

The Gathering Place
Episodes 1-130

Episode	Recipe	Travel Destination	Guest	Topic
19	Watercress Soup	Ensenada	Marion Franz: MS, RD, Director of Nutrition for International Diabetes Center	Unprocessed, Less Refined Carbohydrates Result In Greater Nutrition
20	Ensenada Seafood Stew	Ensenada	Graham Kerr: International Culinary Consultant	Graham Explores The Use of a Daily Journal To Be Reflective and Reduce Stress
21	Sweet Potato Mousse	Ensenada	Dr. Phyllis Bowen: PhD., RD, Associate Professor of Human Nutrition (University of Illinois -	Learn To Select Antioxidant-rich Foods For Optimal Health and Nutrition
22	Waikea Fried Rice	Kailua-Kona, HI	Dr. Mark Messina: PhD., Author of <i>The Simple Soybean and Your Health</i>	Discover Ways To Incorporate More Vegetarian Meals Into Your Daily Intake
23	Roasted Chicken with Pineapple Curry Sauce	Kailua-Kona, HI	Treana Kerr: Author/Poet, Producer	Treana Kerr Explores The Impact of Listening And How It Affects Your Personal Relationships
24	Lycée Sorbet with Fruit Salsa	Kailua-Kona, HI	Marie Claude Thibault: RD, Canadian Produce Marketing Association Dr. Elizabeth Pivonka: PhD, RD, President for Produce for Better Health Foundation	Learn To Eat More Fruits and Vegetables For Optimal Health And Reduced Risk of Disease
25	Pohole or Sunflower Sprout Salad/ Taro and Chile Cakes	Oahu, HI	Dr. James Anderson: MD, Professor of Medicine and Clinical Nutrition (University of Kentucky)	Identify The Powerful Health Benefits of Soy and The Variety of Soy Products On The Market
26	Tofu and Mushrooms in a Spicy Miso Sauce	Oahu, HI	Graham Kerr: International Culinary Consultant	Graham Explores The Endless Possibilities of Using More Vegetables and Less Meat In Your Diet
27	Pineapple Crepes	Oahu, HI	Dr. James Anderson: MD, Professor of Medicine and Clinical Nutrition (University of Kentucky)	Fiber Fights The Big Five: Heart Disease, Cancer, Diabetes, Hypertension and Overweight
28	Island Greens Salad with Papaya Seed Dressing	American Samoa	Dr. Janice Douglas: MD, Professor of Medicine, Physiology and Biophysics/Chief Division of Hypertension (Case Western Reserve University)	Hypertension Explained and Goals For Related Food Issues Are Discussed
29	Palusamis	American Samoa	Graham Kerr: International Culinary Consultant	Graham Explores Fast Food And The Resulting Decline In Time Spent Around The Gathering Place
30	Koko Tapioca with Bananas and Crystallized Ginger	American Samoa	Dr. Glen Berall: MD, Pediatrician (American Board of Nutrition Certified)	Establish Steps To Decrease Your Child's Chances of Becoming Overweight
31	Kokada	Fiji	Nelda Mercer: MS, RD, American Dietetic Association Spokesperson	Learn to Identify and Limit Saturated Fat For Optimal Heart Health
32	Curried Chicken, Sweet Potatoes and Bananas Wakaya	Fiji	Tim Ryan: CMC, Senior Vice President, Culinary Institute of America	Fusion Cooking: Marrying Ethnic Cuisines For Extraordinary Flavors
33	Fiji Fruit Baskets	Fiji	Dr. Wayne Calloway: MD, Professor (George Washington University, School of Medicine)	How To Assess Insulin Resistance Syndrome And How To Intervene With Reasonable Lifestyle Goals
34	Pickled Green-Lipped Mussels	New Zealand	Dr. Lawrence Leiter: MD, Associate Professor (University of Toronto), Department of Nutrition Sciences and Medicine, St. Michael's Hospital	Discover Various Measures To Identify A Personalized And Healthy Weight That Is Right For You

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35	Venison Canterbury	New Zealand	Graham Kerr: International Culinary Consultant	Finding Foods That Are Fresh And Best In Season
36	Promised Land Meringue Cake	New Zealand	Dr. Vic Strehler: MD, MPH, CEO and Director of HealthMedia Inc.; Director and Professor of Health Media Research Laboratories (University of Michigan)	Explore Motivators For Making Positive and Healthy Lifestyle Change
37	Steamed Prawns and Oysters	Sydney, Australia	Dr. Adam Drewnowski: PhD., Director of Nutritional Sciences (University of Washington)	Maximizing Flavors In Cooking For More Satisfying Food
38	Salmon (or Swordfish) Sydney	Sydney, Australia	Graham Kerr: International Culinary Consultant	Graham Explores Creatively Managing Time In Order To Balance Your Goals For A Healthy Lifestyle
39	Potted Wattleseed Custard	Sydney, Australia	Natalie Webb-Payne: RD, Director of Consumer Affairs, The Food Marketing Institute	Consumers Drive The Food Industry: Make Your Voice Known
40	Pacific Paella	Guam	Dr. Thomas Whayne: MD, Coordinator, Coronary Valley Project (University of Kentucky)	Coronary Valley Phenomena Teaches The Importance of Education For Reducing Heart Disease Rates
41	Japanese Udon Stew of Fish and Vegetables	Osaka	Graham Kerr: International Culinary Consultant	Graham Explores The Characteristics of Comfort Food and How To Achieve Them
42	Southern Japanese Miso and Sweet Potato Soup	Nagasaki	Gloria Stables: RD, Director for National Cancer Institute 5-A-Day Program	Cancer Explained and Dietary Goals Discussed
43	Taiwanese White Fish Stew with Tofu and Ginger	Taiwan	Dr. Jeff Janata: PhD., Psychologist, University Hospitals of Cleveland	Making Up Your Mind To Be Healthy: Lifestyle Changes That Become Transparent
44	Steamed Chicken with Peanut Dipping Sauce	Hong Kong	Dr. Steve Allen Jr.: MD, Coordinator of the Introduction to Clinical Medicine Program (State University of New York Health Sciences -	All Ears: Hearing Impairment Explored
45	Chicken and Pineapple Adobo	Manila	Caroline Smith DeWaal: JD, Director of Food Safety for Center for Science in the Public Interest	Learn To Eliminate The Likelihood of Food Safety In Your Kitchen
46	Pork and Shrimp with Rice Noodles Philippine Style	Manila	Dr. Leigh Callahan: MD, Associate Director, Thurston Arthritis Research Center (University of North Carolina - Chapel Hill); Senior Vice Chair of The Arthritis Foundation	How to Assess, Treat and Manage Arthritis
47	Beef and Beer Stew with Ginger and Lemon	Vietnam	Cathy Muttony: MS, CDE, Director of Exercise Physiology, Joslin Diabetes Center	Diabetes: Exercise Related Issues
48	Pho	Vietnam	Celide Koerner: MS, RD, Food Allergy Network	How To Properly Manage Food Allergies
49	Thai Chicken and Shrimp Soup	Thailand	Dr. Karen Chalmers: MD, RD, CDE, Director of Nutrition Services, Joslin Diabetes Center	Diabetes: Nutrition Related Issues
50	Thai Chicken Stir Fry with Coconut Sauce	Thailand	Hope Warshaw: MMSc, RD, CDE, Author	Your Restaurant Companion: Tips For Dining Away From Home
51	Spicy Pork & Potato Casserole with Coconut & Lemon Grass	Singapore	Dr. Jeff Blumberg: PhD., Associate Director, Professor and Chief of the Antioxidants Research Lab (Tufts University)	Vitamin and Mineral Supplementation: A Source Of Dietary Insurance

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52	Warmly Aromatic Sri Lankan Chicken Curry	Sri Lanka	Graham Kerr: International Culinary Consultant	Graham Explores Creating A Framework of Health-Related Lifestyle Goals
53	Black Rice Pudding and Spicy Coconut Pudding	Sri Lanka	Hope Warshaw: MMSc, RD, CDE, Author	Misconceptions About Sugars and Sweeteners And Their Affect On Health Reviewed
54	Kheema: Minced Lamb Curry	Bombay	Regina Ragone: MS, RD, Food Editor for Prevention Magazine	Phytochemicals, What Are They And What Role Do They Play In Optimal Health?
55	Indian Ocean Gumbo	Seychelles	Dr. Michelle Battistini: MD, Penn Health for Women	Redefining Midlife: A Great Time To Focus On Feeling Great And Staying Fit
56	Creamy Fruit Curry	Seychelles	Diana Shaw: CCP, Cookbook Author	Vegetarianism For Children: How To Make It Work-Safely, Knowledgeably and Joyfully
57	East African Peanut Soup	Kenya	Joseph Carlin: MS, RD, Regional Nutrition Specialist, US Administration on Aging; Culinary Historian	Broaden Your Horizons with Marketplace Diversity and The Multicultural Palate
58	Baked Falafel with Pita	Jerusalem	Dr. Chad Deal: MD, Osteoporosis Specialist, The Cleveland Clinic	Osteoporosis and How Food and Exercise Can Really Help
59	Jordan Rice Pudding	Akaba	Dr. Diane Morris: PhD., Flax Council of Canada	An Up and Coming Nutritional Nugget: Flax
60	Upside Down Lamb Pie	Akaba	Dr. Richard Heaser: MD, Senior Physician, Joslin Diabetes Center	Diabetes: A General Overview and Recommendations For Successful Management
61	Honey Cake	Galilee	Dr. William Castelli: MD, Director, Framingham Heart Study	Triglycerides: What They Are and How To Manage Them
62	Chicken Braised in Orange Juice with Tart Cherries	Tel Aviv	Treena Kerr: Author/Poet, Producer	Poetry: An Outlet For Reflection And Relationships
63	Israeli Beef Stew	Israel	Sara Altshul O'Donnell: Alternative Medicine Editor for Prevention Magazine, Author	Herbs For Health and For Flavor
64	Spaghetti Carbonara	Rome	Lizzie Burt: Culinary Arts Professional (University of Michigan, MedSport), Cookbook	Invaluable Tips To Cook For A Household of Just One or Two
65	Minestrone	Rome	Nelda Mercer: MS, RD, American Dietetic Association Spokesperson	Body Mass Index: New Ways To Measure Your Weight and Health
66	Roasted Vegetable Lasagna	Rome	Dr. Connie Weaver: PhD., Department Head of Food and Nutrition (Purdue University)	Discussion of Calcium: How Much You Need and How To Get It
67	Rustic Italian Vegetable Breads	Sorrento	Naomi Duguid & Jeff Alford: Authors, <i>Flatbreads and Flavors and Seductions of Rice</i>	Baking Bread For Health, Flavor and Fun
68	Pork Tenderloin in Tomato Garlic Sauce	Sorrento	Dr. William Evans: PhD., Professor/Researcher (University of Arkansas - Little Rock), Author	The Importance of Exercise In The Aging Population
69	Sicilian Baked White Fish	Sicity	Dr. William Evans: PhD., Professor/Researcher (University of Arkansas - Little Rock), Author	Nutrition Issues For The Aging Population
70	Moussaka	Santanori	Dr. Curt Ellison: MD, Cardiologist and Chief of Section of Preventive Medicine (Boston	Explore The Controversial Argument For Health Benefits Related To Moderate Alcohol Consumption

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71	Greek Chicken Pie	Greek Isles	Dr. Curt Ellison: MD, Cardiologist and Chief of Section of Preventive Medicine (Boston)	The Mediterranean Diet: What Is It and What Does This Way of Eating Teach Us About Health?
72	Greek Island Bread Pudding	Greek Isles	Nancy Clark: MS, RD, Nutrition Consultant for Sportsmedicine Brookline, Author	Finally Figure Out Your Calorie Needs
73	Fava Bean Soup	Athens	Dr. Dec Edington: PhD., Exercise Physiologist, Director of Health Management Research Center (University of Michigan)	Finding Exercise That Is Right For You
74	Artichoke Omelet	Athens	Jill Melton: MS, RD, Senior Food Editor for Cooking Light Magazine	How To Get The Most Nutrition Out Of The Foods You Choose To Eat
75	Braised Rabbit with Pasta	Athens	Dr. John Foreyt: PhD., Director of Behavioral Medicine Research Center (Baylor College of Medicine)	Successfully Treating Obesity Through Relationships
76	Muesli/Oatmeal Scottish Risotto with Cranberries and Raisins	Scotland	Graham Kerr: International Culinary Consultant	Graham Uses A Cup And Saucer Analogy To Relate His Thoughts On Giving Yourself To Others
77	Kedgerce: Smoked Fish and Rice	Scotland	Judi Adams: MS, RD, President, Wheat Foods Council	Grains For Great Health: Review the variety, use and health benefits of various grains
78	Scottish Irish Stew	Scotland	Lisa Young: MS, RD, CDN, Doctoral Student (New York University)	Get A Better Handle On The Calories You Consume: It Is All In The Portion Size
79	Cottage Pie	England	Dr. Vic Stretcher: MD, MPH, CEO and Director of HealthMedia Inc.; Director and Professor of Health Media Research Laboratories (University of Michigan)	Upcoming Computer Technology That Creates A Tailored Cookbook Complete With Family Recipes
80	Steak and Oyster Pie	England	Ann Gallagher: RD, President, American Dietetic Association	Nutrition And Disease Prevention
81	Jerk Marinated Lamb	Toronto, ON	Deanna Miller: RD, Oropharyngeal Coordinator, Missouri Baptist Medical Center	Common Problems Associated With Digestion And How To Effectively Manage Them
82	Blackberry Warm Egg Custard	Toronto, ON	Dennis Avery: MS, Director, Center for Global Food Issues for the Hudson Institute	Global Food Issues Explored
83	Eggs Ottawa	Ottawa, ON	Dr. John Schroeder: MD, Professor in the Division of Cardiovascular Medicine (Stanford University); Co-Author The Stanford University Healthy Heart Cookbook and Life Plan	Compliance: Following Your Doctor's Recommendations For Optimal Health
84	Tarte Tatin	Montreal, QB	Dr. John Schroeder: MD, Professor in the Division of Cardiovascular Medicine (Stanford University); Co-Author The Stanford University Healthy Heart Cookbook and Life Plan	Can You Reverse Heart Disease? Graham Explores Reversal Techniques With Experts.

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85	Coq Au Vin	Montreal, QB	Dr. Victor Katch: PhD., Exercise Physiologist and Professor (University of Michigan)	Fidget Factor: The More You Move, The More Calories You Burn!
86	Summer Pudding	Victoria, BC	Dr. James Maas: PhD., Professor (Cornell University), Author of Power Sleep	Learn To Power Sleep For Better Health
87	Mulligatawny Soup	Victoria, BC	Dr. Victor Katch: PhD., Exercise Physiologist and Professor (University of Michigan)	Spot Reduction Does Not Work, But Whole Body Exercise Does
88	Lamb and Dumplings	Vancouver, BC	John Bishop: Chef/Owner, Bishop's (Vancouver BC), Author of Cooking at My House	Techniques And Tips For Creating An Inviting Ambiance For Family Meals
89	Pea Sea Pie	Mt. Vernon, WA	Dr. Gail Feenstra: PhD., Food Systems Analyst, (University of California at Davis)	Farmers Markets and Entrepreneurial Community Gardens
90	Blake Island Skillet Soufflé	Seattle, WA	Dr. Jackie Barning: PhD, RD, American Dietetic Association Spokesperson	Exploring Nutrition: Protein
91	Seattle Halibut	Seattle, WA	Cheryl Semon: Executive Director, Fare Start	Community Programs Aimed At Helping The Homeless
92	Indian Pudding	New Hampshire	Felicla Busch: MPH, RD, FADA, American Dietetic Association Spokesperson	Food Biotechnology: Defined and Explained
93	Yankee Pot Roast	New Hampshire	Evelyn Tribole: MS, RD, Nutrition Consultant, Author	Exploring Nutrition: Iron
94	Brunswick Stew	New Brunswick	Connie Dickman: MEd, RD, FADA, American Dietetic Association Spokesperson	Exploring Nutrition: Fat
95	Crab Cakes	Oxford, MD	Dr. James Hill: PhD., Professor and Director for the Colorado Clinical Nutrition Research Unit Dr. Holly Wyatt: MD, Assistant Professor, Department of Medicine (University of Colorado)	The National Weight: What Works In Weight Loss
96	Cabbage Rolls	Chicago, IL	Dr. James Prochaska: PhD., Director of Cancer Prevention Research Center and Professor of Psychology (University of Rhode Island)	Examine The Five Stages of Behavior Change
97	Aisle Cake	Chattanooga, TN	Stephen Cherniske: MS, Author, <i>Caffeine Blues</i>	Exploring Nutrition: Caffeine
98	Hoppin' John	Atlanta, GA	Dr. Rod MacRae: PhD., Director, Food Policy Council	Sustainable Food Systems For Better Health and Enhanced Environment
99	Sweet Potato Pie	Atlanta, GA	August Schumacher: Undersecretary of Agriculture with USDA	Getting Fruits and Vegetables To Those In Need
100	Chicken A la King	New York, NY	Dr. Jeff Janata: PhD., Psychologist, University Hospitals of Cleveland	Learn Techniques To Manage Stress And Eliminate Medication
101	Roast Chicken	New York, NY	Rena Mendelson: D.Sc., MS, Associate Vice President, Academic (Ryerson Polytechnic University)	How To Read, Understand And Apply Research Findings
102	Clam Chowders	New York, NY	Dr. Jeff Janata: PhD., Psychologist, University Hospitals of Cleveland	The Role of Emotions On Blood Sugar

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103	Boston Cream Pie	Boston, MA	Leslie Bonci: MPH, RD, American Dietetic Association Spokesperson	Exploring Nutrition: Carbohydrates
104	Boston Baked Beans & Brown Bread	Boston, MA	Evelyn Tribole: MS, RD, Nutrition Consultant, Author	Exploring Nutrition: Folic Acid
105	Grand Ma Yan's Porridge/ Glazed Plum-Flavored Chicken	San Francisco, CA	Martin Yan: CMC, MS, Host, <i>Yan Can Cook</i> , Cookbook Author	Classic Chinese Cooking For Fun And For Health
106	Key Lime Pie	Miami, FL	Dr. Martha Conklin: PhD., RD, Director of National Food Service Management Institute - Applied Research Division (University of So.	School Food Programs And Their Effect On Children
107	Turkey Picadillo and Cuban Black Beans	Miami, FL	Thais Carrero: Owner, Fat Busters Cantina Service	Healthy Latin Cooking Packed With Flavor
108	Jambalaya	New Orleans, LA	Jeannette Jordan: MS, RD, CDE, American Dietetic Association Spokesperson and Prevention/Detection Education Coordinator (Medical University of South Carolina)	African American Health Issues And Dietary Needs
109	Senate Bean Soup	Washington, DC	Dr. Albert Sonnenfeld: PhD., Chevalier Professor of French and Comparative Literatures (University of Southern California), Co-Author of <i>Food: A Culinary History</i>	Culinary History-Past, Present And The Future/A Look At What The Dining Table Means
110	St. Augustine Perlow	St. Augustine, FL	Joan Horbiak: RD, MPH, American Dietetic Association National Food Safety Spokesperson for the ADA/ConAgra Home Food Safety	Making Food Safety A Part Of Your Everyday Plan
111	Mexican Chicken Broth and Tortilla Soup	San Antonio, TX	Dr. Cyndi Thomson: PhD., RD, Researcher/Lecturer for Arizona Prevention Center (University of Arizona), American Dietetic	Functional Foods And What They Mean For Your Health
112	Chicken Enchiladas	Scottsdale, AZ	Dr. Marcia Magnus: PhD., Associate Professor of International Nutrition (Florida International University - Department of Dietetics and	International Food Guidelines; Find Out What Other Countries Deem Important For Health
113	Chiliquites	Chicago, IL	Kathleen Zelman: RD, Nutrition Consultant and American Dietetic Association Spokesperson	Snacking Successfully Throughout The Day
114	Shrimp Gumbo	New Orleans, LA	Mary Kimbrough: RD, LD, Director of Nutrition Services, Zalc Lipshy University Hospital	Hospital Foodservice-Gourmet Style
115	Lady Baltimore on a Roll	Baltimore, MD	Edith Howard Hogan: RD, LD, American Dietetic Association Spokesperson	Fad Diets And How To Avoid Them
116	Turkey Pot Pie	Upper New York	Jimmy Schmidt: Chef/Owner, Rattlesnake Club and Tres Vite (Detroit)	Cooking With The Seasons For Better Health, Better Flavor and Lower Cost
117	Cannery Scallops Claudia	Vancouver, BC	Dun Gifford: JD, President and Director, Oldways Preservation and Exchange Trust	Multicultural Food Guide Pyramids

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118	Cioppino	San Francisco, CA	Cathy Powers: MS, RD David St. John Grubb: MCFA (CG), CMC	Celebrate The Family At The Gathering Place
119	Lamb Greystone	Napa Valley, CA	Dr. Marion Nestle: PhD, MPH, Chair of Department of Nutrition (New York University)	Learn Just How Simple A Healthy Diet Really Is
120	Rabbit Pie	St. Johns, Newfoundland	Steve Nelson: MBA, Senior Vice President for Healthcare Dimensions	SilverSneakers Fitness Program; Excellent Fitness Program For Those In The Golden Years
121	Breakfast Tacos and Refried Beans	San Antonio, TX	Cecilia Fitetti: RD, President of C.P. Fitetti Associates, Inc. (Health Communications and	Breakfast Is A Must; Learn How To Make It A Regular Part Of Your Day
122	Nora's Shrimp and Mushroom Risotto	Washington, DC	Nora Pouillon: Chef/Owner, Restaurant Nora and Asia Nora (Washington DC)	Going All The Way With Organics
123	Meatloaf	Calgary, AB	Dr. Paul Garfinkel: MD, Chief of Psychiatry (University of Toronto)	The Psychology Of Food: How The Mind Effects The Food Choices We Make
124	Apple and Pear Crisp	Upper New York	Ferdinand Metz: CMC, MBA, President, Culinary Institute of America	Healthy Food From The Culinary Institute of America: Learn What The Best Trained Chefs Think About Nutrition
125	New England Boiled Dinner	Portland, MA	Dr. Barry Effron: MD, Associate Chief of Division of Cardiology, University Hospitals of Cleveland and Associate Professor of Medicine (Case Western Reserve University)	Lower Your Risk Of Heart Disease And Gain An Understanding Of New Advances In Heart Disease Care
126	Three Sisters Stew	Washington, DC	Dr. Linda Bartoshuk: PhD., Professor, Department of Surgery (Section of Otolaryngology) and Psychology (Yale University)	The Language Of Flavor- How Your Mouth Affects Your Food Choices
127	Texas Chili	Houston, TX	Dr. Doug Taren: PhD., Associate Professor with the Arizona Prevention Center (University of	Chocolate: A Food or a Drug?
128			Graham Kerr: International Culinary Consultant	Graham Reviews Lessons Learned From The Series About Topics That Are Outside And Obvious
129			Graham Kerr: International Culinary Consultant	Graham Reviews Lessons Learned From The Series About Topics That Are Inside And Hidden But Measurable
130			Graham Kerr: International Culinary Consultant	Graham Reviews Lessons Learned From The Series About Topics That Are A Matter of Attitude

