Food as Medicine



The rise in food-related illness is driven largely by an eating pattern that consists primarily of ultra-processed foods. Food as medicine is the concept of using whole, nutrient-dense foods to help prevent and manage health conditions. It emphasizes how everyday food choices can support the body's natural healing processes and overall well-being.

ConnectWell's Health & Wellness Content Suite is science-based and focuses on 3 distinct areas all of which are essential to Food as Medicine: health conditions, lifestyle habits, and healthy recipes. Our team has expertise in designing programs that result in helping people adopt healthy lifestyle habits that are fundamental to improving health outcomes. Each ConnectWell Food as Medicine Program is 1.5 hours long and incorporates all three elements of ConnectWell's Health & Wellness Content Suite, engaging participants in the content and helping them apply food as medicine principles into everyday living. Each program includes a full set of materials for easy implemention of high impact and engaging events. Programs can be delivered as in-person, virtual, or hybrid events by your staff to build connection with your community on a local level.

ConnectWell: Food as Medicine Topics

Healthy Eating for Blood Pressure Maintenance

Healthy Eating for Metabolic Health

Healthy Eating with Prediabetes & Type 2 Diabetes

Healthy Eating for Cholesterol Maintenance

Eating for Heart Health

Healthy Eating Before, During, and after Pregnancy for the Whole Family

Gluten-Free Eating: Celiac Disease, Wheat Allergy, and Beyond

Benefits of a Plant-Based Diet for Your Health

Eating for Brain Health

Healthy Eating for Families

Healthy Eating for Weight Management

Healthy Eating During the Holidays & Gift-giving for Health