

## Dietary Interventions in Clinical Practice

### Stutee Khandelwal, MD, MPH

Assistant Professor of Medicine, Department of Internal Medicine, UCSF Fresno Medical Education Program

Thursday, February 8<sup>th</sup>, 2018 | 4:00 – 5:00 PM PST

#### Learning objectives:

1. Know the current state of dietary counseling and be able to apply guidelines for dietary counseling in daily clinical practice
2. Learn, better understand, and incorporate into patient care the evidence for limiting added sugars and evidence for plant based and Mediterranean diets
3. More effectively negotiate dietary change with patients by using motivational interviewing and goal setting techniques
4. Understand the policies and programs that support food-as-medicine interventions in clinical settings



#### About Stutee:

Dr. Stutee Khandelwal, MD, MPH, is board certified and specializes in Internal Medicine.

She completed her undergraduate course work at Pennsylvania State University where she double majored, earning a Bachelor of Science in Life Science and a Bachelor of Arts in Philosophy. In addition, she conducted a research project in childhood malnutrition in rural India. She then completed medical school at Boston University School of Medicine.

Thereafter, Dr. Khandelwal moved to the west coast to pursue residency training at the Kaiser Permanente Oakland Medical Center-University of California, Berkeley combined Internal Medicine-Masters in Public Health (MPH) program. During her MPH, she focused on Public Health Nutrition. Her project in Nutrition Education in Internal Medicine Residency was featured as one of the best projects of her graduating class.

Recently, Dr. Khandelwal completed the Teaching Scholars Program at UCSF with a project in nutrition education at UCSF Fresno. Currently, she practices primary care and precepts residents and medical students in ambulatory medicine. Her research interests lie in Nutrition, Diabetes and Obesity. At home, you will find her experimenting in the kitchen, dancing and spending time with her family.

#### Join in person:

##### UC ANR Nutrition Policy Institute

2115 Milvia St., Berkeley, CA

4th Floor Large Conference Rm

*Upon arrival, dial up to 3<sup>rd</sup> floor using call-box*

#### Join via Zoom Webinar:

Join from PC, Mac, Linux, iOS or Android:

<https://ucanr.zoom.us/j/356319296>

Telephone: 408 638 0968

Meeting ID: 356 319 296