Chef Jim Perko Sr. CEC, AAC, Executive Chef

Culinary Medicine: Another tool for whole-person health

Chef Jim Perko has been a part of Cleveland Clinic for over 38 years. During this time, Chef Jim has collaborated with numerous physicians to develop the first evidence-based, technique-driven culinary medicine initiatives. Jim's passion is to implement culinary medicine that's evidence-based in both clinical and culinary disciplines to educate how foods can be powerful medicine without compromising the flavor of your meals or your health.