



Nutrition and Culinary Medicine Program

Join us for one or all three!

In this three-part series, learn about the Nutrition and Culinary Medicine Program and Toolkit. We'll explore various food-related health considerations, including:

- The risk of too much sodium.
- How to reduce sodium intake while still making meals delicious.
- The importance of fiber and how to add it to your meals.
- The risks of carcinogens associated with outdoor grilling.
- Other components of the Nutrition and Culinary Medicine Toolkit.

The series features these experts from Cleveland Clinic:

- **Michael Roizen, MD**, Chief Wellness Officer Emeritus
- **Jim Perko Sr., CEC, AAC**, Executive Chef, Center for Integrative and Lifestyle Medicine

Each session includes an education session and cooking demo — with samples!

Session 1 — Wednesday, Oct. 19 | 6 to 7:30 p.m.

Walk Away From Sugar: The Science of Physical Activity and of Sugar

Learn why walking is a perfect start to managing type 2 diabetes. See and taste how the Nutrition and Culinary Medicine Toolkit can help you sweeten meals without added sugars.

Session 2 — Wednesday, Nov. 9 | 6 to 7:30 p.m.

Why Eating Nuts Decreases Risk of Heart Complications in Type 2 Diabetes

See and taste how the Nutrition and Culinary Medicine Toolkit uses nuts or seeds — including peanuts (a legume) — to make meals taste great while adding nutrients.

Session 3 — Wednesday, Dec. 7 | 6 to 7:30 p.m.

Get the Most Without Using Fat

Learn why the proteins, not the fat, make a difference. Your poop is key! We'll demonstrate, and you'll taste, how to make meals moist without fat.

South Pointe Hospital, West Wing Auditorium
20000 Harvard Road, Warrensville Heights

Reservations required. Space is limited.

Visit ClevelandClinic.org/SPCulinaryMed to register now.

