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Listening: Culinary Medicine

Today I'd like to talk to you about "(1) _____ medicine." You can probably guess from the name that it combines food and cooking—that's the "culinary" part—with medicine, or the (2) _____ and prevention of illness or disease.

A major concern in the twenty-first century is health issues caused by poor (3) _____ and diet. These poor eating (4) _____ come from living in a fast-paced society where people don't have time to cook healthy foods.

We all know it's much easier to buy something that's ready to eat like pizza, or (5) _____ soup, or a (6) _____ dinner. But these are rarely good for you. The issue is made worse because ready-to-eat foods are often less (7) _____ than whole foods. The low cost of readyto- eat foods and their easy availability make them super (8) _____.

Culinary medicine offers a (9) _____. It begins with educating people about how food affects our health and (10) _____. It teaches that there is a (11) _____ connection between what you eat and your health. It also involves teaching people how to cook (12) _____ meals and how to plan their meals and save time on cooking. For example, a busy family can (13) _____ their meals for the week. They can cook food for several meals at once and put them in the (14) _____ for later. While it sounds simple, it can be difficult to change unhealthy habits to healthy ones, and it takes time. Having a doctor who uses culinary medicine can help. Your doctor can ask you about your home cooking and offer (15) _____.

There is a problem with that, though. Not all doctors are (16) _____ to do this. The solution is (17) _____ more doctors in culinary medicine. One example of a culinary (18) _____ program for doctors in (19) _____ is called "Médicos na Cozinha" or "Doctors in the Kitchen." Doctors learn how to cook meals with (20) _____ that use whole foods. The recipes are easy to make on your own at

home. It's a good idea, right? Doctors learn how to make delicious healthy food, and then they share this information with their (21) _____.

But what can you do if you don't have a doctor who uses culinary medicine? You can use the (22) _____ yourself. One doctor in the United States started a website to show people how to (23) _____ food and health. The Plant-Based Los Angeles website provides recipes for plant-based foods to help people control problems like (24) _____ and high blood (25) _____. Plantbased foods include fruits and vegetables but also foods like nuts, oils, and beans. The website includes (26) _____ with the different (27) _____ of the recipes. The pictures make you want to try the food. And they provide some nice support while you're cooking.

We all know food is important. Our diet can cause health problems, or it can help to keep us healthy. It can be hard to make changes to your diet, but culinary medicine is a great place to start. Ask your doctor if they can (28) _____ you about it and look at some (29) _____ to learn more.