

Dr. Deb Kennedy

COOK | EAT | HEAL



Meet Dr. Deb

Advancing Health
Through Culinary Medicine
and Nutritional Science



Dr. Deborah Kennedy, PhD, and chef, brings nutrition science and the culinary arts together to heal people, communities, and our planet, one delicious bite at a time while honoring each individual's food-story and palate.

As the CEO of The Food Coach Academy™, Build Healthy Kids® and Culinary Rehab®; Director of Culinary Medicine at Rouxbe; Adjunct Professor at the University of New England, and consultant in Food is Medicine, Dr. Kennedy (or Dr. Deb as she prefers) is at the forefront of integrating food and health by focusing on flavor. She has published five books in the Culinary Medicine Textbook series, collaborating with a dozen chefs and over 40 nutrition experts from the United States, Canada, and Europe. Together with the international expert panel, Dr. Deb has developed culinary competencies for nutrition recommendations and various diseases. She has built culinary medicine courses for institutions such as The New England Culinary Institute and DHMC Weight and Wellness Center. She also created a fully online Culinary Medicine - The Food Coach Academy certificate program.

Dr. Deb holds a PhD in Nutritional Biochemistry from Tufts University. Her lifelong passion for food began at age 4, learning to cook in her parents' kitchen. Notably, she was the first Chair of Best Practices with the Teaching Kitchen Collaborative and serves as a subject matter expert in Food is Medicine for large companies. She knows academically and personally that food can heal and prevent disease. Her mission is to help individuals, communities, businesses, and the healthcare sector to support culinary skill building in order to strengthen individuals in their capacity to heal. In today's world, many people are paralyzed with confusion and need clarification about what to eat. Her mission is to help people discover that they can choose to walk on a path toward health by focusing on just one delicious bite at a time.





"I believe that by nourishing our bodies with healthy, delicious food, we can improve the health of individuals, communities, and our amazing planet."

—Dr. Deb Kennedy

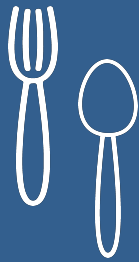
Dr. Deb's Mission

Dr. Deb is a passionate advocate for food's healing power. She firmly believes that nutritious eating is a fundamental right, not a privilege reserved for a few. Her mission is to make healthy food accessible to all, regardless of economic status or cultural background. She strives to bridge the gap between nutrition science and everyday cooking through education and advocacy, helping people transform their health one flavorful bite at a time.

Professional Highlights

- Director of Culinary Medicine at Rouxbe (present)
- President Food Coach Academy (present)
- CEO Culinary Rehab LLC (present)
- Adjunct Professor in Allied Nutrition at UNE (present)
- Tufts Human Nutrition Research Center for Aging
- Yales Prevention Research Center
- Babies and Children's Hospital at NY Presbyterian
- Cornell University
- Dartmouth Hitchcock Medical Center
- First Chair of Best Practices with the Teaching Kitchen Collaborative (a CIA/Harvard initiative)
- Creator of the Weight & Wellness Center at DHMC
- Educator of Culinary Medicine at The New England Culinary Institute
- Collaborator with the CIA to build a teaching kitchen at the San Antonio Texas Children's Hospital





Inspiring Speaker

Discover the power of Culinary Medicine with Dr. Deb, a dynamic speaker and expert bridging nutrition science and culinary arts. With her PhD in Nutritional Biochemistry and chef's expertise, Dr. Deb delivers captivating presentations that turn complex health concepts into delicious, actionable solutions. Her engaging talks empower audiences to take control of their health, one bite at a time. Experience Dr. Deb's unique blend of scientific insight and culinary wisdom, and join the Food is Medicine movement that's revolutionizing how we think about health and healing.

Whether speaking to healthcare professionals, community organizations, or corporate audiences, Dr. Deb's presentations blend scientific insight with culinary wisdom, offering a fresh perspective on the power of food in health and healing. Dr. Deb offers a range of compelling presentations tailored to diverse audiences:

INTERVIEW TOPICS

- From Kitchen to Clinic: How Dr. Deborah Kennedy is Revolutionizing Health Through Culinary Medicine
- Healing Through Food: Dr. Deb Kennedy on Culinary Medicine, Nutrition Science, and Community Health
- Culinary Rehab: Dr. Deborah Kennedy's Journey from Cancer Survivor to Culinary Medicine Pioneer

INTERVIEW QUESTIONS

1. Your journey from a three-time cancer survivor to a pioneer in culinary medicine is inspiring. How did your personal experience shape your approach to food and health?
2. You've mentioned that "Food is Medicine" isn't a new concept, but it's gaining traction in modern healthcare. Can you elaborate on why this is happening now, and what impact it has on public health?
3. With over 30 years in the food world and your background in both culinary arts and nutritional science, how do you blend these disciplines to promote healing and wellness?



4. The Food Coach Academy emphasizes "culinary equity." Can you explain what this means and how the Academy is addressing cultural, economic, and social barriers to healthy eating?
5. Your "Culinary Medicine From Clinic to Kitchen" book series offers a hands-on approach to transforming nutrition guidelines into delicious meals. What inspired you to write this series, and how can it help both professionals and everyday people?
6. You're involved in creating teaching kitchens and food-based interventions in healthcare settings. Can you share more about these initiatives and the role they play in improving patient outcomes?
7. How does the modular learning system used by the Food Coach Academy foster sustainable, long-term behavior change in individuals? Can you share any success stories from this approach?
8. In your opinion, what are the essential culinary skills that everyone should learn to improve their health? How can someone get started if they feel overwhelmed by cooking?
9. You've collaborated with experts worldwide to develop culinary competencies for dietary guidelines. What are some of the biggest challenges and breakthroughs you've encountered in this work?
10. After you and your team of experts spent 4 years creating the Culinary Medicine textbook series, were there any surprises or information that stood out?

"Deborah, you are a phenomenal speaker. Your confidence and knowledge base are inspiring! I will be sharing this talk broadly with Dietitians of Canada Members, Private Practice RDs in Alberta, and other culinary professionals and organizations. There is a giant lack of cooking knowledge. This is an excellent opportunity for clinicians and non-clinicians to enhance skills and translate knowledge into practical solutions for individuals, groups, and populations."

—Kelly Reinprecht RD at Helpful Nutrition & Health Navigation





As Seen On



Authority
Magazine

EVERY DAY
with RACHAEL RAY

Hartford  Courant



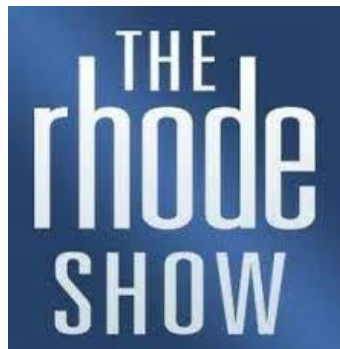
NBC NEWS

Education Nation

Prevention



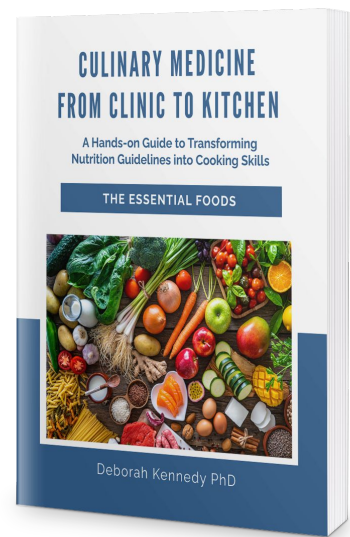
The
New York
Times



CULINARY MEDICINE FROM CLINIC TO KITCHEN

A Hands-on Guide to Transforming
Nutrition Guidelines into Cooking Skills

THE ESSENTIAL FOODS



Imagine unlocking the secrets of culinary medicine, where nourishing the body becomes an art form and a pathway to vibrant wellness.

In our fast-paced world, it's easy to feel overwhelmed by the abundance of dietary options and conflicting nutrition advice. You might be struggling to find the best options to transform the health of your patients by creating the right balance between flavor and nutrition or are looking for a way to help those feeling lost in the kitchen without the skills to create healthy, delicious meals.

Dr. Deborah Kennedy's expertise in culinary medicine and passion for flavorful, wholesome foods will guide you in revamping your skills to make a difference in people's lives in their transformative journey to wellness. With the support of a stellar team of contributing experts in nutrition science, flavor, and culinary arts, you can trust that you're in capable hands.

Whether you are a Dietitian, a Clinician, a Chef, a Wellness Coach, or someone who loves to cook and wants to help others, in *Culinary Medicine From Clinic to Kitchen*, you'll discover a comprehensive guide to mastering culinary medicine and elevating health to new heights. From the vibrant colors of fresh fruits and vegetables to the hearty goodness of whole grains and protein-rich foods, each chapter is dedicated to unlocking the potential flavor of a key food group. You'll delve into the history of each food, learn recommendations for intake, understand the benefits and risks of consumption, and even explore drug interactions—all while honing your culinary skills to create and guide your patients to make delicious dishes that nourish body and soul. And with practical tips on shopping and menu planning, you'll seamlessly integrate these nutritious delights into people's daily lives.

Embark on a journey to lifelong wellness. It's time to step into the kitchen, arm yourself with the knowledge of culinary medicine, and offer the flavors of health in your treatments. Dive into *Culinary Medicine From Clinic to Kitchen* today and transform one's relationship with food—one meal at a time. Your patients' taste buds will thank you.



CULINARY MEDICINE FROM CLINIC TO KITCHEN

A Hands-on Guide to Transforming
Nutrition Guidelines into Cooking Skills

THE ESSENTIAL FOODS

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SUBTITLE – A Hands-on Guide to Transforming Nutrition Guidelines into Cooking Skills -
The Essential Foods

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AUTHOR – Deborah Kennedy PhD

PUBLISHER – Culinary Rehab LLC

LAUNCH DATE –

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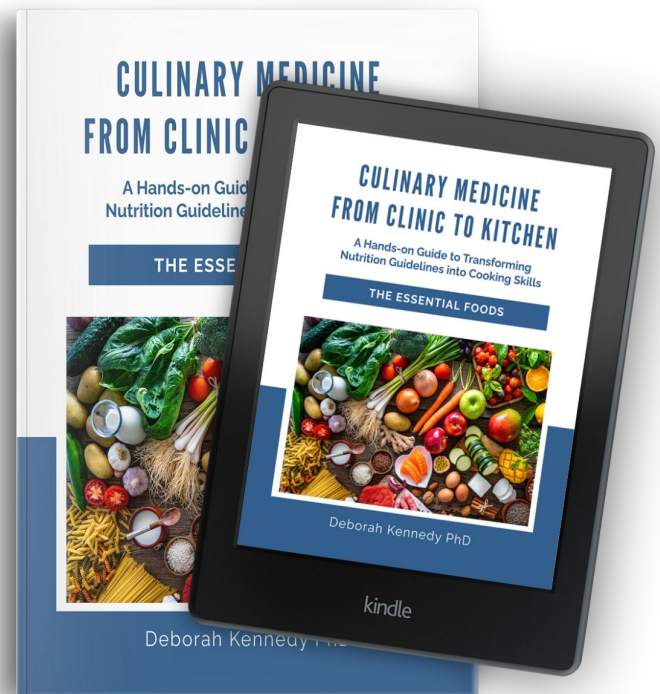
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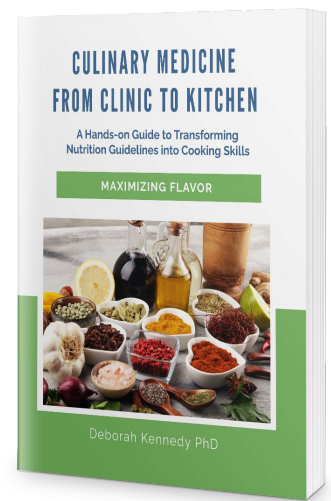
YouTube – [Food Coach Academy](#)



CULINARY MEDICINE FROM CLINIC TO KITCHEN

A Hands-on Guide to Transforming
Nutrition Guidelines into Cooking Skills

MAXIMIZING FLAVOR



Unleash the Power of Flavor to Transform Healthful Eating into a Lifelong Habit.

What if healthy eating didn't feel like a sacrifice? What if every meal could satisfy your taste buds and nourish your body? In a world saturated with conflicting dietary advice and convenience foods prioritizing taste over nutrition, it's easy to feel caught between making healthy choices and enjoying what's on your plate. Imagine escaping this tension and finding lasting joy in nutritious meals. *Maximizing Flavor* is here to show you how.

For many of us, eating healthfully feels like a constant struggle. We know what we should eat, but those choices don't often satisfy us. We're surrounded by hyper-palatable foods, carefully engineered to be irresistible with excessive sugar, salt, and fat. This reality leaves us feeling frustrated, overwhelmed, and stuck in a cycle of unhealthy choices. It doesn't have to be this way. The key lies in making nutritious food taste amazing – without relying on unhealthy ingredients.

The authors of *Maximizing Flavor* bring together experts from culinary medicine, dietetics, and flavor science. Their combined knowledge offers a unique approach that bridges the gap between clinical recommendations and practical, delicious meals. With contributions from expert chefs, flavor scientists, and clinicians, this guide equips you with the tools and insights you need to create healthful and deeply satisfying meals. Their authority in the science and art of flavor makes this book an indispensable resource for anyone seeking a sustainable approach to healthy eating.

By the end of *Maximizing Flavor*, you'll have mastered essential culinary techniques that bring out the best in nutritious ingredients, discovered strategies for reducing sugar and salt without sacrificing taste, and gained confidence in creating vibrant, healthful dishes and beverages that honor your or your client's cultural and personal tastes. You'll be empowered to transform eating habits, enrich palates, and make healthy food a natural, enjoyable part of everyday life.

Ready to dive into the world of flavor and make healthy eating a lifelong delight? Open the pages of *Maximizing Flavor* and embark on a journey to reclaim joy in healthful eating, one delicious bite at a time.



CULINARY MEDICINE FROM CLINIC TO KITCHEN

A Hands-on Guide to Transforming
Nutrition Guidelines into Cooking Skills

MAXIMIZING FLAVOR

TITLE – Culinary Medicine From Clinic to Kitchen - Maximizing Flavor

SUBTITLE – A Hands-on Guide to Transforming Nutrition Guidelines into Cooking Skills - Maximizing Flavor

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YouTube – [Food Coach Academy](#)

