



FOOD FOR LIFE

The Power of Food for Health

PhysiciansCommittee
for Responsible Medicine

FOOD FOR LIFE

Catalog

Class Descriptions







What is Food for Life?

Food for Life has pioneered using culinary medicine to help class participants prevent and reverse chronic disease since 2001. Designed by physicians, nurses, and dietitians, classes deliver the scientific research behind food as medicine, and we reach people where they are in their communities. In Food for Life classes, participants learn why healthful eating is critical to reducing their disease risk, and they take away cooking skills and kitchen tips to simplify healthy cooking in practice.

Food for Life can help you, your community, your employees, and/or your patients reduce the risk for a host of chronic diseases, including obesity, heart disease, diabetes, and cancer.

To learn more, visit [PCRM.org/FLL](https://www.pcrm.org/fll).

Tips For Using This Catalog

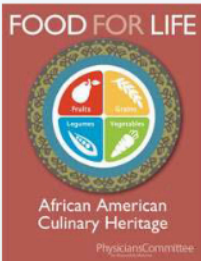
-  Click class titles in the linked Table of Contents to jump to specific classes for more information.
-  Click links at the bottom of each page to Find a Class, Find an Instructor, or to email the Food for Life team (info@fflclasses.org).

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Level 1 Curricula

(English, Series)



African American Culinary Heritage

CLASS OBJECTIVE

This six-week series is designed to honor and explore the history of African American culinary traditions. The curriculum is intended to inspire and empower healthful eating for the purpose of preventing and arresting chronic disease disproportionately affecting African Americans by connecting to culturally relevant recipes. The series recognizes the ancestral ties of West African foodways that were brought to the United States through the Middle Passage and the culinary traditions, such as soul food, developed by African Americans throughout their history in the United States. Classes will also help participants seeking to prevent or overcome high blood pressure, heart disease, type 2 diabetes, and other health conditions that disproportionately affect African Americans. Each class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

Featured Class Topics

- The Power of Your Plate
- Foods for a Healthy Heart
- Introduction to How Foods Fight Diabetes
- Introduction to How Foods Fight Cancer
- Designing a Diet for Maximum Weight Control
- Making It Work for You



Cancer Project

CLASS OBJECTIVE

This seven-class series guides participants to make the critical connection between diet and the risk of developing various forms of cancer. With a focus on low-fat plant-based nutrition, participants develop an understanding of specific foods and nutrients that either promote or discourage cancer development. Each class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home. The program includes optional bonus content addressing breast cancer and prostate cancer specifically.

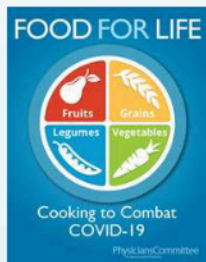
The intended audience for this series includes cancer survivors and their family and friends as well as individuals looking to prevent cancer. Classes are not meant for individuals currently undergoing cancer treatment.

Featured Class Topics

- Introduction: How Foods Fight Cancer
- Fueling Up on Low-Fat Foods
- Favoring Fiber
- Discovering Dairy Alternatives
- Replacing Meat
- Cancer-Fighting Compounds and Immune-Boosting Foods
- Maintaining a Healthy Weight

Supplemental Classes

- Foods and Breast Cancer Survival
- Foods and Prostate Cancer Survival



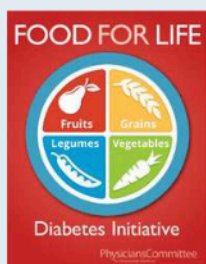
Cooking to Combat COVID-19

CLASS OBJECTIVE

Throughout the COVID-19 pandemic, studies and data have shown individuals with underlying chronic conditions such as heart disease, diabetes, or obesity are at greater risk of developing severe infection. This series of four classes will illuminate how a diet rich in low-fat plant-based foods counters chronic conditions and supports a healthy immune system, and thereby reduces the likelihood of severe COVID-19 and hospitalization. Participants will leave with knowledge and skills to boost immunity long after the pandemic. Each class features a cooking demonstration, along with handouts of easy and affordable recipes participants can prepare at home.

Featured Class Topics

- Cancer-Fighting Compounds and Immune Boosting Foods
- Foods for a Healthy Heart
- Introduction to How Foods Fight Diabetes
- Foods and Mood



Diabetes Initiative

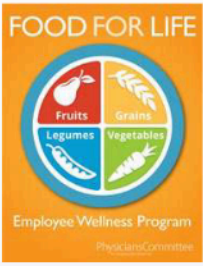
CLASS OBJECTIVE

The eight-class Diabetes Initiative series provides the knowledge, tools, and lifestyle strategies to help individuals reduce the risk of developing diabetes, and to manage and even reverse the disease. Classes are intended for those with diabetes, prediabetes, or a family history or risk factors for developing diabetes, and their adult family members and loved ones. Each class in the program will feature nutrition education and cooking demonstrations, and participants will leave with a selection of affordable and easy recipes they can prepare at home.

Featured Class Topics

- Introduction to How Foods Fight Diabetes
- The Power of Your Plate and Grocery Cart
- Understanding Type 2 Diabetes
- Designing a Diet for Maximum Weight Control
- The Glycemic Index
- Keeping a Healthy Heart
- Diabetes Care from Head to Toe
- Making It Work for You





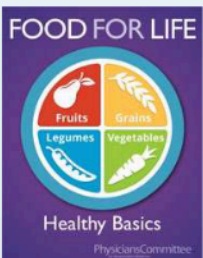
Employee Wellness Program

CLASS OBJECTIVE

The Employee Wellness Program is a nine-week workplace class series intended to guide staff members as they work to unlock the role of food choices for better health. Through the introduction of plant-based nutrition education, cooking demonstrations, and supportive group discussion, employees will take away the learning and tools they apply practically for improving overall health and reducing chronic disease risk. Additional and significant benefits to employees include lowered health care costs, fewer sick days, and improved energy and moods. Notable benefits to employers include reduced absenteeism, reduction of health care costs, and improved staff productivity.

Featured Class Topics

- Power of Your Plate
- Let's Go!
- Getting in Gear
- Breaking the Food Seduction
- Keys for Natural Appetite Control
- Digestive Health
- Introduction to How Foods Fight Cancer
- Introduction to How Foods Fight Diabetes
- Healthy Blood Pressure



Healthy Basics

CLASS OBJECTIVE

This four-class series presents health-promoting dietary strategies that are both budget-friendly and accessible. Nutrition education components help individuals to connect diet and disease outcomes while they are simultaneously learning about easy-to-prepare plant-based recipes. Not only are ingredients and recipes budget-friendly and accessible, but minimal kitchen tools are required for food preparation. Participants will take away knowledge and strategies that will help them to realize savings in the short- and long-term, both in terms of their dollars saved and enhanced quality of life. Each class features a cooking demonstration with samples of delicious and health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

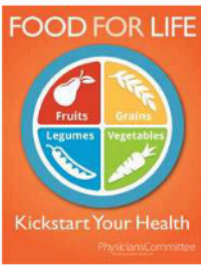
Featured Class Topics

- The Power of Your Plate
- How Foods Fight Diabetes
- Foods for a Healthy Weight
- How Foods Fight Heart Disease

Supplemental Classes

- Grocery Store Tour





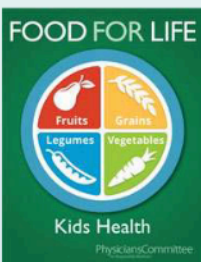
Kickstart Your Health

CLASS OBJECTIVE

Based on the Physicians Committee's successful *21-Day Vegan Kickstart* book, this seven-class series guides participants on a journey toward healthy weight loss, healthy weight maintenance, and an overall healthful and sustainable diet. For some participants, this may be the first time that food choice is prioritized over restricting food amounts as a guiding principle to support long-term health. This is a lifesaving learning experience bolstered by delicious plant-based recipes that help to lower cholesterol, control diabetes, lower blood pressure, and even boost energy and mood. Each class features a cooking demonstration, along with handouts of easy and affordable recipes participants can prepare at home.

Featured Class Topics

- Power of Your Plate
- Let's Go!
- Getting in Gear
- Breaking the Food Seduction
- Keys for Natural Appetite Control
- Digestive Health
- Healthy Blood Pressure



Kids Health

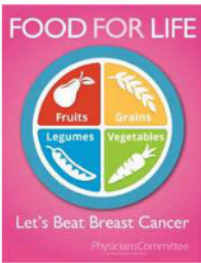
CLASS OBJECTIVE

This four-class series is designed to be a fun and engaging learning experience for kids between the ages of 9 and 12 and in grades 4-6. The program accentuates the positives of healthy foods (whole grains, legumes, fruits, and vegetables) found on the Power Plate. As the children are exposed to the benefits of consuming a healthful diet, they are also tasting delicious foods prepared during a live cooking demonstration. Kids will participate in games and activities to cement their learning, and they will be provided with handouts of the recipes so they can share and prepare them at home. The goal of this series is to provide foundational knowledge and skills to children early in life to set them up for success well into adulthood.

Featured Class Topics

- Breakfast
- Snacks
- Lunch
- Dinner





Let's Beat Breast Cancer

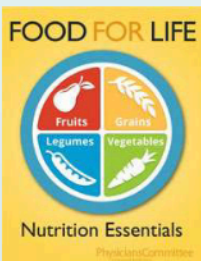
CLASS OBJECTIVE

The classes in this series will bring into focus the undeniable connection between diet and cancer risk. Based on the Physicians Committee's groundbreaking Cancer Project curriculum, the first four classes will focus on the role of different foods and nutrients in either promoting or discouraging growth of different cancers, including breast cancer. The last class will focus more specifically on foods that have been shown to directly reduce breast cancer risk and support survival. Each class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

The intended audience of the Food for Life: Let's Beat Breast Cancer classes are cancer survivors and their family and friends, as well as those looking to prevent the disease. These classes are not intended for individuals currently undergoing breast cancer treatment.

Featured Class Topics

- Introduction: How Foods Fight Cancer
- Fueling Up on Low-Fat, High-Fiber Foods
- Discovering Meat and Dairy Alternatives
- Cancer-Fighting Compounds and Healthy Weight Control
- Food for Breast Cancer Prevention and Survival



Nutrition Essentials

CLASS OBJECTIVE

Based on the Physicians Committee's *21-Day Vegan Kickstart* book, this four-class series promotes a low-fat plant-based diet for preventing some of the most common chronic diseases. Grounded in evidence-based science, this series will empower participants by revealing the whys and hows—the knowledge and skills—for effective and long-term weight loss and maintenance in support of overall health. Participants receive helpful, easy-to-follow handouts and guides to cement learning and ease them into implementation of new dietary changes, including healthy menu ideas, weekly menu planning guides, suggested plant-based recipe substitutions, an easy-to-follow fiber-tracker, and more.

Featured Class Topics

- Kickstart Your Health
- Let's Go!
- Getting in Gear
- Weight Loss





Your Body in Balance

CLASS OBJECTIVE

This nine-class series draws from the popular book *Your Body in Balance: The New Science of Food, Hormones, and Health* by Neal Barnard, MD, FACC. Focusing on a variety of hormone-related conditions that impact women and men of all ages and life stages, class content in this series examines how specific dietary changes work to bring hormone levels into balance. From infertility and thyroid function to toxic chemicals in the environment, participants will learn strategies they can apply in their daily lives to prevent, manage, or even reverse hormone-related conditions. Each class features a cooking demonstration, along with handouts of easy and affordable recipes participants can prepare at home.

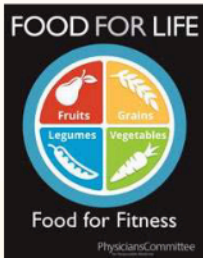
Featured Class Topics

- Foods for Fertility
- Curing Cramps and Premenstrual Syndrome
- Tackling Hormone-Related Cancers
- Reversing Polycystic Ovary Syndrome and Conquering Diabetes
- Tackling Menopause
- Curing Erectile Dysfunction and Saving Your Life
- A Healthy Thyroid
- Foods and Mood
- Avoiding Environmental Chemicals



Level 1 Curricula

(English, Single Classes)



Food and Fitness

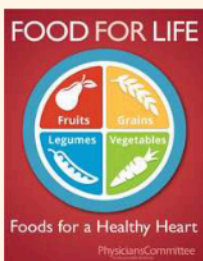
CLASS OBJECTIVE

Whether participants are competitive athletes or individuals with active lifestyles, this course will provide insight into the best plant-based foods and nutrients to power athletic performance and physical activity. Similarly, participants will learn dietary strategies to reduce inflammation and support recovery outcomes. The class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.



Featured Class Topics

- Learn the foods and nutrients that provide optimal nutrition for active and athletic lifestyles.
- Explore how a plant-based diet reduces inflammation and improves recovery.
- Examine macronutrients—carbohydrates, fat, and protein—and learn why plant-based sources are optimal for athletes.



Foods for a Healthy Heart

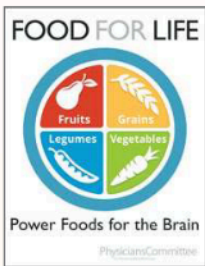
CLASS OBJECTIVE

This class will arm participants with the knowledge and practical skills to take action to bolster heart health through simple diet and lifestyle changes. Topics addressed focus in on cardiovascular risk factors, such as high blood pressure and high cholesterol, with recipes and nutrition strategies for improving or reversing these conditions. The intended outcome is to guide class participants toward healthier low-fat plant-based diets that reduce incidence of cardiovascular disease. The class features a cooking demonstration of delicious, health-promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

Featured Class Topics

- High blood pressure: A plant-based diet, rich in potassium, improves blood pressure.
- High cholesterol: Aim for high-fiber foods, which can help to lower cholesterol.
- Atherosclerosis: Diets low in saturated fat and cholesterol reduce plaque build-up in the arteries and improve blood flow.





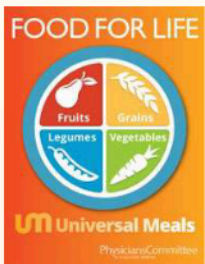
Power Foods for the Brain

CLASS OBJECTIVE

This class will shine a light on the foods and nutrients to prioritize for optimal brain health. Drawing from the book *Power Foods for the Brain* by Neal Barnard, MD, FACC, the class will guide participants through the research supporting a low-fat plant-based diet for maintaining brain function and minimizing risk for cognitive decline. The class features a cooking demonstration of delicious recipes made from a selection of brain power foods, along with handouts of easy and affordable recipes participants can prepare at home.

Featured Class Topics

- Learn foods and ingredients to prioritize, and those to limit.
- Explore vitamins and nutrients that support brain health.
- Examine supplements to add to your daily routine and those to avoid.



Universal Meals

CLASS OBJECTIVE

The Universal Meals curriculum, borrowing from the Physicians Committee's well-known Universal Meals program, gives everyone a seat at the table. This single class is designed to meet the varied needs of individuals for health, environmental, or humane concerns, for allergy reasons, and for cultural and religious traditions. Participants will receive simple guidelines and recipes that focus on vegetables, fruits, legumes, non-gluten grains, herbs, and spices. The delicious dishes prepared in the class work for almost every type of diet, and are free from animal products, gluten-containing grains, nuts, alcohol, and other allergens to accommodate food preferences and common allergies.



[Find a Class](#)



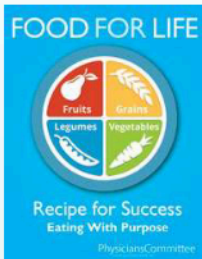
[Find an Instructor](#)

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Level 2 Curricula

(English, Single Classes)



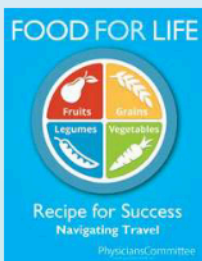
Eating With Purpose

CLASS OBJECTIVE

Eating With Purpose is a class in the level 2* Food for Life curriculum **Recipe for Success**. Each Recipe for Success class addresses specific and common obstacles to long-term adherence to a whole food plant-based diet. Individuals are empowered to overcome common pitfalls, and they leave class with knowledge, tips, and skills to ensure healthy eating goals are sustainable.



In the **Eating With Purpose** class, participants explore what it means to make mindful and intentional food choices that are satisfying, filling, and health-promoting. The class identifies sound strategies to help participants move forward on their plant-based health journeys with confidence. Participants will leave class equipped with additional skills and tools they need to successfully leave unhealthy foods and behaviors in the rearview.



Navigating Travel

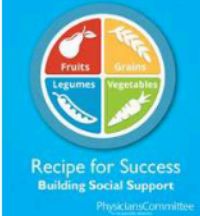
CLASS OBJECTIVE

Navigating Travel is a class in the level 2* Food for Life curriculum **Recipe for Success**. Each Recipe for Success class addresses specific and common obstacles to long-term adherence to a whole food, plant-based diet. Individuals are empowered to overcome common pitfalls, and they leave class with knowledge, tips, and skills to ensure healthy eating goals are sustainable.

Navigating Travel takes participants out of their home comfort zone and into less familiar territory, inviting them to explore different settings where food choices can be tricky. Whatever the mode of travel, this class delivers tips and tools to help participants sustain a low-fat, plant-based diet and make optimal food choices while they are on the go. During the class, in lieu of a video, participants are invited to join a group discussion during which they can share their experiences and learn from others' successes and challenges while traveling.

*Level 1 Food for Life classes unlock the science-backed power of plant-based food as medicine. For individuals who have already completed these courses, Level 2 classes offer further support for overcoming challenges common to adopting a plant-based diet.





Building Social Support (Available March 2026)

CLASS OBJECTIVE

Building Social Support is a class in the level 2* Food for Life curriculum **Recipe for Success**. Each Recipe for Success class addresses specific and common obstacles to long-term adherence to a whole food, plant-based diet. Individuals are empowered to overcome common pitfalls, and they leave class with knowledge, tips, and skills to ensure healthy eating goals are sustainable.

Food is a sensitive and deeply personal topic for many, and choosing to follow a low-fat, plant-based diet may be a big adjustment. **Building Social Support** introduces participants to strategies for talking about their plant-based lifestyle and explores ways they can find support from others. It can be challenging to be the change! Participants will leave class with practical knowledge they can apply in restaurants, and with tips and skills to confidently navigate any social situation.



*Level 1 Food for Life classes unlock the science-backed power of plant-based food as medicine. For individuals who have already completed these courses, Level 2 classes offer further support for overcoming challenges common to adopting a plant-based diet.



Level 1 Spanish Language Programs (Series)



Activa tu salud (Spanish Kickstart Your Health)

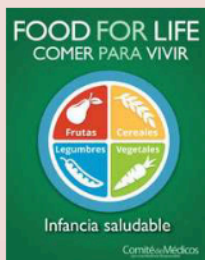
OBJETIVO DE LA CLASE

Basada en el exitoso libro *21-Day Vegan Kickstart* del Comité de Médicos, esta serie de siete clases embarca a los participantes en un recorrido de pérdida y mantenimiento de peso por medio de una alimentación saludable y sostenible. Algunos participantes descubrirán que el enfoque en la elección de alimentos tiene más importancia que la restricción de estos para promover la salud a largo plazo. Esta es una experiencia de vital importancia para ayudar a reducir el colesterol, controlar la diabetes, reducir la presión arterial e incluso aumentar los niveles de energía y el estado de ánimo, por medio de deliciosas recetas a base de plantas.

Cada clase cuenta con una demostración culinaria, además de folletos de recetas fáciles y de bajo costo que los participantes podrán preparar en casa.

Temas destacados de la clase

- El poder de tu plato
- ¡Comencemos!
- Cómo prepararnos para comer fuera de casa
- Cómo romper la seducción de la comida
- Cómo controlar tu apetito de manera natural
- Salud digestiva
- Presión arterial saludable



Infancia saludable (Spanish Kids Health class)

OBJETIVO DE LA CLASE

Esta serie de cuatro clases ha sido cuidadosamente diseñada para ofrecer a los niños de entre 9 y 12 años una experiencia de aprendizaje divertida, práctica y significativa. A través del programa, se destacan los aspectos positivos de una alimentación saludable basada en el Plato Poderoso, que incluye cereales integrales, legumbres, frutas y vegetales.

Durante cada sesión, los niños no solo aprenderán sobre los beneficios de una buena nutrición, sino que también tienen la oportunidad de probar platillos deliciosos preparados en demostraciones de cocina en vivo. Para reforzar lo aprendido, participarán en juegos y actividades dinámicas, y recibirán folletos con recetas fáciles para preparar en casa con la familia.

El objetivo de esta serie es proporcionarles a los niños herramientas y conocimientos esenciales desde una etapa temprana, ayudándolos a desarrollar hábitos saludables que los acompañen y beneficien durante toda su vida.

Temas destacados de la clase

- Desayunos
- Refrigerios
- Almuerzos
- Cenas



Iniciativa diabetes (Spanish Diabetes Initiative)

OBJETIVO DE LA CLASE

Esta serie de ocho clases empodera a los hispanohablantes a restaurar su salud por medio de información y herramientas que les ayudará a prevenir, controlar o incluso revertir la diabetes. Respaldándose en la evidencia científica, los participantes aprenderán que centrarse en una dieta rica en cereales integrales, legumbres, verduras y frutas es un enfoque eficaz a largo plazo. Además de estar diseñado para las personas con diabetes, este programa está dirigido para personas con prediabetes, antecedentes familiares o factores de riesgo para desarrollar diabetes, y para sus familiares adultos y seres queridos. Cada clase cuenta con una demostración culinaria para promover la salud a través de la preparación de platos deliciosos, además de folletos de recetas fáciles y de bajo costo que los participantes podrán preparar en casa.

Temas destacados de la clase

- Introducción: Cómo los alimentos combaten la diabetes
- El poder de tu plato y el carrito de compras
- La diabetes tipo 2
- Cómo diseñar una dieta para lograr el máximo control peso
- El índice glucémico
- Cómo mantener un corazón sano
- Atención de la diabetes desde la cabeza hasta los pies
- Cómo lograr que funcione para ti



Programa de bienestar para empleados (Spanish Employee Wellness Program)

OBJETIVO DE LA CLASE

Este programa es una serie de clases de nueve semanas que se pueden llevar a cabo en el lugar de trabajo y están destinadas a guiar a los empleados a descubrir la importancia de sus elecciones alimentarias para mejorar su salud.

A través de la introducción de la educación nutricional basada en plantas, demostraciones culinarias y alentadoras discusiones de grupo, los empleados obtendrán el aprendizaje y las herramientas para mejorar la salud en general y reducir el riesgo de enfermedades crónicas. Los beneficios adicionales y significativos para los empleados incluyen, reducción de costos de atención médica, reducción de ausencias laborales a causa de enfermedades, elevados niveles de energía y mejor estado de ánimo. Los beneficios adicionales y notables para los empleadores u organizaciones incluyen, la reducción de ausencias laborales y de costos de atención médica de empleados, al igual que una mejora de productividad del personal.



Temas destacados de la clase

- El poder de tu plato
- ¡Comencemos!
- Cómo prepararnos para comer fuera de casa
- Cómo romper la seducción de la comida
- Cómo controlar tu apetito de manera natural
- Salud digestiva
- Introducción a cómo los alimentos combaten el cáncer
- Introducción a cómo los alimentos combaten la diabetes
- Presión arterial saludable



Salud esencial (Spanish Healthy Basics)

OBJETIVO DE LA CLASE

Esta serie de cuatro clases ofrece estrategias accesibles y económicas para mejorar la salud a través de la alimentación. A lo largo del curso, aprenderás cómo la dieta influye en la prevención y manejo de enfermedades, mientras descubres recetas basadas en plantas fáciles de preparar.

Los ingredientes y recetas seleccionados son accesibles y requieren aparatos o herramientas de cocina mínimas, lo que facilita su preparación en cualquier hogar. Además, obtendrás conocimientos prácticos que te permitirán ahorrar dinero e invertir en tu bienestar y calidad de vida a corto y largo plazo.

Cada sesión incluye una demostración culinaria con muestras de platillos saludables y deliciosos, así como folletos con recetas económicas y sencillas para replicar en casa.

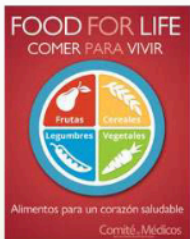
Temas destacados:

- **El poder de tu plato:** Cómo diseñar comidas equilibradas y nutritivas.
- **Cómo los alimentos combaten la diabetes:** Estrategias alimenticias para la prevención y manejo de la diabetes.
- **Alimentos para lograr un peso saludable:** Opciones nutricionales que favorecen el bienestar y el control del peso.
- **Cómo los alimentos combaten las enfermedades cardíacas:** La alimentación como herramienta para la salud cardiovascular.
- **Recorrido por el supermercado** (clase opcional): Aprende a comprar de manera inteligente para mantener una alimentación saludable y económica.



Level 1 Spanish Language Programs

(Single Classes)



Alimentos para un corazón saludable (Spanish Foods for a Healthy Heart)

OBJETIVO DE LA CLASE

Esta clase proporcionará a los participantes conocimientos y habilidades prácticas para tomar medidas que favorezcan la salud del corazón a través de sencillos cambios en la dieta y el estilo de vida. Los temas abordados se centran en los factores de riesgo cardiovascular, como la hipertensión arterial y el colesterol alto, con recetas y estrategias nutricionales para mejorar o revertir estas afecciones. El resultado previsto es guiar a los participantes de la clase hacia dietas más saludables y bajas en grasas a base de plantas que reduzcan la incidencia de enfermedades cardiovasculares. La clase cuenta con una demostración de cocina de platos deliciosos que promueven la salud, junto con folletos de recetas fáciles y asequibles que los participantes pueden preparar en casa.

Temas destacados de la clase

- Presión arterial alta: Una dieta basada en plantas, rica en potasio, mejora la presión arterial.
- Colesterol alto: Trata de consumir alimentos ricos en fibra, para ayudarte a reducir el colesterol.
- Aterosclerosis: Las dietas bajas en grasas saturadas y colesterol reducen la acumulación de placa en las arterias y mejoran el flujo sanguíneo



Proyecto contra el cáncer – Introducción a cómo los alimentos combaten el cáncer (Spanish Cancer Project – How Foods Fight Cancer)

OBJETIVO DE LA CLASE

Esta clase guiará a los participantes para que establezcan la conexión crítica entre la dieta y el riesgo de desarrollar diversos tipos de cáncer. Con un enfoque en la nutrición basada en plantas baja en grasa, los participantes aprenderán sobre los alimentos y nutrientes específicos que pueden promover o prevenir el desarrollo del cáncer. La clase cuenta con una demostración culinaria de platos deliciosos que promueven la salud, junto con folletos de recetas fáciles y asequibles que los participantes pueden preparar en casa.

Esta clase está dirigida a los sobrevivientes de cáncer, sus familiares y amigos, así como también a las personas que buscan prevenir el cáncer. Las clases no están destinadas a personas que actualmente están recibiendo tratamiento contra el cáncer.





Venzamos el cáncer de mama - La alimentación para la prevención y supervivencia del cancer de mama (Spanish Let's Beat Breast Cancer- Foods for Breasts Cancer Prevention and Survival)

OBJETIVO DE LA CLASE

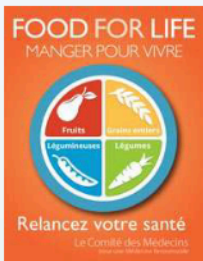
La clase "Venzamos el cáncer de mama" se enfoca en la innegable conexión entre la dieta y el riesgo de cáncer de mama. Se centrará más específicamente en los alimentos que han demostrado reducir directamente el riesgo de cáncer de mama y apoyar la supervivencia. La clase cuenta con una demostración de cocina de platos deliciosos que promueven la salud, junto con folletos de recetas fáciles y asequibles que los participantes pueden preparar en casa.

La clase de Comer Para Vivir: Venzamos el Cáncer de Mama está dirigida a sobrevivientes de cáncer y sus familiares y amigos, así como aquellos que buscan prevenir la enfermedad. Esta clase no está destinada a personas que actualmente están bajo tratamiento para el cáncer de mama.



Level 1 French Language Programs

(Series)



Manger Pour Vivre: Relancez votre santé (Food for Life: French Kickstart your Health)

OBJECTIF DU COURS

Basé sur le livre à succès *21-Day Vegan Kickstart* du comité des médecins, cette série de sept cours guide les participants dans un parcours vers une perte de poids saine, le maintien d'un poids de forme et un régime alimentaire globalement équilibré et durable. Pour certains participants, ce sera peut-être la première fois que le choix des aliments est priorisé par rapport à la restriction de la quantité, comme un principe directeur pour soutenir une santé à long terme.

Cette expérience d'apprentissage, qui peut littéralement sauver des vies, est enrichie par des recettes végétales savoureuses qui aident à réduire le cholestérol, contrôler le diabète, abaisser la pression artérielle et même booster l'énergie et l'humeur. Chaque cours comprend une démonstration culinaire, ainsi que des fiches de recettes simples et abordables que les participants peuvent préparer chez eux.

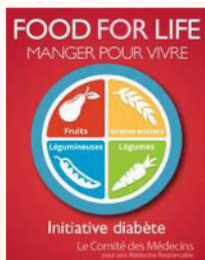
Thèmes Principaux du Cours

- Le pouvoir de votre assiette
- C'est parti!
- Passer à la vitesse supérieure
- Briser la séduction alimentaire
- Les clés pour un contrôle naturel de l'appétit
- La santé digestive
- Une tension artérielle saine



Level 1 French Language Programs

(Single Classes)



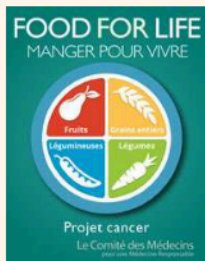
Initiative diabète : Lutter contre le diabète par l'alimentation

(Diabetes Initiative: How Foods Fight Diabetes)

OBJECTIF DU COURS

Ce cours fournit aux participants les connaissances, les outils et les stratégies de mode de vie nécessaires pour réduire le risque de développer un diabète, ainsi que pour gérer et même inverser la maladie.

Il est conçu pour les personnes atteintes de diabète ou de prédiabète, celles qui présentent des facteurs de risque ou des antécédents familiaux de la maladie et les membres adultes de leur famille. Le cours combine l'éducation nutritionnelle avec des démonstrations de cuisine, et les participants repartent avec un ensemble de recettes faciles et abordables qu'ils peuvent préparer à la maison.



Projet cancer : Lutter contre le cancer par l'alimentation

(Cancer Project: How Foods Fight Cancer)

OBJECTIF DU COURS

Ce cours aide les participants à comprendre la relation critique entre l'alimentation et le risque de développer différents types de cancer. En mettant l'accent sur la nutrition végétale à faible teneur en gras, les participants apprennent quels aliments et nutriments peuvent aider à prévenir le cancer et lesquels peuvent contribuer à son développement.

La séance comprend une démonstration culinaire de plats délicieux et bénéfiques pour la santé, ainsi que des supports proposant des recettes simples et abordables.

Ce cours s'adresse aux survivants du cancer, à leurs proches et aux personnes qui cherchent à réduire leur risque de cancer. Il ne convient pas aux personnes qui suivent actuellement un traitement contre le cancer.





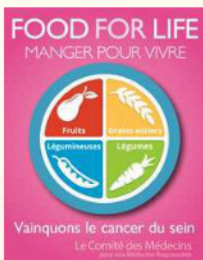
Santé des enfants – Collations (French Kids Health: Snack)

OBJECTIF DU COURS

Ce cours amusant et engageant est conçu pour les enfants âgés de 9 à 12 ans. Le programme met en évidence les avantages des aliments sains (grains entiers, légumineuses, fruits et légumes) présentés sur l'assiette parfaite.

Grâce à des démonstrations culinaires interactives, les enfants dégustent de délicieuses collations végétales tout en apprenant comment une alimentation saine peut favoriser le bien-être tout au long de la vie. Ils participent également à des jeux et des activités pour renforcer leurs connaissances. Chaque enfant reçoit des recettes à partager avec sa famille et à recréer à la maison.

L'objectif de ce cours est de fournir aux enfants une base solide en nutrition et en compétences culinaires, en les responsabilisant pour faire des choix sains tout au long de leur vie.



Vainquons le cancer du sein : L'alimentation dans la prévention et la survie au cancer du sein (Let's Beat Breast Cancer: Food for Breast Cancer Prevention and Survival)

OBJECTIF DU COURS

Le cours « L'alimentation dans la prévention et la survie au cancer du sein » met l'accent sur le lien indéniable entre l'alimentation et le risque de cancer du sein.

Il se concentrera plus spécifiquement sur les aliments qui ont démontré leur capacité à réduire directement le risque de cancer du sein et à soutenir la survie.

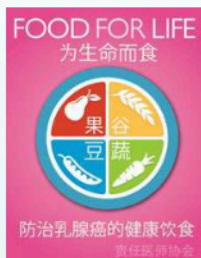
Le cours comprend une démonstration culinaire de plats savoureux et sains, ainsi que des brochures avec des recettes faciles et abordables que les participants pourront préparer chez eux.

Ce cours s'adresse aux survivants du cancer et à leurs familles et amis, ainsi qu'à ceux qui souhaitent prévenir la maladie. Ce cours n'est pas destiné aux personnes actuellement en traitement pour le cancer du sein.



Level 1 Chinese Language Programs

(Single Classes)



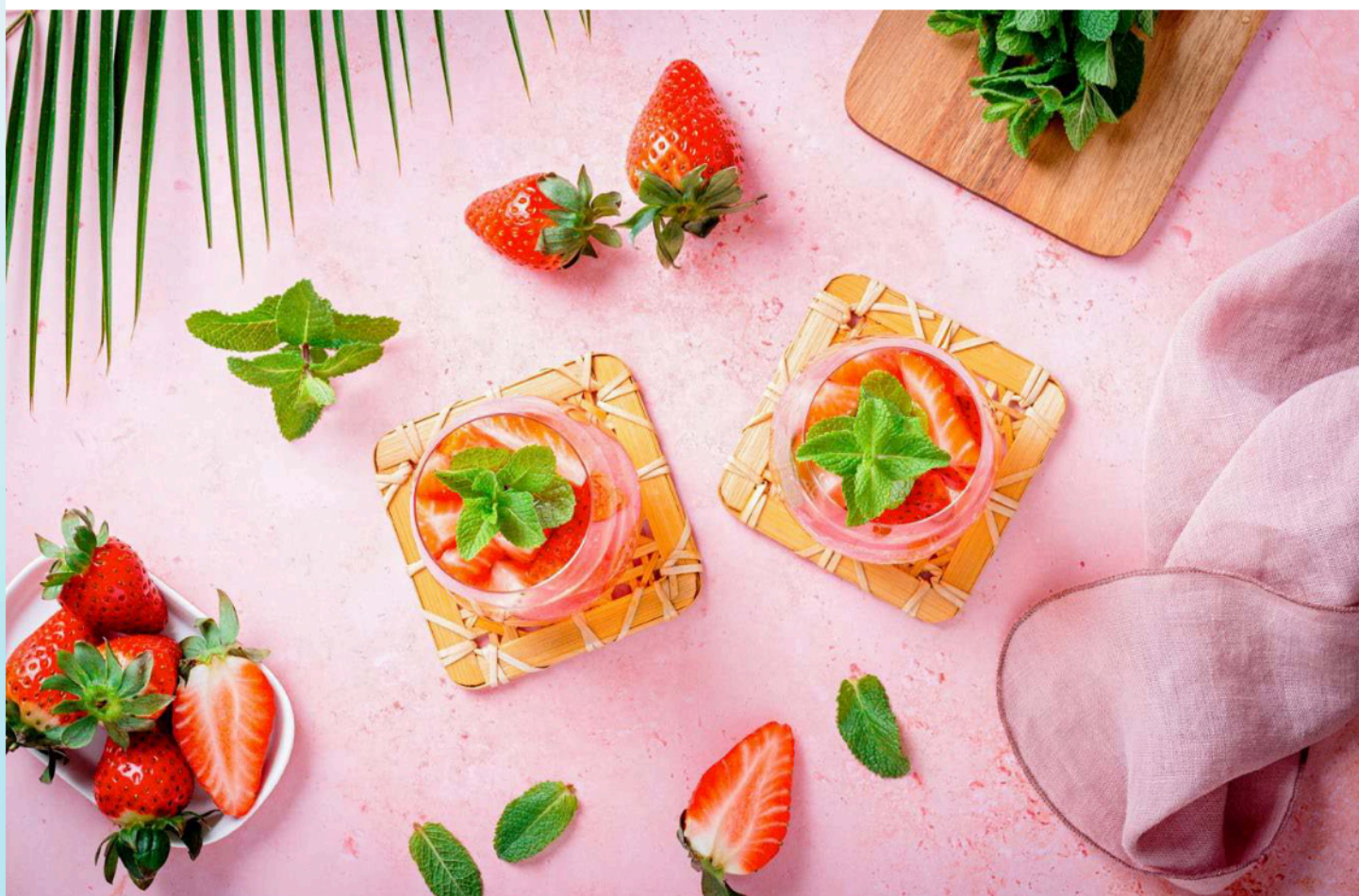
战胜乳腺癌：饮食与乳腺癌生存

(Chinese – Let's Beat Breast Cancer: Foods and Breast Cancer Survival)

本课程强调饮食与乳腺癌风险之间不可否认的联系。课程重点介绍已被证明有助于降低乳腺癌风险并支持长期生存的食物。

参与者将观赏现场烹饪示范，学习制作美味又有益健康的菜肴，并可领取包含简单实惠食谱的小册子，回家自行尝试。

本课程适合癌症康复者、他们的家人和朋友，以及对预防癌症感兴趣的所有人。本课程不适用于正在接受乳腺癌治疗的患者。



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