



Culinary Medicine Specialist

Certification Track

Culinary Medicine specialist is a designation that identifies clinicians, coaches, chefs and practitioners who have comprehensive knowledge on nutrition, culinary coaching and culinary skills simply blending the art of cooking for health. As defined by the American College of Preventive Medicine, it is the practice of helping patients use nutrition and good cooking habits to restore and maintain health. It's a new field that combines important scientific principles related to nutrition, behavior and medicine.

Culinary Medicine offers a simple approach to understand how food and cooking relate to personal health, habits, and health care goals. It is an important self-care tool studied by medical professional and implemented at the practitioner level to better counsel and improve patient's health outcome.

The Blended Curriculum

The blended 180-credit curriculum includes a distinctive combination of 16 online modules, 4 in-person hands-on modules and live conference. The curriculum is basically aimed at defining the correlation between eating behavior and positive health outcome and translate it to stage-based sustainable nutrition plan.

Course Fee

Online Course	- P4200 (\$82 USD) per module	25% discount for FULL registration
In-Person Training	- P4200 (\$82 USD)	15% discount for PCLM members

Live Conference

Culinary Medicine is one of the most important modalities applied in the implementation of Lifestyle Medicine (LM) program for prevention and treatment of chronic diseases. Culinary medicine specialists are strong allies working in collaboration with other lifestyle medicine enthusiasts. Live LM conferences conducted by the Philippine College of Lifestyle Medicine (PCLM) will provide linkages among practitioners as well as the needed education updates.

Certification Exam

A certification exam will be conducted by the Philippine Board of Lifestyle Medicine (PBLM) for qualified applicants.

- * Certificate of Training in Culinary Medicine from PBLM accredited institution
- * Professional Diploma (Bachelor's degree is the minimum qualification)
- * Case study

ONLINE MODULES

Nutrition Assessment & Prescription
Culinary Skills 1
Culinary Skills 2
Nutrition Counseling 1
Nutrition Counseling 2
Diabetes Reversal
Hypertension management
Obesity & Overweight management
Heart Disease Reversal
Kidney Disease management
Liver & Gallbladder Disease management
Cancer Prevention & After Diagnosis
Allergies & Autoimmune Disease
Pregnancy & Womens Health
Children & Adolescents Diet
Microbiome & Anti-inflammatory Diet

IN-PERSON TRAINING

February 2, 2020 (Davao City)
May 17, 2020 (Quezon City)
August 23, 2020 (Iloilo City)
December 20, 2020 (Quezon City)

LIVE PCLM CONFERENCE

February 3, 2020 (Davao City)
August 24 & 25, 2020 (Iloilo City)

CERTIFICATION EXAM

August 2020
February 2021
August 2021

LENGTH OF COURSE

Minimum of 6 months

COURSE FEE

Modular Registration P4200
Full Course Registration P45,400 (33% OFF)

ONLINE COURSE
16 Modules



IN-PERSON TRAINING
4 Modules



LIVE CONFERENCE
2 PCLM events



CERTIFICATION EXAM
Philippine Board of Lifestyle Medicine

REGISTRATION IS OPEN
culinarymd.org