access to healthy foods.

### People & Profiles

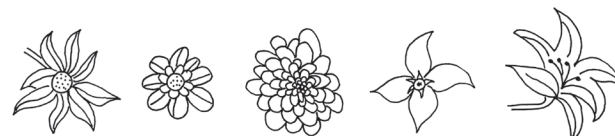
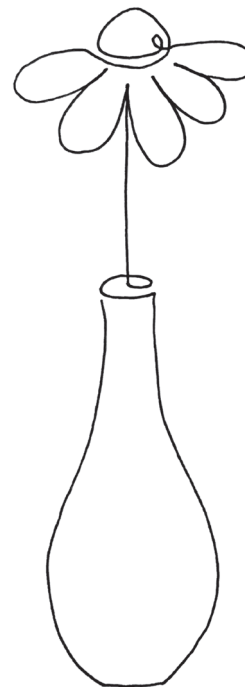


**Shad Marvasti, MD MPH**, is the founding director of the Culinary Medicine Program and Public Health, Prevention and Health Promotion at the University of Arizona College of Medicine Phoenix. He believes poor diet is the number one cause of premature death worldwide, larger than tobacco, alcohol or drug use combined. He says, "That's why we're redesigning medical education to include food systems and culinary medicine!"

### Collaborative Art Activity

#### *Flowers for the Table*

Flowers put us in a relaxed mood and can help us to enjoy our meals. What flowers will you put on your table? Use the menu below to create your floral arrangement. Feel free to add color!



### Nutrition

**Healthy fats are necessary to boost brain and heart health.**

What are EVOOs and MUFAs? Healthy fats can be found in nuts and seeds as well as wild fish & Extra Virgin Olive Oil (EVOO). EVOO is high in Monounsaturated Fats (MUFAs). MUFAs are anti-inflammatory fats that can help make you lose weight by reducing blood sugar. Food sources of MUFAs include avocados, almonds and dark chocolate.

### Food Education



**Dr. Shad working with medical students.** He says, "Despite the critical role that diet plays in the immune system and preventing chronic diseases and premature deaths, medical students in the United States only get an average of 19 hours of nutrition education across all four years of medical school."



## Brain Teaser

Match the photo to the nut name.



1. ☐



2. ☐

A. Macadamia nuts

B. Pistachio



3. ☐



4. ☐

C. Hazelnut

D. Walnut



5. ☐



6. ☐

E. Pecan

F. Almond

Answers: 1A, 2E, 3F, 4D, 5B, 6C

## Food is Medicine

# “LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD”

-HIPPOCRATES

The Mediterranean Diet is a great example of Food as Medicine. It is better than any medication at preventing heart attacks and strokes!



## Recipe Suggestion

### Dr. Shad's Avocado Smoothie with Nuts & Seeds

#### INGREDIENTS

- 1 avocado
- 1/4 cup blueberries/raspberries/strawberries/blackberries
- 1 cup unsweetened almond or coconut milk
- 1/2 cup of ice

- 1 teaspoon cinnamon powder
- 1 teaspoon maple syrup
- 2 tablespoons raw sunflower seeds
- 2 tablespoons raw pumpkin seeds
- 1 tablespoon pecans or almonds or walnuts or pistachios
- 1 tablespoon coconut flakes

Add avocado, berries, milk, cinnamon powder, ice, and maple syrup to the blender. Blend until smooth, pour into cup and add sunflower seeds, pumpkin seeds, nuts & coconut flakes on top, enjoy with a spoon!



School For Seniors created PES Placemats to elevate quality of life for older adults. The placemats, not just for mealtimes, are used with medical students to promote conversations. Scan here to see placemat submissions from medical students and home-delivered meal recipients.



CULTIVEAT

