



2011 CIGNA/Hopkins Joint Event

Just What the Doctor Ordered: Flavor and health together, bringing good food to your table

Order-it-again, healthy conference food makes a difference in how people feel, think, and respond in conferences and meetings.

Conference food should sharpen, energize and enliven the meeting, not overstuff and slow down guests.

Dr. La Puma's principles of healthy conference eating* include:

- *Seek out and enjoy high color, high fiber, nutritionally-rich foods
- *Use and enjoy unsaturated fats--those liquid at room temperature
- *Enjoy minimally processed foods of all kinds
- *Use culinary techniques that enhance flavor and improve nutrient value
- *Eliminate trans fats--traditional shortening and fryer oil
- *Eliminate HFCS--it overloads you with sugars
- *Minimize added sugars and refined starches--they add calories but not satiety
- *Size matters--plates, glasses, portions are right-sized
- *Feel satisfied and happy instead of overfed or sluggish

Conference meals have been specially selected and adapted by John La Puma, MD, "ChefMD". Dr. La Puma champions the power of healthy, tasty food and lifestyle change as the best preventive medicine at home and in the workplace. A New York Times best-selling author, his most recent book is "ChefMD's Big Book of Culinary Medicine" (Crown, 2008). He hosts PBS' "Eat and Cook Healthy with Dr John La Puma", premiering in March 2011 and practices medicine in Santa Barbara, California.

*Adapted from La Puma J, Schidermayer D, Becker J. "Meals at Medical Specialty Society Annual Meetings: A Preliminary Assessment." Disease Management. December 2003, Vol. 6, No. 4: 191-197.