

Nutrition



Program / Collateral	Description / Cost
Kitchen Prescription	Monthly program designed to promote awareness of nationally recognized well-ness initiatives. Each month features a recipe provided by a CC physician/provider. Caregivers that participate by preparing the monthly recipes are entered in a drawing to win a Vitamix.
Website Link—Coming Soon	
Nutrition Strategy	In 2018, Cleveland Clinic launched the Foods that YOU Love That Love YOU Back program. This program focuses on providing foods and beverages that are healthy and delicious.
Website Link—Nutrition	Phase I of this program targeted the reduction and/or elimination of the following items in prepared and/or sold food and drink items at all Cleveland Clinic facilities: Trans Fat, Fried Foods, High Fructose Corn Syrup and Beverages with Added Sugar or Syrup.
	This is just the first step in an ongoing process to ensure patients, visitors and caregivers are making the healthiest food selections possible. Our goal is to reduce or eliminate all food and drink offerings containing the below items by 2020
On the Website	See the Nutrition tab for articles seating well on a budget, how to read food labels, and information on diets often prescribed by Wellness Institute Physicians.
Website Link—Nutrition	

Toxins / Tobacco



Program / Collateral	Description / Cost
Smoking Cessation	Covered by the Employee Health Plan. Call 877-688-2247 for details.
Website Link—Tobacco	
On the Website	See the Nutrition tab for articles about when and why it matters to eat organic, and EWG's Dirty Dozen and Clean Fifteen produce guide, which is updated annually.
Website Link—Toxins	