

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

Version Date: 08/18/2026
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
07/2026 – Present Assistant Professor of Public Health, Department of Chronic Disease Epidemiology, Yale School of Public Health, 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 Commentator, “Health Headlines,” WTNH News 8, New Haven, CT

01/2026 – Present Recurring Weekly Segment Guest, “Dr. Nate’s Plate,” 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, *The Dr. Oz Show*, 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, *Connecticut Magazine*, 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
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: \$20,000

- 2026 Philanthropic Support for “Food is Medicine” Initiatives at the Yale School of Medicine, David Zaleske, MD
Amount: \$5,000
- 2026 Philanthropic Support for “Food is Medicine” Initiatives at the Yale School of Medicine, George Rieger, Esq.
Amount: \$1,000

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 Guest 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 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, “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 Panelist, “All Things Coming Up GLP-1s,” HLTH Conference 2025, Las Vegas, NV
- 2025 Panelist, “Bridging the Gap: Physicians, Dietitians, and Chefs Working Together in Culinary Medicine Education,” Culinary Medicine Roundtable: Interprofessional Culinary Medicine: A Pathway to Medical

- Education Reform, American College of Culinary Medicine, New Haven, CT
- 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 Panelist, "Building a National Presence," Dell Medical School at the University of Texas at Austin, Austin, TX
- 2026 Guest Lecturer, "Nutrition in Clinical Settings: How to Provide Evidence-Based Dietary Counseling," Friday Lagniappe Lecture Series, Internal Medicine Residency Program, University of Maryland Capital Region Health, Largo, MD
- 2026 Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Clinicians," Department of Internal Medicine, University of Maryland Capital Region Health, Largo, MD

Regional

- 2022 Guest Lecturer, "Culinary Medicine and Survey Development," PSYC 321: Research Methods in Psychology, University of Bridgeport, Bridgeport, CT
- 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 Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Clinicians," Stamford Hospital, Stamford, CT
- 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
- 2026 Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Healthcare Professionals," Department of Internal Medicine, Maimonides Medical Center, Brooklyn, NY
- 2026 Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Clinicians," Department of Internal Medicine, St. Barnabas Hospital, Bronx, NY
- 2026 Grand Rounds Speaker, "Culinary Medicine and the Future of Nutrition Education for Patients and Clinicians," Fair Haven Community Health Care, New Haven, CT

- 2026 Panelist, "Food as Medicine and the Power of Teaching Kitchens," 2026 Chef Culinary Conference at the University of Massachusetts Amherst, Amherst, MA
- 2026 Guest Speaker, "GLP-1 Receptor Agonists and Culinary Medicine," Transdisciplinary Research in Energetics and Cancer Training Workshop, Westbrook, 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)
5. **Wood NI**. Food as Medicine. Connecticut Academy of PAs 2025 Charter Oak Conference, Groton, CT: March 2025. (Oral Presentation)
6. **Wood NI**. Defining “Healthy”: Evidence-Based Nutrition for Chronic Disease Prevention. American College of Physicians—Connecticut Chapter Scientific Meeting 2025, Plantsville, CT: October 2025. (Oral Presentation)

Professional Service:

Journals

Editorial Boards

2017 – 2019

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

Reviewer

Academic Medicine

American Journal of Lifestyle Medicine
BMC Medical Education
Canadian Journal of Dietetic Practice and Research
Childhood Obesity
Frontiers in Nutrition
Journal of General Internal Medicine
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

American Medical Association

2026 – Present Physician Educator (Digital Media)
<https://www.ama-assn.org/public-health/chronic-diseases/what-eat-while-taking-glp-1-high-protein-greek-bean-salad>

Connecticut General Assembly

2026 – Present Member, Holistic Food Education Working Group (Public Act 26-62),
Commission on Women, Children, Seniors, Equity and Opportunity

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
05/2023 – 05/2025	Instructor, Biopsychosocial Approach to the Patient (Primary Care and Psychiatry Clerkship) for Second-Year Medical Students, 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
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
02/2025 – Present	Abstract Reviewer, Med Ed Day, Center for Medical Education, Yale School of Medicine, New Haven, CT
03/2025 – Present	Faculty Advisor, Lifestyle Medicine Student Interest Group, Yale School of Medicine, New Haven, CT

07/2025 – Present Instructor, Nutrition and Culinary Medicine Curricula, Traditional Internal Medicine Residency Program, Yale New Haven Hospital, 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

10/2025 Panelist, “A Conversation on Food and Nutrition Education for Family Wellbeing,” Commission on Women, Children, Seniors, Equity, and Opportunity (CWCSEO), Connecticut General Assembly, Hartford, CT

03/2026 Panelist, “Local Leadership, Shared Solutions: A Food Is Medicine Forum,” Connecticut State Capitol, Hartford, 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

02/2026 Invited Speaker/“Guest of Honor,” 31st Annual LEAP Year Fundraising Event, LEAP (Leadership, Education, & Athletics in Partnership), Inc., New Haven, CT

05/2026 – Present Member, Executive Committee, Lifestyle Medicine Academic Council, Cambridge, MA

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_1_6459099fe4b0461603138b19
- 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>
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