

Evidence-Based Programs to Support Hospital Food Service

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Dec. 16, 2021 | 2-3 pm | Webinar

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Learn about two evidence-based programs and best practices for implementation within a hospital.

Universal Meals: In a world of increasingly diverse eating habits and dietary needs, this new program devised by the Physicians Committee and the Culinary Institute of America ensures that everyone has a seat at the table. Can it be that people who are gluten-free, vegan, from a Muslim, Hindu, or Jewish background, or have common food allergies all be served—from the same menu? Dr. Neal Barnard will share about this revolutionary program.

Plant-Based Foods at the University of Florida: The University of Florida has implemented a comprehensive program of plant-based hospital foods, tackling the key questions food service directors ask: What will it cost? How will it be accepted? What is the nutritional value? How easy are these meals to prepare? Dr. Monica Aggarwal will present the surprising findings.

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Neal Barnard, MD, FACC

Dr. Neal Barnard is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, D.C., and President of the Physicians Committee for Responsible Medicine. Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in Type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing Type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers and is the editor-in-chief of the Nutrition Guide for Clinicians, a textbook made available to all U.S. medical students.

As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. Dr. Barnard received his MD degree and completed his residency at The George Washington University School of Medicine. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee.



Monica Aggarwal, MD

Monica Aggarwal, MD, is an adjunct Clinical Associate Professor of Medicine in the University of Florida Division of Cardiovascular Medicine. She received her medical degree from Virginia Commonwealth University School of Medicine and subsequently went on to complete a residency in internal medicine at Tufts-New England Medical Center. She then completed a cardiology fellowship at the University of Maryland and later continued her training at the University of Arizona where she participated in an integrative medicine fellowship.

Board certified in cardiology, echocardiography and nuclear cardiology, she is a fellow of the American College of Cardiology, where she is a member of the nutrition council working on nutrition policies for the nation. Dr. Aggarwal specializes in preventive management of heart disease with lifestyle techniques in conjunction with medications. She is the author of "Finding Balance: Empower Yourself with Tools to Combat Stress and Illness," which outlines 10 prescriptions to help guide people to better health.



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