

CTRC Cookbook Collaborations

The Bionutrition Unit in the OCTRI Clinical and Translational Research Center (CTRC) has worked on dietary protocols for more than two decades. Their work has resulted in both academic publications and commercially available cookbooks, two of which are highlighted below.

THE FOOD KITCHEN COOKBOOK

A collaboration between the CTRC Bionutrition Unit and the [OHSU Graduate Program in Human Nutrition](#) produced a new cookbook created for those with long-chain acid oxidation disorder. The cookbook, called The FOoD Kitchen, contains recipes that are low in fat with added MCT oil. Recipes were prepared and photographed in the OCTRI professional kitchen facilities.

The cookbook is available for \$37 online through [Blurb](#), an online bookstore.

ANTI-INFLAMMATORY COOKBOOK

Recipes in the Pacific Northwest Anti-Inflammatory Reference Cookbook are based on a naturopathic anti-inflammatory diet, which is designed to reduce inflammation by eliminating inflammatory and allergenic foods and promoting anti-inflammatory foods. The book includes:

- Over 60 delicious recipes
- Diet guidelines
- Shopping information
- Nutrition recommendations

A research collaboration between the Bionutrition Unit and the [Helfgott Research Institute](#) at the National College of Natural Medicine led to the development of this cookbook. Recipes were developed for use on a 4 week feeding study and then modified for home use for inclusion in the cookbook.

The cookbook is available for \$20 online through [OHSU Technology Transfer & Business Development](#) in either a CD or an electronic version.

CONTACT CTRC BIONUTRITION UNIT

To learn more about these cookbooks or the Bionutrition Unit:

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