

# Culinary Medicine at The University of Vermont Medical Center

## Foundational Principles

- Make plant based proteins a regular part of your daily diet by eating more beans, peas, nuts, lentils, seeds, and intact grains.
- Fill your plate with a variety of deeply colored vegetables and fruits. Make it half of your plate at lunch and dinner, and get fruit and veggies into breakfast.
- Eat health-protective fats such as olive oil, avocados, and omega-3 fats from fish, flaxseed, and chia seed.
- Focus on minimally processed intact grains such as oatmeal, brown rice, barley, and millet.
- Rethink your drink. Choose beverages such as water, unsweetened coffee and teas, low fat dairy or non-dairy beverages with minimal added sugar, or fermented beverages, over sugary drinks. Avoid drinks with artificial sweeteners.
- Nutrient dense foods offer a lot of nutrition per bite. Include foods such as kale, garlic, fish, berries, sweet potatoes, dark chocolate and plain or lightly sweetened yogurt.
- Plan sustainable meals including seasonal and locally sourced foods. Be aware of how your food choices impact the environment and community.
- Learn how to build flavor into every day foods by using cooking techniques such as caramelizing and searing. Boost flavor by using spices and acids like lemon or vinegar.
- Make dessert count by focusing on fruit and whole grain based treats that are lightly sweetened.
- Practice mindfulness and joy as part of a meal experience. Share your meal experience with others when possible. Slow down to enjoy the taste, texture, smell, and source of your meals.

