

CURRICULUM VITAE
Nathan I. Wood, MD, MHS, Chef, DipABLM, DABOM

Version Date: 01/02/2026
Name: Nathan Isaac Wood
Current Position: Assistant Professor of Medicine, Department of Internal Medicine
Term: 07/01/2025 – 06/30/2028
School: Yale School of Medicine

Education:

09/2010 – 05/2014 BS, Linguistics, University of Michigan, Ann Arbor, MI
10/2017 – 10/2018 Diploma, School of Culinary Arts, Institute of Culinary Education, New York, NY
10/2014 – 06/2019 MD, Wayne State University School of Medicine, Detroit, MI
07/2022 – 06/2024 MHS–Medical Education, Yale University, New Haven, CT
Thesis: “A Randomized Controlled Trial of a Novel Culinary Medicine Curriculum for Medical Residents”

Career/Academic Appointments:

06/2019 – 06/2020 Intern, Internal Medicine–Primary Care, Yale New Haven Hospital, New Haven, CT
06/2020 – 06/2022 Resident, Internal Medicine–Primary Care (Clinician Educator Distinction), Yale New Haven Hospital, New Haven, CT
07/2022 – 06/2024 General Internal Medicine Medical Education Fellow, Department of Internal Medicine, Yale School of Medicine, New Haven, CT
07/2022 – 06/2025 Instructor of Medicine, Section of General Internal Medicine, Department of Internal Medicine, Yale School of Medicine, New Haven, CT
07/2025 – Present Assistant Professor of Medicine, Section of General Internal Medicine, Department of Internal Medicine, Yale School of Medicine, New Haven, CT

Career/Food & Medical Media:

10/2011 – 04/2013 Managing Editor, *Global Health Beat*, New Haven, CT
01/2012 – 04/2014 Food Columnist, *The Michigan Daily*, Ann Arbor, MI
06/2015 – 07/2017 Culinary Instructor, Cooking Matters, Detroit, MI
08/2017 – 04/2018 Medical Student Producer, *The Dr. Oz Show*, New York, NY
09/2018 – 10/2018 Line Cook/Extern, The Modern, New York, NY
05/2021 – 02/2023 Host, *Primary Care Pearls Podcast*, New Haven, CT
08/2020 – Present Medical Unit Member, ABC News, New York, NY
03/2023 – Present “Health Headlines” Commentator, WTNH News 8, New Haven, CT

Administrative Positions:

07/2024 – Present	Director of Culinary Medicine, Yale School of Medicine, New Haven, CT and Irving and Alice Brown Teaching Kitchen at Yale New Haven Health, North Haven, CT
07/2024 – Present	Co-Director, Weight Management Clinic, New Haven Primary Care Consortium, New Haven, CT
01/2026 – Present	Leader, Nutrition Thread, Yale School of Medicine, New Haven, CT

Board Certification:

2022 – 2032	American Board of Internal Medicine
2024 – 2034	American Board of Obesity Medicine
2024 – 2034	American Board of Lifestyle Medicine

Professional Honors & Recognition:

International/National/Regional

2018	Production Award, Outstanding Informative Talk Show, <i>The Dr. Oz Show</i> , The National Academy of Television Arts and Sciences, Los Angeles, CA
2020	MTV Video Music Award, “Everyday Heroes: Frontline Medical Workers” Category, New York, NY
2021	40 Under 40 Award, <i>Connecticut Magazine</i> , New Haven, CT
2022	Best Research Poster, American College of Physicians Southern California Chapters Meeting: “Zoom’ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees,” San Diego, CA
2023	Winner, Bite-Sized Teaching Competition, Society of General Internal Medicine New England Regional Meeting 2023, Cambridge, MA
2025	Excellence in Clinical Education in General Internal Medicine Award, New England Region, Society of General Internal Medicine, Boston, MA

University

2018	Top Toque Award, Institute of Culinary Education, New York, NY
2022	Recognition of Excellence – Innovation in Education, Poster Session, Yale Medical Education Day 2022: “Zoom’ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees,” New Haven, CT
2025	Distinguished Alumni Award, Institute of Culinary Education, New York, NY

Grants, Scholarships & Philanthropic Support:

2020	Yale Office-Based Medicine Scholarship and Innovation Fund in Primary Care, Department of Internal Medicine, Yale School of Medicine: “Impact of a Virtual, Experiential Nutrition Educational Curriculum on Nutrition Knowledge, Attitudes, and Counseling Frequency of Medical Trainees” Amount: \$4,500
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2021	Taste of Lifestyle Medicine Microgrant, American College of Lifestyle Medicine: "Graduate Medical Education Wellness Week: Culinary Medicine Demonstration—'Smoky Beans and Rice'" Amount: \$250
2021	Trainee Research Grant, American College of Lifestyle Medicine: "'Zoom'ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees" Amount: \$1,000
2021	General Internal Medicine Trainee Scholarship, New England Regional Chapter of the Society of General Internal Medicine Amount: \$1,100
2022	Rosenkranz Award for Pedagogical Advancement, Poorvu Center for Teaching and Learning, Yale University: "A Multimedia Course in Culinary Medicine: Improving Access to Practical, Evidence-Based Nutrition Education for Medical Students" Amount: \$10,000
2022	LM2022 Trainee Conference Scholarship, American College of Lifestyle Medicine Amount: \$849
2023	Taste of Lifestyle Medicine Microgrants, American College of Lifestyle Medicine: "Culinary Medicine for the Prevention of Cardiovascular Disease" Amount: \$500
2023	Dr. Stephen Turner Residency Director and Faculty Scholarship, American College of Lifestyle Medicine Amount: \$4,245
2023	Yale Office-Based Medicine Scholarship and Innovation Fund in Primary Care, Department of Internal Medicine, Yale School of Medicine: "Impact of a Comprehensive Obesity Curriculum on Obesity Knowledge, Attitudes, and Counseling Frequency of Medical Trainees" Amount: \$3,000
2024	Taste of Lifestyle Medicine Microgrants, American College of Lifestyle Medicine: "Culinary Medicine for Obesity" Amount: \$1,000
2024	Philanthropic Support for "Food is Medicine" Initiatives at the Yale School of Medicine, Wilhelmina C. Korevaar, MD Amount: \$20,000
2025	Philanthropic Support for "Food is Medicine" Initiatives at the Yale School of Medicine, Wilhelmina C. Korevaar, MD Amount: \$100,000

Speaking Engagements, Presentations, Symposia, & Workshops Not Affiliated with Yale:

International/National

2021	Guest Lecturer, "The Gendered Dynamics of Healthcare Provision," SOC 142: Sociology of Gender, Stanford University, Stanford, CA
2023, 2024	Guest Lecturer, "Defining 'Healthy': Evidence-Based Nutrition for Chronic Disease Prevention," Choosing Healthy, Eating Fresh (CHEF) Course, Baylor College of Medicine, Houston, TX
2024	Medical Education Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Healthcare Professionals," University of Hawai'i at Mānoa, John A. Burns School of Medicine, Honolulu, HI
2024	Invited Speaker, "Low-Cost, High-Nutrition Eating Workshop Series," Wayne State University School of Medicine, Detroit, MI
2024	Guest Lecturer, "Culinary Medicine and Randomized Controlled Trial Design," SO227R: Social Research Methods, Skidmore College, Saratoga Springs, NY
2024	Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Healthcare Professionals," Department of Internal Medicine, George Washington University, Washington, DC
2025	Invited Summit Participant, "Improving Nutrition Equity and Security to Tackle the Health of the Planet and its Inhabitants: Defining Culinary Medicine to Advance Patient-Centered Nutrition Education," Harvard Radcliffe Institute, Cambridge, MA
2025	Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Healthcare Professionals," Department of Medicine, New York City Health + Hospitals/Queens, Queens, NY
2025	Grand Rounds Speaker, "Food and Nutrition Insecurity and Culinary Medicine," Division of General Internal Medicine, Icahn School of Medicine at Mount Sinai, New York, NY
2025	Commencement Speaker, Class of 2025 Graduation Ceremony, Honors Program, College of Literature, Science, and the Arts, University of Michigan, Ann Arbor, MI
2025	Journal Club Leader, "A Randomized Controlled Trial of a Culinary Medicine Intervention in a Virtual Teaching Kitchen for Primary Care Residents," Physicians Association for Nutrition – Israel Branch, Tel Aviv, Israel
2026	Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Healthcare Professionals," Department of Medicine, Maimonides Medical Center, Brooklyn, NY

Regional

2022	Guest Lecturer, "Culinary Medicine and Survey Development," PSYC 321: Research Methods in Psychology, University of Bridgeport, Bridgeport, CT
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2024	Invited Seminar Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Providers," Department of Nutritional Sciences, University of Connecticut, Storrs, CT
2024	Guest Lecturer, "Culinary Medicine and Randomized Controlled Trial Design," PSYC 321: Research Methods in Psychology, University of Bridgeport, Bridgeport, CT
2024	Invited Speaker, "Food as Medicine," 47th Annual Maxwell Bogin Lectures in Pediatrics, Bridgeport, CT
2025	Invited Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Clinicians," Stamford Hospital, Stamford, CT

Peer-Reviewed Presentations & Symposia Given at Meetings Not Affiliated with Yale:

International/National

1. **Wood NI.** Departing from doctor-speak: ethical considerations on code-switching in a medical setting. 2017 Icahn School of Medicine at Mount Sinai Annual Medical Student Ethics Conference, New York, NY: January 2017. (Oral Presentation)
2. **Wood NI,** Garbarino A, Willens DE. Fulfillment in food: a pilot study of a culinary curriculum's impact on internal medicine resident burnout. 2018 Society of General Internal Medicine Annual Meeting, Denver, CO: April 2018. (Poster Presentation)
3. Fleming JT, Inouye LS, **Wood NI,** Doxey RS. Nutrition mythbusters: counseling patients in nutrition and decoding common myths. 2019 Society of General Internal Medicine Annual Meeting, Washington, DC: May 2019. (Workshop)
4. **Wood NI,** Gleit RD, Levine DL. The confident counselor: the impact of a culinary nutrition curriculum on medical students' readiness to discuss healthy lifestyle interventions with their patients. 2019 Society of General Internal Medicine Annual Meeting, Washington, DC: May 2019. (Poster Presentation)
5. **Wood NI,** Fleming JT, Doxey RS, Inouye LS. Nutrition mythbusters: socially just dietary counseling and decoding common nutrition myths. 2021 Society of General Internal Medicine Annual Meeting: April 2021. (Workshop)
6. Charles JA, **Wood NI,** Brink B, Scierka L, Maciejewski K, Gielissen K. "Zoom"ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Primary Care Residents. American College of Lifestyle Medicine 2021 Conference: November 2021. (Poster Presentation)
7. Inouye, L, Doxey RS, **Wood NI,** Smith JF. Nutrition mythbusters: discovering nutritional skills in new dimensions of practice and decoding common nutritional myths. 2022 Society of General Internal Medicine Annual Meeting, Orlando, FL: April 2022. (Workshop)
8. Charles JA, **Wood NI,** Brink B, Scierka L, Neary S, Maciejewski K, Zhao J, Gielissen K. Zoom"ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees. Teaching Kitchen Research Conference 2022, Los Angeles, CA: October 2022. (Poster Presentation)

9. Charles JA, **Wood NI**, Brink B, Scierka L, Neary S, Maciejewski K, Zhao J, Gielissen K. A Novel Approach to Virtual Nutrition Education for Medical Trainees. American College of Lifestyle Medicine 2022 Conference, Orlando, FL: November 2022. (Poster Presentation)
10. Charles JA, **Wood NI**, Brink B, Scierka L, Neary S, Maciejewski K, Zhao J, Gielissen K. “Zoom”ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees. Preventive Medicine 2023, New Orleans, LA: March 2023. (Poster Presentation)
11. Charles JA, **Wood NI**, Brink B, Scierka L, Neary S, Maciejewski K, Zhao J, Gielissen K. “Zoom”ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees. American College of Physicians Internal Medicine Meeting 2023, San Diego, CA: April 2023. (Poster Presentation)
12. **Wood NI**, Fussel M, Lowenkron E, Silver L, Spatz E, Small D, Fisher R, Windish D. A Randomized Controlled Trial of a Novel, Plant-Forward Culinary Medicine Curriculum for Cardiovascular Disease Prevention for Primary Care Residents. Society of General Internal Medicine Annual Meeting, Boston, MA: May 2024. (Poster Presentation)
13. Memel Z, Berschback M, **Wood NI**, Wang M, Shah N, Corey K, Fisher R, Kathpalia P. Provider Comfort Level and Barriers to Nutrition Education and Counseling in the Outpatient Gastroenterology Setting: A Multi-Center Cross-Sectional Survey of Clinicians. Digestive Disease Week 2024, Washington, DC: May 2024. (Poster Presentation)
14. **Wood NI**, Fussel M, Lowenkron E, Silver L, Spatz E, Small D, Fisher R, Windish D. Plant-Forward Culinary Medicine for the Prevention of Cardiovascular Disease for Primary Care Residents: A Randomized Controlled Trial. American Society of Preventive Cardiology Congress on Cardiovascular Disease Prevention 2024, Salt Lake City, UT: August 2024. (Oral and Poster Presentation)
15. **Wood NI**, Fussel M, Lowenkron E, Silver L, Spatz E, Small D, Fisher R, Windish D. Culinary Medicine for the Prevention of Cardiovascular Disease: The First Randomized Controlled Trial Among Medical Trainees. American College of Lifestyle Medicine 2024 Conference, Orlando, FL: October 2024. (Poster Presentation)
16. **Wood NI**, Fussel M, Lowenkron E, Silver L, Spatz E, Small D, Fisher R, Windish D. A Randomized Controlled Trial of a Novel, Plant-Forward Culinary Medicine Curriculum for Primary Care–Internal Medicine Residents. Learn Serve Lead 2024: The Association of American Medical Colleges Annual Meeting: Atlanta, GA: November 2024. (Poster Presentation)
17. **Wood NI**, Thomas O, Cotton S. Strategies for Securing Support and Funding for Your Teaching Kitchen & Related Programming. Teaching Kitchen Collaborative 2024 Teaching Kitchen Symposium, Salt Lake City, UT: November 2024. (Oral Presentation)
18. **Wood NI**, Thomas O, Cotton S, Brandstetter D. A Deeper Dive into Strategic Approaches to Gaining Buy-In and Funding For Your Teaching Kitchen Program. Teaching Kitchen Collaborative 2024 Teaching Kitchen Symposium, Salt Lake City, UT: November 2024. (Workshop)

19. **Wood NI.** Dietary Interventions for Obesity with and without GLP-1s. Obesity Medicine 2025, National Harbor, MD: April 2025. (Oral Presentation)
20. Ehrenberger KA, **Wood NI**, Ganti A. Adding a DASH of Nutrition to Hypertension Management. 2025 Society of General Internal Medicine Annual Meeting, Hollywood, FL: May 2025. (Workshop)
21. Essayas H, Eileen L, Goldstein M, Ralph A, Mendes J, **Wood NI.** A Retrospective Analysis of the Acceptability and Effectiveness of Patient Programming at the Yale New Haven Health Teaching Kitchen. Health Meets Food: The Culinary Medicine Conference 2025, New Orleans, LA: June 2025. (Poster Presentation)
22. Essayas H, Eileen L, Goldstein M, Ralph A, **Wood NI.** A Retrospective Analysis of the Acceptability and Effectiveness of Patient Programming at the Yale New Haven Health Teaching Kitchen. American College of Lifestyle Medicine 2025 Conference, Grapevine, TX: November 2025. (Poster Presentation)
23. Hobbs J, Kitagawa R, Constantinescu S, Williams J, Sharma R, Galbraith J, Parker R, **Wood NI**, Smith A, Barasch A, Forman R. Closing the Gap: Community-Tailored Stroke Education for At-Risk Populations. HEADS UP 2026: Health Equity and Actionable Disparities in Stroke Conference: New Orleans, LA: February 2026. (Poster Presentation)

Regional

1. Charles JA, **Wood NI**, Brink B, Scierka L, Maciejewski K, Gielissen K. “Zoom”ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Primary Care Residents. Society of General Internal Medicine New England and Mountain West Regional Meeting 2021: November 2021. (Poster Presentation)
2. Charles JA, **Wood NI**, Brink B, Scierka L, Neary S, Maciejewski K, Zhao J, Gielissen K. “Zoom”ing to the Kitchen: A Novel Approach to Virtual Nutrition Education for Medical Trainees. American College of Physicians Southern California Chapters Meeting 2022, San Diego, CA: October 2022. (Poster Presentation)
3. **Wood NI.** [What] To Eat or Not to Eat?: Uncomplicating the Science of a “Healthy” Diet. Society of General Internal Medicine New England Regional Meeting 2023, Cambridge, MA: November 2023. (Oral Presentation)
4. **Wood NI.** A Plant-Forward Culinary Medicine Curriculum for the Prevention of Cardiovascular Disease for Primary Care–Internal Medicine Residents. Society of General Internal Medicine New England Regional Meeting 2023, Cambridge, MA: November 2023. (Oral Plenary Presentation)

Professional Service:

Journals

Editorial Boards

2017 – 2019

Student Editor, *Clinical Research in Practice: The Journal of Team Hippocrates*

Reviewer

Academic Medicine

BMC Medical Education
Canadian Journal of Dietetic Practice and Research
Childhood Obesity
Frontiers in Nutrition
Medical Care
Obesity
Patient Education and Counseling

Professional Organizations

American College of Culinary Medicine

2024 – Present Member, Graduate Medical Education Committee
2025 – Present Member, Advisory Board

Society of General Internal Medicine

2022 – 2024 Co-Chair, Nutrition Education in Primary Care Interest Group
2024 Workshop Peer Reviewer, SGIM 2025 Annual Meeting
2025 Co-Chair, Food is Medicine Interest Group
2018 – Present Member

The White House

2022 Leader, Partner-Led Convening on the 2022 White House Conference on
Hunger, Nutrition, and Health at the Yale School of Medicine

Teaching Kitchen Collaborative

2024 – Present Organizational Member

Yale University/Yale New Haven Hospital

09/2020 – 11/2020 Member, Applicant Recruitment Committee, Yale Primary Care
Residency Program, New Haven, CT
10/2020 – 12/2020 Senior Resident Instructor, Yale Center for Medical Simulation, New
Haven, CT
02/2021 – 03/2021 Facilitator, Nutrition Ambulatory Didactics, Yale Primary Care Resident
Program, New Haven, CT
04/2021 – 06/2022 Reviewer, Internal Medicine Clerkship Note-Writing Course, Yale School
of Medicine, New Haven, CT
12/2022 – 03/2023 Member, Clinical Consensus Group, Hyperlipidemia Management Care
Signature Pathway, Yale New Haven Health, New Haven, CT
02/2021 – 02/2023 Culinary Instructor, Graduate Medical Education Wellness Week, Yale
New Haven Hospital, New Haven, CT
09/2022 – 06/2023 Member, 2022-2023 Yale Legislative Advocacy Program, Yale School of
Medicine, New Haven, CT
05/2023 – 1/2024 Member, Clinical Consensus Group, Obesity Treatment Care Signature
Pathway, Yale New Haven Health, New Haven, CT

02/2025 – 03/2025	Abstract Reviewer, Med Ed Day 2025, Center for Medical Education, Yale School of Medicine, New Haven, CT
03/2022 – Present	Instructor, Culinary Medicine Curricula for Second-Year Physician Associate Students, Physician Associate Program, Yale School of Medicine, New Haven, CT
07/2022 – Present	Instructor, Nutrition and Culinary Medicine Curricula, Internal Medicine Primary Care Residency Program, Yale New Haven Hospital, New Haven, CT
10/2022 – Present	Instructor, Behavioral Health and Preventive Medicine I Course for First-Year Physician Associate Students, Physician Associate Program, Yale School of Medicine, New Haven, CT
05/2023 – Present	Instructor, Energy and Metabolism Course for First-Year Medical Students, Yale School of Medicine, New Haven, CT
05/2023 – Present	Instructor, Biopsychosocial Approach to the Patient (Primary Care and Psychiatry Clerkship) for Second-Year Medical Students, Yale School of Medicine, New Haven, CT
01/2024 – Present	Faculty Advisor, Food is Medicine Medical Student Interest Group, Yale School of Medicine, New Haven, CT
01/2024 – Present	Instructor, Nutrition and Culinary Medicine Curricula, Pediatrics Residency Program, Yale New Haven Hospital, New Haven, CT
04/2024 – Present	Reviewer, Yale Office-Based Medicine Scholarship Fund, Yale School of Medicine, New Haven, CT
05/2024 – Present	Course Advisor, Medical Education Concentration, Center for Medical Education, Yale School of Medicine, New Haven, CT
07/2024 – Present	Faculty Mentor, Education Scholar Fellowship, Center for Medical Education, Yale School of Medicine, New Haven, CT
08/2024 – Present	Thesis Reviewer, Physician Associate Program, Yale School of Medicine, New Haven, CT
12/2024 – Present	Thesis Reviewer, MD Program, Yale School of Medicine, New Haven, CT
03/2025 – Present	Faculty Advisor, Lifestyle Medicine Student Interest Group, Yale School of Medicine, New Haven, CT

Public Service/Media Presence:

Public Service

10/2011 – 04/2013	Board of Directors, Director of Journalism and Advocacy, United Against Inequities in Disease, New Haven, CT
06/2021 – 06/2024	Board of Directors, Greater New Haven Green Fund, New Haven, CT
12/2024 – Present	Member, New Haven Food as Medicine Convenings, New Haven, CT
07/2025 – Present	Member, Building Advisory Committee, CitySeed, New Haven, CT

Media Presence

- 2017 Culinary Expert, "Med Student Creates Culinary Nutrition Course at Wayne State University," FOX 2 Detroit,
<https://www.fox2detroit.com/mornings/med-student-creates-culinary-nutrition-course-at-wayne-state-university>
- 2019 Featured Expert, "The Smartest Questions to Ask Your Doctor," *Medium*,
<https://elemental.medium.com/the-smartest-questions-to-ask-your-doctor-b12757820524>
- 2020 Culinary Expert, "Crispy Mushroom and Farro Soup with Sour Cream and Celery," NBC Connecticut,
<https://www.nbcconnecticut.com/entertainment/ct-live/mushroom-farro-soup/2220727/>
- 2020 Culinary Expert, "In The Kitchen: Dr. Nate Cooks Up Sweet Potato Hash with Black Beans and Charred Scallions," *CT Style*,
<https://www.wtnh.com/ct-style/in-the-kitchen/in-the-kitchen-dr-nate-cooks-up-sweet-potato-hash-with-sides/>
- 2020 Culinary Expert, "Fire-Roasted Red Pepper and Artichoke Dip with Whole-grain Crostini," NBC Connecticut,
<https://www.nbcconnecticut.com/entertainment/ct-live/game-watching-dip/2234159/>
- 2020 Featured Expert, "NYU Leadership Gaslights Residents Over Hazard Pay," *MedPage Today*,
<https://www.medpagetoday.com/infectiousdisease/covid19/86126>
- 2020 Featured Expert, "Coronavirus outbreak: What is hazard pay and why is it important during this pandemic?" Global News,
<https://globalnews.ca/video/6835035/coronavirus-outbreak-what-is-hazard-and-why-is-it-important-during-this-pandemic>
- 2020 Featured Expert, "Call It Hero Pay or Hazard Pay, Essential Workers Want More of It," *The Wall Street Journal*,
<https://www.wsj.com/articles/call-it-hero-pay-or-hazard-pay-essential-workers-want-more-of-it-11588584601>
- 2020 Featured Expert, "Young medical residents worry their lives are on the line as they treat coronavirus patients," *Boston Globe*,
<https://www.bostonglobe.com/2020/05/09/nation/long-overworked-young-medical-residents-worry-their-lives-are-line-they-treat-coronavirus-patients/>
- 2020 Culinary Expert, "Try this doctor's go-to work from home lunch, 'Loaded Sweet Potatoes,'" *Good Morning America*,
<https://www.goodmorningamerica.com/food/video/doctors-work-home-lunch-loaded-sweet-potatoes-73081759>
- 2021 Culinary Expert, "How to make a delicious cheesy mushroom melt with garlicky spinach at home," *Good Morning America*,
<https://www.goodmorningamerica.com/food/video/make-delicious-cheesy-mushroom-melt-garlicky-spinach-home-76909914>

- 2022 Featured Expert, "Nutrition—2021 SGIM Recap," *Core IM Podcast*, <https://podcasts.apple.com/us/podcast/101-nutrition-2021-sgim-recap/id1297791208?i=1000555343526>
- 2022 Featured Expert, "How physicians fall apart: how pandemic-era burnout has struck the nation's healthcare system," *Yale Daily News*, <https://yaledailynews.com/blog/2022/04/18/how-physicians-fall-apart-how-pandemic-era-burnout-has-struck-the-nations-healthcare-system/>
- 2022 Featured Expert, "11 Causes of Cold Sweats and How to Treat Them," *Prevention*, <https://www.prevention.com/health/a41847279/cold-sweats-causes/>
- 2023 Featured Expert, "Health Headlines: Omicron subvariant, link between asthma and obesity," WTNH News 8, <https://www.wtnh.com/video/health-headlines-omicron-subvariant-link-between-asthma-and-obesity/8521425/>
- 2023 Featured Expert, "Spring allergies vs. COVID-19: What you should know," Yahoo Life, <https://www.yahoo.com/lifestyle/spring-allergies-vs-covid-19-what-you-should-know-133019016.html>
- 2023 Featured Expert, "Health Headlines: Ebola in the U.S., pink peeps," WTNH News 8, <https://www.wtnh.com/video/health-headlines-ebola-in-the-u-s-pink-peeps/8546631/>
- 2023 Featured Expert, "The Benadryl challenge is killing teens. Here's what you should know about it," *MDLinx*, <https://www.mdlinx.com/article/the-benadryl-challenge-is-killing-teens-here-s-what-you-should-know-about-it/tbWADThuBzB4fltqga96a>
- 2023 Featured Expert, "Is It Better to Take Vitamin D Daily or Weekly? Here's What Experts Suggest," *Health*, <https://www.health.com/vitamin-d-once-a-week-vs-daily-7484244>
- 2023 Featured Expert, "What Doctors Look For When Finding Their Own Doctor," *HuffPost*, https://www.huffpost.com/entry/finding-doctor-advice-certified_16459099fe4b0461603138b19
- 2023 Featured Expert, "High Pollen Count Contributing to 'Severe' Cases of Allergies," NBC Connecticut, <https://www.nbcconnecticut.com/news/local/high-pollen-count-contributing-to-severe-cases-of-allergies/3032468/>
- 2023 Featured Expert, "Health Headlines: Don't use non-sugar sweeteners for weight loss, WHO says," WTNH News 8, <https://www.wtnh.com/news/health/health-headlines-dont-use-non-sugar-sweeteners-for-weight-loss-who-says/>
- 2023 Featured Expert, "Health Headlines: The risks of ultra-processed in kids' diets," WTNH News 8, <https://www.wtnh.com/news/health/health-headlines-the-risks-of-ultra-processed-in-kids-diets/>
- 2023 Featured Expert, "Health Headlines: Deadly tick-borne disease spreading; benefit of daytime naps," WTNH News 8,

- <https://www.wtnh.com/news/health/health-headlines-deadly-tick-borne-disease-spreading-benefit-of-daytime-naps/>
- 2023 Featured Expert, “Flavored Water Has Officially Taken Over TikTok — but It May Come With Some Hidden Dangers, According to Experts,” *Parade*, <https://parade.com/health/watertok-dangers-according-to-experts>
- 2023 Featured Expert, “Daily Spoonful of Olive Oil Daily Can Drop the Risk of Dying by Dementia by 28%,” *Healthline*, <https://www.healthline.com/health-news/daily-spoonful-of-olive-oil-daily-can-drop-the-risk-of-dying-by-dementia-by-28>
- 2023 Featured Expert, “What to eat when it’s hot out,” *The Washington Post*, <https://www.washingtonpost.com/climate-solutions/2023/07/13/what-to-eat-during-heat-wave/>
- 2023 Featured Expert, “Beat the heat with hydrating foods this summer,” FOX Weather, <https://www.foxweather.com/watch/play-68d1178fa00096c>
- 2023 Featured Expert, “Kim Kardashian Got a Full Body Scan, Why Medical Experts are Concerned,” *Healthline*, <https://www.healthline.com/health-news/kim-kardashian-got-a-full-body-scan-why-medical-experts-are-concerned>
- 2023 Featured Expert, “Scripps News Focus: Full-Body MRI Scans Aim to Detect Diseases Such as Cancers, Aneurysms Early,” *Scripps News Tonight*
- 2023 Featured Expert, “Health Headlines: Are eco-friendly straws bad for your health?” WTNH News 8, <https://www.wtnh.com/news/health/health-headlines-are-eco-friendly-straws-bad-for-your-health/>
- 2023 Featured Expert, “Healthiest Cooking Oils: How To Choose Which One To Use,” *Forbes*, <https://www.forbes.com/health/nutrition/healthiest-cooking-oils/>
- 2023 Featured Expert, “Health Headlines: How heavy rainfall impacts water quality,” WTNH News 8, <https://www.wtnh.com/news/health/health-headlines-how-heavy-rainfall-impacts-water-quality/>
- 2023 Featured Expert, “Want To Live Longer? Follow This Advice From People In ‘Blue Zones,’” *HuffPost*, https://www.huffpost.com/entry/blue-zones-longer-life-tips_1_651af7dfe4b00421f662db6a/amp
- 2023 Featured Expert, “Nourishing Knowledge: Nate Wood Of Yale School of Medicine On The Power of Food as Medicine,” *Authority Magazine*, <https://medium.com/authority-magazine/nourishing-knowledge-nate-wood-of-yale-school-of-medicine-on-the-thrive-practice-on-the-power-of-a6604d151c49>
- 2023 Featured Expert, “Why do I get headaches after drinking red wine?” *Medical News Today*, <https://www.medicalnewstoday.com/articles/headaches-after-drinking-red-wine-flavanols-quercetin>

- 2023 Featured Expert, "Strategies for eating healthier during holiday meals, gatherings," ABC News One, <https://abc7ny.com/holiday-meals-healthy-christmas-honey-baked-ham/14176578/>
- 2023 Featured Expert, "Health Headlines: Most adults eat enough snacks to count as extra meal," WTNH News 8, <https://www.wtnh.com/news/health/health-headlines-most-adults-eat-enough-snacks-to-count-as-extra-meal/>
- 2024 Featured Expert, "6-Day Energy Challenge, Day 3: How to Eat for Better Energy," *The New York Times*, <https://www.nytimes.com/article/energy-challenge-food-nutrition.html>
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