

Dr. Gourmet Embraces Food

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For Dr. Timothy Harlan (a.k.a. Dr. Gourmet), medical director of general internal medicine for Tulane Medical Center, it's all about "embracing food" to improve health.



Dr. Tim Harlan, "Dr. Gourmet," is offering a series of four lectures based on his latest book that will be published in April. (Photo by Paula Burch-Celentano)

A chef before he became a physician, [Dr. Gourmet](#) emphasizes eating healthier by choosing the highest-quality calories.

"From the standpoint of diet, the single best thing people can do for themselves is to watch their calories, whether to lose weight or maintain weight," Harlan says.

"Evidence shows that it doesn't matter what is the mix of macronutrients — fats, protein and carbohydrates."

He says it is relatively easy to cut out 250 to 500 calories per day with his plan that is based on a Mediterranean diet.

Harlan is presenting a four-week series of 90-minute lectures, "State-of-the-Art Diet

Research and What It Means for You," free to Tulane faculty and staff members. The lectures will be held in the Lavin-Bernick Center on the uptown campus at 12:30 p.m. on Oct. 14, 15 and 22, as well as on and Nov. 5.

The lecture series is offered in conjunction with the Biggest Winner program for Tulane faculty and staff members. The eight-week program, which kicks off on Monday (Sept. 20), allows four-person teams to compete for the title of "Biggest Winner."

While the competition focuses on weight loss, Harlan says weight is not the only indicator of health.

"Even though you may not lose even a pound," he says, "you can significantly improve your health from the standpoint of lowering your blood pressure, improving your cholesterol and better blood lipid levels."

The first-, second- and third-place team members will receive VISA gift cards from \$100 to \$150. Registration ends on Thursday (Sept. 16).

The Biggest Winner program is coordinated by [TUWellness](#), part of the Tulane Workforce Management Organization. For more information contact [Erica Gilliam](#) at 504-247-1720.