Plant-Forward Cooking

Jacquelyn Chi
Director of Programs and Special Projects – Strategic Initiatives Group
The Culinary Institute of America

Toni Sakaguchi
Executive Chef – Strategic Initiatives Group
The Culinary Institute of America
PRINCIPLES OF HEALTHY, SUSTAINABLE MENUS

BE TRANSPARENT ABOUT SOURCING AND PREPARATION

BUY
- Fresh
- Seasonal
- Local
- Global

REWARD BETTER AGRICULTURAL PRACTICES

LEVERAGE GLOBALLY INSPIRED, PLANT-FORWARD CULINARY STRATEGIES

FOCUS ON WHOLE, MINIMALLY PROCESSED FOODS

GROW EVERYDAY OPTIONS, WHILE HONORING SPECIAL OCCASION TRADITIONS

LEAD WITH MENU MESSAGING AROUND FLAVOR

REDUCE PORTIONS, EMPHASIZING CALORIE QUALITY OVER QUANTITY

LEVERAGE HEALTH AND SUSTAINABILITY INTO OPERATIONS AND DINING SPACES

THINK PRODUCE FIRST
- MAKE WHOLE, INTACT GRAINS THE NEW NORM
- LIMIT POTATOES

MOVE LEGUMES AND NUTS TO THE CENTER OF THE PLATE

CHOOSE HEALTHIER OILS

GO “GOOD FAT,” NOT “LOW FAT”

SERVE MORE KINDS OF SEAFOOD, MORE OFTEN

REIMAGINE DAIRY IN A SUPPORTING ROLE

USE POULTRY AND EGGS IN MODERATION

REDUCE ADDED SUGAR

SERVE LESS RED MEAT, LESS OFTEN

SUBSTANTIALLY REDUCE SUGARY BEVERAGES; INNOVATE REPLACEMENTS

DRINK HEALTHY: FROM WATER, COFFEE, AND TEA TO BEVERAGE ALCOHOL

DESIGNED BY J WRIGHT DESIGN

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PLANT-FORWARD

A style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices—and that reflects evidence-based principles of health and sustainability.
HEALTHY KITCHENS, HEALTHY LIVES

FEBRUARY 2 - 4, 2022
NAPA VALLEY, CA

For more information
HealthyKitchens.org
CIA at Copia
Napa Valley, CA
THANK YOU!

Jacquelyn Chi
Director of Programs and Special Projects – Strategic Initiatives Group
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Jacquelyn.chi@culinary.edu

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Toni.Sakaguchi@culinary.edu