

HEALTH



A volunteer delivers meals to seniors as part of the Meals on Wheels program. MEALS ON WHEELS AMERICA

Flip the 'Script

How to talk to your physician
about using food as medicine

By Cari Shane

The phrase “you are what you eat” is getting a reboot as research continues to draw a connection between nutrition and health outcomes. The phrase’s evolution comes courtesy of an approach to chronic diseases called Food is Medicine (FIM).

“Patients are tired of taking medicines (and) it’s costly,” says Dr. David Dungan, an internal medicine physician on the American College of Culinary Medicine’s advisory board.

“What we eat is actually the No. 1 driver of poor health in the U.S.,” says Devon Klatell, vice president of food at The Rockefeller Foundation, which leads initiatives on nutrition, food and agriculture.

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