



5 Takeaways

What Is Culinary Health?

With Shipra Bansal, MD, DipABLM

- Poor diet is now the number 1 risk factor in the U.S. contributing to premature mortality. Working to improve our diets can reduce our risk of chronic disease by almost 80%.
- Keep the skin on your produce whenever possible. The majority of fiber and phytonutrients are in the skin or just under it.
- Get your cruciferous veggies (kale, collards, broccoli, cabbage, cauliflower, etc.). These powerhouse vegetables produce powerful compounds called sulforaphanes that protect against multiple cancers. To maximize your intake, cut the vegetable and let it sit for at least 10-15 minutes before cooking.
- Eat whole grain whenever possible, as the bran has the majority of fiber as well as a broad range of micronutrients that are lost when we eat a processed grain.
- Processed meat (lunch meats, etc.) is a class I carcinogen, so try to eliminate this category from your diet if possible.

**To learn more about Culinary Health and
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