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Culinary Medicine Lecture Series

Healthy Breakfasts: Energizing Starts to the Day

Date: Wednesday, September 16, 2026

Time: 6:00 PM - 8:00 PM

Location: Esperance Teaching Kitchen

Learning Format: In-Person

Presentation and Speaker Information:

- Healthy Breakfasts: Energizing Starts to the Day
 - Laura McCain, RD
 - Robert George
 - James Fox, MD
 - Kori Woodruff, NP

Series Objectives:

- Bring the healthcare provider into the discussion about local food, nutrition and their impact on wellness and health outcomes.
- Enhance the provider's ability to have meaningful patient interactions concerning food selection, diets and nutrition.
- Explore the emerging science of the connection between nutrition, physical and behavioral health and Medical Nutrition Therapy.
- Experiment with the incorporation of cooking techniques for health including a focus on Plant-Forward recipes as both an economical and evidenced based intervention to improve health outcomes.

Activity Objectives:

At the conclusion of this activity, participants should be able to:

- Distinguish between healthy and less healthy carbohydrate options for breakfast by reading nutrition labels and select items without added sugars and those that are good sources of calcium.
- Recognize and demonstrate how to cut sugar from common breakfast dishes.
- Create healthy breakfast dishes that are suitable for someone with celiac disease and someone who eats an entirely whole food plant-based diet.
- Illustrate at least one way to include vegetables at breakfast.

Credit Designation:

- Munson Healthcare designates this live activity for a maximum of 2 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- The American Osteopathic Organization recognizes *AMA PRA Category 1 Credits™* as AOA Category 2 credit. This activity will be submitted to the American Osteopathic Association-Division of CME. Designation of credit is pending approval by the AOA-CCME.
The American Osteopathic Organization recognizes American Academy of Family Physicians (AAFP) Prescribed and Elective Credit as AOA Category 2 credit. This activity will be submitted to the American Osteopathic Association-Division of CME. Designation of credit is pending approval by the AOA-CCME.
- The Munson Healthcare designates this live activity for a maximum of 2 Hour(s) Attendance w/ No Credit. Participants should claim only the credit commensurate with the extent of their participation in the activity.

Series Disclosures:

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, Munson Healthcare will implement mechanisms to identify and mitigate relevant financial relationships with ineligible companies for all individuals in a position to control content of this activity.

Event Disclosures:

Speakers:

James Fox, MD, Robert George, and Laura McCain, RD have no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

Planners and other Administrative Support:

Kara Classens, RN, J. William Rawlin, DO, Jean Kerver, PhD, MSc, RD, Kaitlyn Kilpatrick, DO, Jennifer Schaap, and Christine Straley have no financial relationship(s) with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients to disclose.

Commercial Support:

This activity is not commercially supported.

Accreditation Statement:

- Munson Healthcare is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.