

HEALTH SIGNIFICANCE OF FAT QUALITY OF THE DIET

BARCELONA, FEBRUARY 1-2 2009, INTERNATIONAL EXPERT MEETING

USA

When: February 4th, 2009

Where: New York

What: Cat Cora's Kitchen event and blogger's party



Cat Cora's kitchen event

- **Editors cooking session**
 - Editors were invited to an informal cooking lesson with celebrity chef Cat Cora
 - to learn about the health benefits of good fats, such as soft margarines and how to use them
- **Table discussion**
 - with Connie Diekman, MEd, RD (IEM Steering Committee member) and Cat Cora
- **After the cooking session a 'Blogger party' was organised, for which food web loggers (bloggers) were invited to join.**

Impressions



Media Coverage

8:50am | posted by Shelley Ng | February 3, 2009 | comments: 7

Iron Chef Cat Cora Cooks Up Chicken Pot Pie!



Iron Chef Cat Cora stopped by FOX Kitchen to make a heart healthy Chicken Pot Pie with Puff Pastry! It's a tasty recipe that keeps the flavor, and cuts the fat and cholesterol.



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[Cat Cora](#)

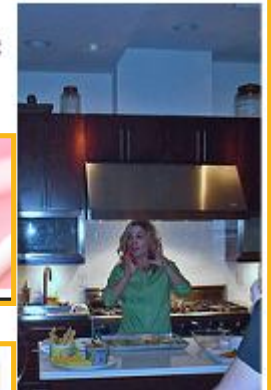
[Chicken Cooking Tips](#)

Partying with Cat Cora and Her New Secret Ingredient

Posted by [Editor](#) February 6, 2009

Posted by [Sarah Caron](#) on [Fit Fare](#)

On Wednesday night, I had the pleasure of attending a party in the village in New York with Cat Cora. It was an intimate setting, a penthouse apartment rented for the event that was filled with



Ongoing Health Care Professional Activities

- Sent out mailing to 10,000 key healthcare professionals, specifically dietitians – September 2009 on Barcelona IEM outcomes
- Present at The American Dietetic Association Food & Nutrition Conference & Expo (FNCE) – October 2009, with:
 - a Culinary Demo
 - an Educational Session featuring IEM steering committee member Connie Diekman, MEd, RD
- An American Heart Association Leadership Breakfast roundtable discussion – November 2009

