

Rutgers Robert Wood Johnson Medical School Institute for Excellence in Education

Signature Programs

Culinary Medicine

The Rutgers RWJMS Culinary Medicine Elective is based on the curriculum created and implemented by Tulane University Goldring Center for Culinary Medicine. This program at Rutgers will be joining Tulane and eleven other medical schools in educating healthcare professionals and the community in cooking and nutrition. Started in early 2015, students at Rutgers Robert Wood Johnson Medical School headed into the kitchen to slice, sauté, and steam their way towards acquiring new culinary skills. The purpose is to have more meaningful conversations with patients about health & nutrition, and to further address the metabolic disorders and other diet sensitive conditions within our community. Current research on the benefits of the Mediterranean diet will be the emphasis of the course, as well as discussion of other common diets prescribed to patients. Culinary skills and approaches to food preparation will be shared in a multidisciplinary format, as medical students will be working alongside Rutgers nutritional science students and eventually the physician assistant and nursing students. This innovative educational program will narrow the gap between physician and patient and pave a new way to promote preventative medicine.