



Today's Dietitian
SPRING SYMPOSIUM

Orlando

MAY 15 – 18, BUENA VISTA PALACE HOTEL AND SPA

PROGRAM GUIDE

#TDSS16

PROGRAM
SCHEDULE

PAGE 8

PRESENTER
BIOS

PAGE 10

SESSION
DESCRIPTIONS

PAGE 14

CREDIT
CLAIMING

PAGE 27

**Wherever
you go, go with
Regular Girl.**



Welcome to Regular Girl. It's an exclusive blend of prebiotic fiber and probiotics. Unlike other fiber that moves through your body too fast or too slow, Regular Girl moves at just the right pace. So you can say ba-bye to occasional constipation and diarrhea, without excess gas or bloating. It's tasteless, colorless and odorless. So fabulous! Because life is anything but regular.

RegularGirl.com  Facebook.com/GetRegularGirl



WELCOME DIETITIANS!

We're so grateful to have you here for our 3rd annual continuing education and networking event.

Once again, we have assembled an amazing all-star team of professionals to lead our program. If you've been to our previous events, you'll recognize some of the names, but we've added some new faces and voices for this year's Symposium.

We've also added a lot more sponsors this year, and our Book and Product Showcase will be filled with more product sampling, engaging interactions, and networking opportunities than ever before. We'll also be giving away items contributed by our sponsors and the Buena Vista Palace. For a full schedule of our prize drawings, go to page 28.

We're thrilled to have renowned physician, author, and speaker Dr. David Katz as our Keynote Speaker, courtesy of our sponsor California Walnuts. Recognized globally for his expertise in nutrition, weight management, and the prevention of chronic disease, Dr. Katz will speak about the latest research on dietary fats and provide insight that RDNs can use when educating their patients in his keynote address, titled *For the Love of Fat: What We Really Know (Or Don't Know)*.

We'll have plenty of opportunities to unwind together outside the classroom, too. Whether you join us for a sunrise power walk on Monday, yoga on Tuesday morning, or at our Monday evening Happy Hour, there will be options for you to consider each day.

Thank you again for joining us and enjoy the Symposium!

Your friends at

Today's Dietitian

ABOUT MEALS



Breakfast

MONDAY

Breakfast Product Theater

7:30 AM, GREAT HALL EAST/WEST

Join us at 7:30 AM for a light breakfast and presentation by **Dr. Felicia Stoler**. She will make you smile during breakfast as she teaches us why there's so much attention being placed on prebiotics and why they are as important, if not more so, than probiotics. Also, learn which fiber and probiotics are making compliance easier (and more fun!). Sponsored by Regular Girl.

TUESDAY

Grab & Go Breakfast

7:30 AM, ENGLAND/SCOTLAND LOBBY

A light breakfast will be served at 7:30 AM following our morning fitness session.

Lunch

MONDAY & TUESDAY

Book & Product Showcase

12:00 – 2:00 PM, ENGLAND/SCOTLAND

In addition to product sampling from our sponsors, a boxed lunch will be provided with ingredients that are locally sourced, sustainable, and seasonal. Vegan and gluten-free options are available.

These meals will be provided as a part of our program. See hotel highlights on page 30 for other options.



KEYNOTE SPEAKER

David Katz

SUNDAY 5:30 – 6:45 PM, GREAT HALL NORTH

Dr. Katz is the founding director of Yale University's Yale-Griffin Prevention Research Center, and current President of the American College of Lifestyle Medicine. Recognized globally for his expertise in nutrition, weight management, and the prevention of chronic disease, Dr. Katz will speak about the latest research on dietary fats and provide insight that RDNs can use when educating their patients. The title of Dr. Katz's Spring Symposium Keynote Address is *For the Love of Fat: What We Really Know (Or Don't Know)*.

For years, the recommendation for optimal heart health has been to limit saturated fat intake, but this advice has been given without guidance on one of the most vital factors—replacement macronutrients. New research and recommendations by health organizations encourage Americans to reduce saturated fat intake and in particular, shift food choices from those high in saturated fats to those high in polyunsaturated fats.

Presented by



AM FITNESS

Sunrise Power Walk*

**MONDAY 6 – 7 AM,
MEET IN HOTEL LOBBY**

Join *Today's Dietitian* for a 2-mile walk/run along Buena Vista Drive. Go at your own pace from a light jog to a leisurely stroll; all fitness levels are welcome.

*Weather permitting.

Sunrise Yoga

**TUESDAY 6:45 – 7:30 AM,
BOOK & PRODUCT SHOWCASE LOBBY**

Kara Lydon, RD, LDN, RYT, will guide participants through simple movements that will work towards improving mind-body awareness. Beginners are welcome.

Towels will be provided in lieu of yoga mats.
Please bring your own mat if desired.



HAPPY HOUR

**MONDAY 5:30 – 6:30 PM,
20SEVEN**

Join us on the 27th floor for cocktails, networking, and incredible views of Disney Springs and the surrounding Orlando area.

Hors d'oeuvres will be served.

Sponsored by StarKist

SYMPOSIUM SERVICES & BADGE PICKUP

SATURDAY 3 – 7 PM, SUNDAY 9 AM – 7 PM, MONDAY – TUESDAY 7 AM – 5:30 PM, WEDNESDAY, 8 AM – 12:30 PM

Stop by the Symposium Services desk in the Conference Center Lobby to pick up your badge and program guide. *Today's Dietitian* staff will be available to answer any questions before Sunday's first session and during conference hours. Tote bags will be available for pickup during Book and Product Showcase hours on Monday.



#FUELYOURFIGHT

ENU® Helps Fuel the Fight

If you or a loved one is battling a serious illness, proper nutritional intake is crucial. ENU can help meet your nutritional needs with quality ingredients and great taste.

Developed by Physicians and Dietitians For Complete Nutrition

ENU is a 1.5 kcal / ml formula that provides up to 90% more protein per serving than leading high-calorie nutritional shakes, and without the use of added sucrose or corn syrup.

- 25 grams of protein to promote muscle health
- Up to 490 calories per serving to support a healthy weight



To learn more, please visit www.DrinkENU.com

Follow us  



BOOK & PRODUCT SHOWCASE

12 – 2 PM Monday and Tuesday with Lunch

Our Book & Product Showcase is the time in our program when professionals can engage and interact with our diverse group of sponsor companies and our presenters.

An interactive exhibit hall, the Book & Product Showcase will feature our sponsors presenting samples and information about their products and brands. There will be a variety of tasting samples and recipes for attendees to try, as well as representatives from each company on hand to discuss the value of what they're presenting to your clients.

We'll also have several of our presenters with copies of their latest books at the Showcase to purchase and discuss with the author. If you ask nicely, they may even sign your copy.





Medical Body Composition Analysis – The ultimate guide to assess your patients nutrition needs.

- Clinical level of precision.**
The only body composition analyzer designed for medical use and validated to the Four Compartment Model – the gold standard for fat mass calculation.
- Nutrition Therapy.**
Monitor weight changes, nutrition status or malnutrition risk to better understand which dietary program best fits your patient.
- Weight Management.**
Track changes in fat and fat-free mass, skeletal muscle mass, visceral adipose tissue, intra and extra-cellular water to evaluate the effectiveness of nutrition therapy and exercise intervention programs.
- Results you can trust.**
The fixed handrail positioning offers patients both stability and support, while ensuring precise and reproducible results.



Contact us today to schedule a free demonstration at your facility.

1 800 542 7322 • info.us@seca.com • mbca.seca.com

seca | mBCA

SYMPOSIUM SCHEDULE

Sunday, May 15

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
12:00 PM – 3:30 PM (3 credits)	WRITING WORKSHOP From Practice to the Page	Constance Brown-Riggs, MEd, RD, CDE, CDN and Tamara Jeffries, MFA	Great Hall North
3:45 PM – 5:15 PM (1.5 credits)	An In-Depth Look Into the Dietary Guidelines	Toby Amidor, MS, RD, CDN	Great Hall Center
	All Are Not the Same <i>Dietary Variations Among Hispanics and Latinos With Diabetes</i>	Nilda Benmaor, MS, RDN, CDE	Great Hall East/West
5:30 PM – 6:45 PM (1 credit)	KEYNOTE SESSION For the Love of Fat <i>What We Really Know (Or Don't Know)</i>	Dr. David L. Katz, MD, MPH, FACPM, FACP, FACLM	Great Hall North

Monday, May 16

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:00 AM – 7:00 AM	SUNRISE POWER WALK		Hotel Lobby
7:30 AM	BREAKFAST PRODUCT THEATER		Great Hall East/West
8:45 AM – 10:15 AM (1.5 credits)	From Prediabetes to Diabetes <i>Treatments and Technologies, Today and Tomorrow</i>	Hope Warshaw, MMSc, RD, CDE, BC-ADM	Great Hall North
10:30 AM – 12:00 PM (1.5 credits)	Intuitive Eating and Mindfulness Practices <i>Building the Foundation for Food Appreciation and Healthy Lifestyle Change</i>	Katie Cavuto, MS, RDN, Chef	Great Hall Center
	The Great Olive Oil Con <i>Tips for Choosing Authentic Extra Virgin Amid a Sea of Fakes</i>	Janet Bond Brill, PhD, RDN, CSSD, FAND	Great Hall East/West
12:00 PM – 2:00 PM	LUNCH/BOOK AND PRODUCT SHOWCASE		England/Scotland
2:00 PM – 3:30 PM (1.5 credits)	Namaste for Nutrition <i>Integrating Yoga Into Your Nutrition Practice</i>	Kara Lydon, RD, LDN, RYT	Great Hall Center
	The Obesity Challenge <i>Aging, Obesity and Long Term Care</i>	Becky Dorner, RDN, LD, FAND	Great Hall East/West
3:45 PM – 5:15 PM (1.5 credits)	Measuring the Impact of Food Miles on Sustainability	Sharon Palmer, RDN	Great Hall Center
	10 Ways to Create a Successful Preceptorship in Your Workplace	Robin Plotkin, RDN, LD	Great Hall East/West
5:30 PM – 6:30 PM	HAPPY HOUR		20seven

Tuesday, May 17

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:45 AM – 7:30 AM	SUNRISE YOGA	Kara Lydon, RD, LDN, RYT	England/Scotland Lobby
7:30 AM	GRAB & GO BREAKFAST		England/Scotland Lobby
8:45 AM – 10:15 AM (1.5 credits)	Digestive Health <i>An Integrative Approach</i>	Kathie Madonna Swift, MS, RDN, LDN, FAND, EBQ	Great Hall North
10:30 AM – 12:00 PM (1.5 credits)	Longevity Foods <i>Learning From Centenarians Around the World</i>	Sue Linja, RDN, LD and SeAnne Safaii, PhD, RDN, LD	Great Hall Center
	Unblind Them With Science <i>Toppling Flimsy Sound Bites With Sound Science</i>	Jill Weisenberger, MS, RDN, CDE, FAND, CHWC	Great Hall East/West
12:00 PM – 2:00 PM	LUNCH/BOOK AND PRODUCT SHOWCASE		England/Scotland
2:00 PM – 3:30 PM (1.5 credits)	Today's Food Conversation	Amy Myrdal Miller, MS, RDN, FAND	Great Hall Center
	The RDN's PR Opportunity	Jenna Bell, PhD, RD	Great Hall East/West
3:45 PM – 5:15 PM (1.5 credits)	Women and the Big Cs <i>Reducing the Risk of Cancer and CVD</i>	Karen Collins, MS, RDN, CDN, FAND	Great Hall Center
	Hosting Successful Supermarket Tours	Barbara Ruhs, MS, RDN, LDN	Great Hall East/West

Wednesday, May 18

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
8:30 AM – 12:00 PM (3 credits)	MEDIA WORKSHOP Who Needs the Media? <i>Creative Solutions for Increasing Your Visibility and Building Your Brand</i>	Melissa Joy Dobbins, MS, RDN, CDE	Great Hall North

PRESENTATION HANDOUTS

To download presentation handouts, log in to your account on www.CE.TodaysDietitian.com, click on the Symposium tab, and select the Handouts dropdown. You must be logged into your *Today's Dietitian* CE account and enter the attendee access code **TDSS16** to view the page. If you do not already have an account, you can create one for free.



Toby Amidor

MS, RD, CDN

Nutrition and food safety consultant at Toby Amidor Nutrition in New York, NY. Author of *The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day*.

SUNDAY 3:45 – 5:15 PM

An In-Depth Look Into the Dietary Guidelines



Jenna Bell

PhD, RD

Senior vice president and director of food and wellness for Pollock Communications based in NY. Cofounder of Swim, Bike, Run, Eat! Sports Nutrition and member of *Today's Dietitian* advisory board.

TUESDAY 2:00 – 3:30 PM

The RDN's PR Opportunity



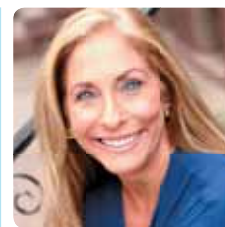
Nilda Bemaor

MS, RDN, CDE

Nutrition educator and counselor at Kaiser Permanente in Woodland Hills, CA. Diabetes Consultant for the "Comprehensive Perinatal Service Program" in Los Angeles and "Clinicas del Camino Real" in Ventura County.

SUNDAY 3:45 – 5:15 PM

All Are Not the Same: Dietary Variations Among Hispanics and Latinos With Diabetes



Janet Bond Brill

PhD, RDN, CSSD, FAND

Nutrition consultant based in PA. Author of *Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease* and *Cholesterol Down: 10 Simple Steps to Lower Your Cholesterol in 4 Weeks Without Prescription Drugs*.

MONDAY 10:30 AM – 12:00 PM

The Great Olive Oil Con: Tips for Choosing Authentic Extra Virgin Amid a Sea of Fakes



Constance Brown-Riggs

MSEd, RD, CDE, CDN

National speaker for PESI HealthCare based in Massapequa, NY. Author of *The African American Guide to Living Well with Diabetes*, member of *Today's Dietitian* advisory board and the American Association of Diabetes Educators board of directors.

SUNDAY 12:00 – 3:30 PM

*Writing Workshop: From Practice to the Page**

*Joint presentation with Tamara Jeffries, MFA



Katie Cavuto

MS, RDN, Chef

Registered Dietitian for the Philadelphia Phillies and Flyers in Philadelphia, PA. President of Healthy Bites and Nutrition Advisor for Unite for Her.

MONDAY 10:30 AM – 12:00 PM

Intuitive Eating and Mindfulness Practices: Building the Foundation for Food Appreciation and Healthy Lifestyle Change



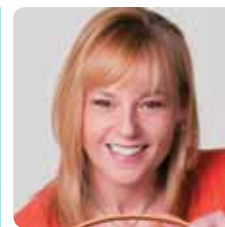
Karen Collins

MS, RDN, CDN, FAND

Nutrition advisor to the American Institute for Cancer Research, consulting from Buffalo, NY area. Coauthor of the "Nutrition and Cancer Prevention" chapter in third edition of *The Clinical Guide to Oncology Nutrition*. Cardiometabolic Health Alliance Think Tank participant, representing the Academy of Nutrition and Dietetics.

TUESDAY 3:45 – 5:15 PM

Women and the Big Cs: Reducing the Risk of Cancer and CVD



Melissa Joy Dobbins

MS, RDN, CDE

The Guilt-Free RD and President of Sound Bites, Inc. in Chicago, IL. Spokesperson, podcaster, blogger, and media trainer.

WEDNESDAY 8:30 AM – 12:00 PM

Media Workshop: Who Needs the Media? Creative Solutions for Increasing Your Visibility and Building Your Brand



Becky Dorner

RDN, LD, FAND

Founder and president of Nutrition Consulting Services Inc., and Becky Dorner & Associates, Inc. based in Naples, FL. Served on the Academy's Board of Directors from 2011-14, current chair of the Council on Future Practice and Chair of the Dietetics in Health Care Communities DPG.

MONDAY 2:00 – 3:30 PM
The Obesity Challenge: Aging, Obesity and Long Term Care



Tamara Jeffries

MFA

Contributing editor for *Health* magazine based in Greensboro, NC. Assistant professor of journalism at Bennett College.

SUNDAY 12:00 – 3:30 PM
*Writing Workshop: From Practice to the Page**

**Joint presentation with Constance Brown-Riggs, MSEd, RD, CDE, CDN*



Sue Linja

RDN, LD

Registered dietitian nutritionist, speaker, and author specializing in geriatric nutrition. Cofounder of three nutrition corporations providing consultative nutrition services.

TUESDAY 10:30 AM – 12:00 PM
*Longevity Foods: Learning From Centenarians Around the World**

**Joint presentation with SeAnne Safai, PhD, RDN, LD*



Kara Lydon

RD, LDN, RYT

Nutrition and Culinary Communications Consultant and blogger at The Foodie Dietitian. Registered Yoga Teacher and author of the anticipated e-book, *Nourish Your Namaste: Functional Recipes, Nutrition and Asana to be a Healthy, Happy Yogi* (May 2016).

MONDAY 2:00 – 3:30 PM
Namaste for Nutrition: Integrating Yoga Into Your Nutrition Practice

A WHOLE BUNCH of HEALTHY

— ♦ —

A natural source of beneficial antioxidants and other polyphenols.

GrapesFromCalifornia.com

ZING™ ZERO CALORIE STEVIA SWEETENER IS A VICTORY!

It's made with only real ingredients – nothing artificial. And with a **clean sweet taste** and zero calories, Zing™ Stevia Sweetener is a perfect choice for sweetening coffee, teas, smoothies, and for sprinkling over fruit.

Visit our website to find resources for your practice:

- Free Samples
- Coupons
- Recipes

zingstevia.com/hcp

©2016 Domino Foods, Inc.

Domino Foods, Inc. is part of **ASR GROUP**

PRESENTER BIOS



Get inspired with StarKist®

StarKist Tuna and Salmon Creations® varieties can be enjoyed as a meal or snack, anytime, anywhere!

Share your favorite StarKist® creation! @StarKistCharlie
#SeafoodInspired #Seafood2xWk



STARKIST.COM   

FIND YOUR *Creations* POUCH TODAY.

10 DELICIOUS VARIETIES | SINGLE SERVE | NO-DRAINING

©2016 StarKist Co. All Rights Reserved. See pouch for complete nutritional information.



Amy Myrdal Miller

MS, RDN, FAND

President of Farmer's Daughter® Consulting, LLC, speaker and published author based in Carmichael, CA.

TUESDAY 2:00 – 3:30 PM

Today's Food Conversation



Sharon Palmer

RDN

Editor for *Environmental Nutrition* and nutrition editor for *Today's Dietitian* magazine based in Los Angeles, CA. Author of *The Plant-Powered Diet* and *Plant-Powered for Life*.

MONDAY 3:45 – 5:15 PM

Measuring the Impact of Food Miles on Sustainability

Unique nutrition for your cancer treatment journey.



Shop now at VitalCuisine.com



Robin Plotkin

RDN, LD

Culinary and nutrition communications consultant in Dallas, TX. Cofounder of Blog Brûlée and contributing blogger to the *Dallas Morning News* Health Blog.

MONDAY 3:45 – 5:15 PM

10 Ways to Create a Successful Preceptorship in Your Workplace



Barbara Ruhs

MS, RDN, LDN

Former supermarket dietitian turned retail health and wellness consultant. Launched the Oldways Supermarket Dietitian Symposium, now in its 6th year.

TUESDAY 3:45 – 5:15 PM

Hosting Successful Supermarket Tours



SeAnne Safai

PhD, RDN, LD

President of Nutrition and Wellness Associates, LLC. Associate Professor of the Coordinated Program in Dietetics at the University of Idaho.

TUESDAY 10:30 AM – 12:00 PM

*Longevity Foods: Learning From Centenarians Around the World**

**Joint presentation with Sue Linja, RDN, LD*



Kathie Madonna Swift

MS, RDN, LDN, FAND, EBQ

Cofounder of the Integrative and Functional Nutrition Academy™ and the Education Director for Food As Medicine. Adjunct faculty at Saybrook University, School of Mind Body Medicine, author of *The Swift Diet* and coauthor of *The Inside Tract: Your Good Gut Guide to Health*.

TUESDAY 8:45 – 10:15 AM

Digestive Health: An Integrative Approach



Hope Warshaw

MMSc, RD, CDE, BC-ADM

Nutrition and diabetes consultant, media spokesperson, and owner of Hope Warshaw Associates, LLC. Editorial advisory board member for *Diabetic Living* and author of *Eat Out Eat Well – The Guide to Eating Healthy in Any Restaurant*, *Diabetes Meal Planning Made Easy*, *Complete Guide to Carb Counting*, and other titles.

MONDAY 8:45 – 10:15 AM

From Prediabetes to Diabetes: Treatments and Technologies, Today and Tomorrow



Jill Weisenberger

MS, RDN, CDE, FAND, CHWC

Speaker, writer and consultant dietitian in Southeast VA. Author of *The Overworked Person's Guide to Better Nutrition* and two diabetes titles.

TUESDAY 10:30 AM – 12:00 PM

Unblind Them With Science: Toppling Flimsy Sound Bites With Sound Science

REAL BOLD. REAL FOOD.

The proof is in our ingredient list. **Check it out!**

We believe that natural ingredients are more delicious than artificial ones. We've spent years developing a catalog of real food and real seasoning for each of our delectable products. Our conclusion? If it isn't all-natural, it isn't a Tasty Bite.

Non GMO • Vegetarian • Gluten Free • No Preservatives • Kosher

www.tastybite.com

DIETITIAN careers

COMPASS GROUP®

Morrison Healthcare is a leading national food and nutrition services company exclusively dedicated to serving more than 600 hospitals and healthcare systems across the Nation. We are a division of Compass Group and have more than 1,300 registered dietitians, 450 executive chefs and 19,000 professional food service team members.

Our vision for success is a powerful one – Great People! Great Service! Great Results!

We are always looking for **Registered Dietitians** as leaders for our foodservice operations and clinical nutrition management roles. If you feel you have the experience and qualities to be part of our Vision then take a closer look at what we have to offer.

Contact us to see where our opportunities can take your Career:
www.CompassGroupCareers.com

Inquiries welcome
LPerrett@Compass-USA.com

KEYNOTE SESSION

For the Love of Fat

What We Really Know (Or Don't Know)

PRESENTER: Dr. David L. Katz, MD, MPH, FACPM, FACP, FACLM

Sunday 5:30 – 6:45 PM (1 credit)

For years, the recommendation for optimal heart health has been to limit saturated fat intake, but this advice has been given without guidance on one of the most vital factors—replacement macronutrients. New research and recommendations by health organizations encourage Americans to reduce saturated fat intake and, in particular, shift food choices from those high in saturated fats to those high in polyunsaturated fats. Dr. Katz will speak about the latest research on dietary fats and provide insight that RDNs can use when educating their patients.

LEARNING OBJECTIVES:

1. Understand that evolving scientific research on dietary fat shows that unsaturated fats, especially polyunsaturated fats, can help lower risk of heart disease when used instead of carbohydrates to replace saturated fats.
2. Educate patients, consumer audiences, and peers that omega-3 fatty acids, a type of polyunsaturated fat, may be especially beneficial and can be found in plant food sources.

SUGGESTED CDR LEARNING CODES	2070, 4040, 5160; LEVEL 2
PERFORMANCE INDICATORS	6.2.5, 8.1.4, 8.3.6, 9.3.1

10 Ways to Create a Successful Preceptorship in Your Workplace

PRESENTER: Robin Plotkin, RDN, LD

Monday 3:45 – 5:15 PM (1.5 credits)

The lack of sufficient internship spots for all nutrition graduates is a troubling conversation many RDs have on a regular basis. Yet something prevents us from turning our concerns into action. This session will provide attendees with the tools to create an internship and/or a professional work experience at their current place of work. We'll explore ways to respond to "We've never had interns" and other roadblocks that may be encountered. Also explored will be ways to create a mutually beneficial relationship for the business and the student. If we don't foster and develop these opportunities, who will?

LEARNING OBJECTIVES:

1. Comprehend the significant impacts on the profession created by the shortage of internship experiences.
2. Evaluate themselves as potential preceptors as well as their current workplace as viable supervised internship experiences or noninternship experiences.
3. Create a framework of innovative strategies that can be employed to create mutually beneficial experiences for both intern students and the business.

SUGGESTED CDR LEARNING CODES	1070, 6050, 6080, 7200; LEVEL 2
PERFORMANCE INDICATORS	3.1.5, 3.2.4, 9.4.1



All Are Not the Same

Dietary Variations Among Hispanics and Latinos With Diabetes

PRESENTER: Nilda Benmaor, MS, RDN, CDE

Sunday 3:45 – 5:15 PM (1.5 credits)

Health care providers are facing challenges with providing diabetes care to improve diabetes outcomes while being sensitive to cultural differences in a rapidly growing incidence of diabetes among Hispanics and Latinos in the United States.

The contemporary diet of Hispanics and Latinos is influenced by the traditional dietary patterns of their countries of origin, such as Mexico, Puerto Rico, Cuba, Central America, and South America, as well as by the dietary practices of the adopted communities in which they live. There are many regional differences between Hispanic subgroups, both in terms of the composition of the diet, traditional cooking styles, eating habits, meal patterns, and availability of food.

RDs can improve patients' adherence to dietary recommendations by developing a basic understanding of patients' health beliefs, food choices, and culturally appropriate nutrition interventions. Many of the traditional dishes, such as tacos, paellas, empanadas, and tortillas, are different in nutrient composition, which impacts postprandial blood glucose level.

This session will include Diabetes Medical Nutrition Therapy that incorporates preferred foods from different countries, individualized meal plans, names of meals, times of meals, and serving portions. Sources of carbohydrate, protein, and fats and ethnic foods nutrition fact labels will also be discussed, together with strategies for healthful eating on special occasions and while dining out. In addition, case studies will be presented to encourage audience participation.

LEARNING OBJECTIVES:

1. Select culturally appropriate foods for Hispanics and Latinos with diabetes.
2. Identify the nutrient composition of traditional foods and the impact on postprandial blood sugar levels.
3. Learn how to individualized a diabetic meal plan that includes patient's preferred foods from country of origin.
4. Apply diabetic dietary guidelines and carbohydrate counting to meal planning.
5. Assess individual patients' needs and beliefs to improve adherence to dietary recommendations to achieve optimal glycemic control.

SUGGESTED CDR LEARNING CODES	1040, 2020, 5190, 8015; LEVEL 2
PERFORMANCE INDICATORS	1.3.6, 1.3.9, 8.2.1, 8.2.3

An In-Depth Look Into the Dietary Guidelines

PRESENTER: Toby Amidor, MS, RD, CDN
Sunday 3:45 – 5:15 PM (1.5 credits)

The 2015 Dietary Guidelines have finally been released. This session will update attendees on the latest changes, as well as the controversies with the nutrition community regarding the updated DGAs. Toby Amidor will lead a practical discussion of the application of the DGAs and share strategies for how individuals can achieve the related recommendations.

LEARNING OBJECTIVES:

1. Understand the process of how the Dietary Guidelines are created.
2. Explain why modifications were made to the Dietary Guidelines.
3. Communicate healthful eating messages to their clients based on the Dietary Guidelines.

SUGGESTED CDR LEARNING CODES	1080, 4000, 4030, 4040; LEVEL 2
PERFORMANCE INDICATORS	6.2.5, 8.1.4, 8.3.6, 13.2.1

Digestive Health

An Integrative Approach

PRESENTER: Kathie Madonna Swift, MS, RDN, LDN, FAND, EBQ
Tuesday 8:45 – 10:15 AM (1.5 credits)

There is a renaissance of interest in digestion and its importance in optimal health and well-being. This session will explore the emerging concepts of leaky gut, dysbiosis, and the microiota-brain-gut axis and their connection to physical and emotional health. An integrative nutrition approach to gut healing of common gastrointestinal disorders will be outlined using case-based reports.

LEARNING OBJECTIVES:

1. Examine the emerging paradigm of integrative gastrointestinal health.
2. Define leaky gut, dysbiosis, and the microbiota-brain-gut axis.
3. Explain the holistic 5R model of gut healing.
4. Experience a meditative movement therapy helpful for digestive healing.

SUGGESTED CDR LEARNING CODES	3000, 3100, 5220; LEVEL 2
PERFORMANCE INDICATORS	8.1.3, 8.3.6, 10.4.4



ROBIN GENTRY MCGEE'S
functional formularies®
 let food be thy medicine

Changing the face of clinical nutrition.

organic whole food feeding tube formulas and meal replacements

LIQUID HOPE®
 ORIGINAL FORMULA

nourish®
 OPTIMIZED FOR PEDIATRICS

functionalformularies.com 937.433.4673



Can milk proteins cause post-dairy digestive discomfort?

Millions of Americans experience post-dairy digestive discomfort (PD3), and there's a growing body of evidence that lactose intolerance might **not** always be the cause.

Learn more and earn 1 CPE credit with the new one-hour webinar: **Milk Protein and Human Health: A1 versus A2 beta-casein.**

Available in the Today's Dietitian Learning library at todaysdietitian.com



SESSION DESCRIPTIONS

From Prediabetes to Diabetes

Treatments and Technologies, Today and Tomorrow

PRESENTER: Hope Warshaw, MMSc, RD, CDE, BC-ADM

Monday 8:45 – 10:15 AM (1.5 credits)

The diabetes management landscape has undergone dramatic changes during the last several decades. Prediabetes is now recognized as a disease entity, and research now exists to support the value of treating this condition to prevent or slow the progression of disease. Type 2 diabetes is now considered a progressive disease and one for which the core causes are insulin resistance and chronic inflammation. Ideal treatment for type 2 diabetes focuses on early, aggressive management with nutrition therapy and in increasing array of glucose, lipid, and hypertension medications used to slow its progression and minimize long-term complications. Over the last twenty years, numerous new categories of glucose lowering medications have been approved, along with various new means to deliver these medications. Type 1 diabetes is on the rise, and the age of diagnosis is not necessarily during youth, but at any point during life. Newer types have been identified. The use of various technologies, from insulin pumps to continuous glucose monitors, longer as well as faster acting insulins, and more are making the challenging management of type 1 diabetes a bit easier for patients and their caregivers. And looking to the future, more medications and technologies are winding their way through research and regulatory approval channels and availability to consumers.

LEARNING OBJECTIVES:

1. Identify the diagnostic criteria for prediabetes and detail the rationale for early detection and management and key elements of programs to assist people with diabetes to manage their condition.
2. Delineate the current thinking about the onset and progression of type 2 diabetes and current thinking about the ideal treatment paradigm for these individuals including nutrition management and medication management.
3. Identify three ways that technology, from counseling to devices, is changing the landscape of the treatment of all forms of diabetes.

SUGGESTED CDR LEARNING CODES	4040, 5190, 5260, 5370, 6010; LEVEL 2
PERFORMANCE INDICATORS	6.2.3, 8.1.5, 9.6.6, 10.2.10



take a sip of the #1 sparkling water in the USA®
0-CALORIE 0-SWEETENER 0-SODIUM = INNOCENT!

©2016 BEVERAGE BRUNNEN COMPANY • ALL RIGHTS RESERVED
2016 NATIONAL BEVERAGE COMP. AWARDS #1 #2
www.lacroixwater.com • 1.888.317.7500

LaCroixWater.com

*Nielsen Grocery Food \$2MM+ACV - Data 52 weeks as of 2.20.16

UP4 A HAPPIER INSIDE™

PROBIOTICS FOR EVERY BODY

UP4™ Probiotics has a product perfectly suited for you and everyone in your family. Based on our trademarked superstrain, *Lactobacillus acidophilus* DDS®-1, UP4™ Probiotics offers a full range of products formulated to replenish the good bacteria in your digestive tract to support a healthy digestive and immune system.*

NON-GMO • SUGAR FREE • GLUTEN FREE • NO ARTIFICIAL PRESERVATIVES

www.up4probiotics.com
[@up4probiotics](https://twitter.com/up4probiotics)

UAS Life Sciences
The Probiotic Company

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Intuitive Eating and Mindfulness Practices

Building the Foundation for Food Appreciation and Healthy Lifestyle Change

PRESENTER: Katie Cavuto, MS, RDN, Chef
Monday 10:30 AM – 12:00 PM (1.5 credits)

Mindfulness is a popular buzzword within the health and wellness community. Your patients and clients likely have many questions about how mindfulness can help them to achieve their goals. In this session, we will explore the principles of mindfulness practices and the ways they can benefit long-term lifestyle changes, food appreciation, and an overall healthy relationship with food. Attendees will also learn about and take part in a mindful eating exercise.

LEARNING OBJECTIVES:

1. Better understand the correlation between mindfulness practices and stress reduction, weight loss, and lifestyle change.
2. Understand the importance of self-awareness in behavior changes.
3. Investigate barriers to development of self-regulatory skills.
4. Explore the benefits of food appreciation and food gratitude in relationship to healthful lifestyles.
5. Learn the benefits of mindful and intuitive eating.
6. Learn and take part in a mindful eating exercise.

SUGGESTED CDR LEARNING CODES 4090, 5420, 6020; LEVEL 2

PERFORMANCE INDICATORS 8.3.6, 8.3.7, 9.4.2, 9.6.1

Longevity Foods

Learning From Centenarians Around the World

PRESENTERS: Sue Linja, RDN, LD and SeAnne Safaii, PhD, RDN, LD
Tuesday 10:30 AM – 12:00 PM (1.5 credits)

Many centenarians have been able to ward off the diseases of their parents or have survived a life-threatening illness such as cancer, heart disease, or stroke. Using questions from focus groups of baby boomers, centenarians from all over the world were interviewed on what they ate and their favorite recipes. This session will review research gathered during visits to Sardinia, Italy, Japan, and Singapore. Presenters will share information about the top 20 foods of centenarians and how they consume these foods as part of their overall diet and will provide an overview of newly developed recipes including ingredients from targeted longevity foods.

LEARNING OBJECTIVES:

1. Identify the common dietary factors of centenarians from around the world.
2. Describe the top 20 foods contributing to centenarians' overall health and longevity.
3. Identify at least five ways to incorporate centenarian foods into the Western diet.
4. Learn ways to transform traditional foods of centenarians into creative recipes.

SUGGESTED CDR LEARNING CODES 2070, 4010, 4040, 4190; LEVEL 2

PERFORMANCE INDICATORS 6.2.5, 8.1.4, 8.3.6



Harvest Trail

NO ARTIFICIAL PRESERVATIVES • COLORS • FLAVORS SUGAR ALCOHOLS

NET CARBS **4g** PROTEIN **8g** FIBER **9g** SUGAR **1g**

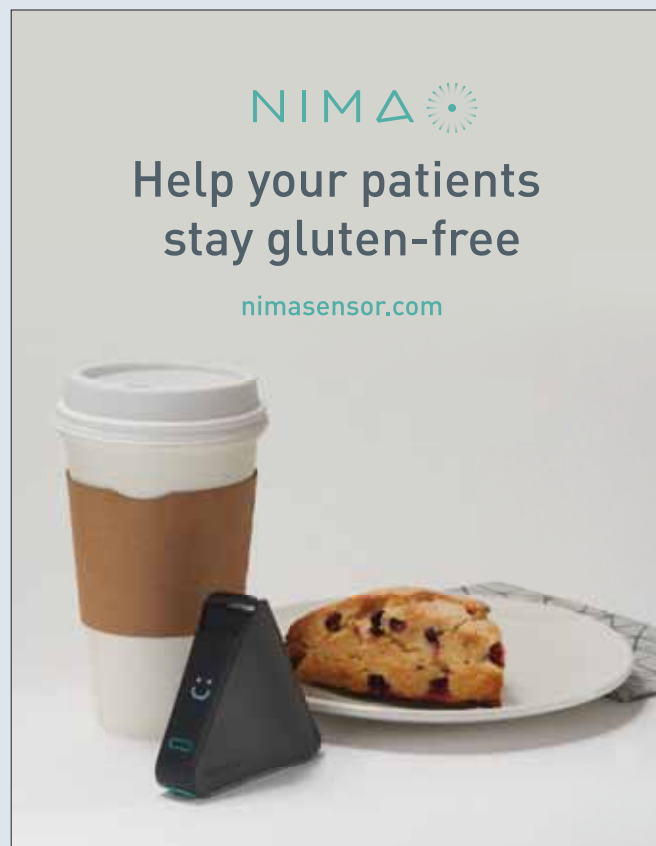
Dark Chocolate Sea Salt Caramel Bar

ALSO AVAILABLE IN THESE DELICIOUS FLAVORS

- Vanilla Fruit & Nut
- Dark Chocolate Cherry & Nut
- Dark Chocolate Peanut Butter

ATKINS

For more information visit **ATKINS.COM**



NIMA

Help your patients stay gluten-free

nimasensor.com

Measuring the Impact of Food Miles on Sustainability

PRESENTER: Sharon Palmer, RDN
 Monday 3:45 – 5:15 PM (1.5 credits)

Local food is one of today’s hottest food trends, but what is its true impact on sustainability? In this session, Sharon Palmer, RDN, explores the science on how far food is traveling today to get to your plate and how food travel affects carbon footprint. This session will also provide surprising revelations about our food system and bottom-line advice on how people can make a difference with their forks.

LEARNING OBJECTIVES:

1. Define local food and food miles in today’s food system.
2. Understand the distance food is traveling in Western food systems.
3. List factors that impact carbon footprint beyond food miles.
4. Identify strategies to reduce carbon footprint by food choices.

SUGGESTED CDR LEARNING CODES	4010, 8018; LEVEL 2
PERFORMANCE INDICATORS	3.3.5, 7.2.3, 7.2.4

Namaste for Nutrition

Integrating Yoga Into Your Nutrition Practice

PRESENTER: Kara Lydon, RD, LDN, RYT
 Monday 2:00 – 3:30 PM (1.5 credits)

Yoga may be an ancient practice, but it’s more popular today than ever before. In fact, a survey from the Sports & Fitness Industry Association says that more than 24 million Americans practiced yoga in 2013, up from 17 million in 2008. The question is, what’s driving this growth, and should dietitians be capitalizing on this mind-body trend? In this session, we will examine the science behind the benefits of practicing yoga, explore how incorporating yoga into your nutrition practice can add inherent value, and how to seamlessly integrate the two disciplines into your brand and business.

LEARNING OBJECTIVES:

1. Examine the health benefits of having a regular yoga practice.
2. Demonstrate how training in yoga can add value to a career in nutrition.
3. Identify at least three examples of businesses that seamlessly integrate nutrition and yoga.

SUGGESTED CDR LEARNING CODES	4060, 6000, 7070, 7120; LEVEL 2
PERFORMANCE INDICATORS	3.2.3, 8.2.4, 8.3.7, 11.1.5



EASY TO MAKE • EASY TO BE
GLUTEN-FREE

LOVE EVERY Minute®

For all the ways to love Minute® Rice, visit minuterice.com. We can help.®

© 2016 Riviana Foods Inc.

8 California Strawberries a Day for the Whole Body

Studies show eating just eight strawberries a day can improve heart health, help manage diabetes, support brain health, and reduce the risk of some cancers.

California STRAWBERRIES.

For more information, visit www.CaliforniaStrawberries.com

Hosting Successful Supermarket Tours

PRESENTER: Barbara Ruhs, MS, RDN, LDN
Tuesday 3:45 – 5:15 PM (1.5 credits)

The supermarket is the perfect learning laboratory for dietitians to provide nutrition education to consumers. Nutrition advice strategically offered at the point of purchase in supermarkets can offer time-starved consumers practical solutions to improving their eating habits. Learn how to get started in hosting store tours and tips on how to provide impactful nutrition education in your local supermarket.

LEARNING OBJECTIVES:

1. Recognize the importance of hosting nutrition education in supermarkets as a practical solution.
2. Identify key departments to focus store-based nutrition education to improve eating habits of Americans.
3. Describe interventions in supermarkets to encourage more healthful food purchasing.

SUGGESTED CDR LEARNING CODES	1130, 6020, 7050, 7070; LEVEL 2
PERFORMANCE INDICATORS	2.1.3, 9.1.4, 11.2.2, 12.4.5

The Great Olive Oil Con

Tips for Choosing Authentic Extra Virgin Amid a Sea of Fakes

PRESENTER: Janet Bond Brill, PhD, RDN, CSSD, FAND
Monday 10:30 AM – 12:00 PM (1.5 credits)

You probably already know that extra-virgin olive oil is a superbly heart-healthy fat, and that both its oleic acid and polyphenol content affect its ability to boost heart health. But did you know that there are plenty of bottles lining the supermarket shelves that are both devoid of the ingredients that help to keep your arteries clean and may or may not be from the labeled country of origin? In fact, olive oil adulteration and mislabeling is rampant. Dr. Brill will take you on a tour of olive oil history, production, and health benefits. She will also give you valuable take away tips on how to fight back against the “great olive oil con,” and ensure that the olive oil you and your patients are buying is the real deal.

LEARNING OBJECTIVES:

1. Identify the definitions of olive oil.
2. Cite the proven health benefits of authentic extra virgin.
3. Cite the prevalence of olive oil fraud.
4. Understand the best strategies for choosing, storing, and cooking with authentic extra virgin.
5. Identify current certifications for high-quality oil.
6. Identify valid reputable resources for information on authentic olive oil.

SUGGESTED CDR LEARNING CODES	2020, 2070, 4040, 5160; LEVEL 2
PERFORMANCE INDICATORS	8.1.3, 8.1.4, 8.3.6, 8.4.2

Glutagest

Dietary Supplement

Say yes with Glutagest®.

**Worried about hidden gluten and cross contamination?
Let Glutagest® help ease your gluten worries.**

Non-GMO

**Contains No: Dairy, Meat, Egg, Protein, Fish,
Nuts, Soy, Corn, Magnesium Stearate,
Gluten or Shellfish**

Vegetarian Quick Dissolve Capsules

20% Off*

Provide your clients with the discount code **TD20** and they will receive a 20% discount on purchases made at

www.glutagest.com

*Limited time offer.



Talking Points



Tweetable Tip



Educational Materials



Recipe

We know you put a lot of thought and passion into the work you do, from addressing nutrition questions to offering easy recipes and healthy sampling. The Canned Food Alliance is here to provide nutrition research and resources to make it easier for you to help your clients and patients healthfully navigate the nutrition decisions they make every day.

Our RD toolkit curates a host of resources, including talking points about the benefits of canned foods, ideas for tweets, plus tips and recipes to provide inspiration for blog content or media interviews.

Visit www.mealtime.org for this and other resources.



SESSION DESCRIPTIONS

The Obesity Challenge

Aging, Obesity and Long Term Care

PRESENTER: Becky Dorner, RDN, LD, FAND

Monday 2:00 – 3:30 PM (1.5 credits)

An astonishing 68% of Americans are overweight or obese, and most states boast an obesity rate of a whopping 20% or more. The growth rate of our waistlines is staggering, and along with it comes increased rates of diabetes and other chronic illnesses. In fact, obese individuals have the highest risk for developing conditions that often reduce mobility and quality of life, not to mention increasing demands on the health care system. These alarming trends present a multitude of challenges for health care providers. The implications for long term health care are staggering.

As savvy consumers become more focused on weight and its relationship to good health, health care providers need the tools and knowledge to meet the needs of highly informed consumers who require further education and service. This intriguing session will provide attendees with information on:

- Current obesity trends for the adult and older adult population and how this effects overall health, quality of life, chronic disease rates, morbidity, and mortality
- Obesity definitions for BMI and waist circumference along with the relationship of obesity to health related risks
- How obesity affects health care spending (including Medicare)
- The benefits of weight loss and how to determine which older individuals are most appropriate for weight loss strategies
- Goals of weight management and strategies for successful long-term weight maintenance and healthful outcomes
- Evidence-based research on what truly works for weight loss
- Assessment and care planning for the obese resident including calculation of nutritional needs and appropriate approaches for weight loss, including changes in eating habits
- Practical tips and discussions on how to implement healthy changes for obese residents
- Proven strategies for a successful weight loss program for older adults.

LEARNING OBJECTIVES:

1. Understand available evidence based research related to successful adult weight loss.
2. Utilize available resources to assist in providing information and education for unique long term care needs of this population.
3. Provide patients and clients with practical tips for implementing positive healthy changes.

SUGGESTED CDR LEARNING CODES 4190, 5040, 5100, 5370; LEVEL 2

PERFORMANCE INDICATORS 8.1.4, 8.3.6, 12.2.1

The RDN's PR Opportunity

PRESENTER: Jenna Bell, PhD, RD

Tuesday 2:00 – 3:30 PM (1.5 credits)

There's a new and growing track for RDNs – it's in public relations and marketing. Jenna Bell, PhD, RD, clinical dietitian turned professor and then senior vice president at a successful New York City health and wellness public relations firm, shares her insights



Nature's Legacy

Americans should be eating more Whole Grains!

We all agree that Americans should be eating more whole grain, and Nature's Legacy whole grain pasta achieves that result with no sacrifice in texture or taste.

- 100% Whole grain goodness
- 100% Delectable taste
- 100% Silky smooth texture

“Low in fructans” for those following FODMAPS

Minimally processed, organic, non gmo ancient grain named as one of the top 50 (new) healthiest foods of all time *

*Time Magazine Nov. 23, 2015



To try it for Yourself, CALL:

Purity Foods, Inc. Hudson, MI 49247
1-900-99-SPELT (1-800-997-7358)
www.natureslegacyforlife.com



COMPETE RECOVER REPEAT

Shelf Stable Chocolate Milk with a 12 month shelf life

Chocolate Milk has the major nutrients to help keep the body going

Carb-to-protein ratio perfect for replenishing tired muscles





Diversified Foods, Inc.
800-264-6651
dfi@diversifiedfoods.com

The HERSHEY'S trademark and trade dress are used under license.

and experience to demonstrate the intersection between PR and RDNs. She'll discuss the integral role that RDNs can play on stage and behind the scenes and how you can maximize your influence and expertise to make impactful changes in food marketing and industry. Given her lessons learned, Dr. Bell will give you her tips and ideas on how to find opportunities for yourself or apply the same strategies used in PR and marketing in any area of practice.

LEARNING OBJECTIVES:

1. Describe opportunities for RDs and the role they play in public relations, marketing, and the food industry.
2. Identify how RDs in PR and marketing can influence industry and consumer messages.
3. Explain how science is translated by industry and media.
4. Describe how policy and science affects industry decisions and messages.
5. Position themselves as assets in public relations, marketing, and industry.

SUGGESTED CDR LEARNING CODES	1000, 1010, 1070, 1090; LEVEL 2
PERFORMANCE INDICATORS	3.1.1, 3.2.2, 3.2.3

Today's Food Conversation

PRESENTER: Amy Myrdal Miller, MS, RDN, FAND
Tuesday 2:00 – 3:30 PM (1.5 credits)

Every day in this country our food conversations are becoming more interesting, intense, and challenging. We're striving for health and wellness. We're passionate about local and artisan products. We're thoughtful about seasonal and organic. We're working to figure out sustainable. And we're nervous about genetically modified.

This session will take a deep dive into nine commonly used terms related to food, agriculture, and nutrition—from healthy and fresh to processed, natural, and sustainable—providing insights into the science that supports or refutes various claims and shedding light on consumer understanding of these terms.

Attendees will walk away with a better understanding not only of the terms but how to engage in meaningful conversations about these issues that are as affected by research and science as they are by values and emotion.

LEARNING OBJECTIVES:

1. Distinguish which food claims are marketing hype versus federally regulated terms.
2. Identify federal agencies that oversee various marketing terms.
3. Question the validity of claims on a variety of food and beverage products.
4. Provide science-based guidance to patients and clients regarding the nutrition and health as well as lifestyle benefits of a variety of foods and beverages.
5. Cite consumer research regarding consumer perception of various marketing claims.

SUGGESTED CDR LEARNING CODES	2030, 2040, 7120, 8018; LEVEL 2
PERFORMANCE INDICATORS	7.1.2, 7.2.1, 8.1.2, 8.3.6

Get Your Free
\$50
 Coupon Booklet
 At Our Booth

More Than 75 Proven American Made Elevated Lines of Cholesterol

Benecol.
 Proven to reduce cholesterol

Together We Can Do This.

Research shows...
**CALIFORNIA RAISINS:
 POSITIVE IMPACT
 ON DIABETIC NUTRITION**

For the full studies
 and diabetes-friendly
 recipes, visit
LoveYourRaisins.com

CALIFORNIA Raisins CALIFORNIA

SESSION DESCRIPTIONS

Unblind Them With Science

Toppling Flimsy Sound Bites With Sound Science

PRESENTER: Jill Wiesenberger, MS, RDN, CDE, FAND, CHWC
Tuesday 10:30 AM – 12:00 PM (1.5 credits)

In an attempt to reach the average consumer, some media outlets and health care professionals either oversimplify nutrition messages or are careless with their words. Often the results are flimsy sound bites that are repeated so much that they become unsubstantiated dogma. In this session, we review several common nutrition myths, postulate their origins, review the science to refute them, and explore alternative messaging based on sound science. Among the topics covered are snacking, grilling meats, seafood safety, and nutrient density of produce based on color.

LEARNING OBJECTIVES:

1. List at least five health benefits of various white and brown fruits and vegetables.
2. Describe the snacking habits of Americans.
3. Identify the potential role of snacking on body weight.
4. Define advanced glycation end products and at least two of their metabolic effects.
5. List at least three health benefits of reducing sedentary behavior.

SUGGESTED CDR LEARNING CODES	1130, 2000, 4000, 4040; LEVEL 2
PERFORMANCE INDICATORS	2.1.8, 4.1.2, 6.2.5

Women and the Big Cs

Reducing Risk of Cancer and CVD

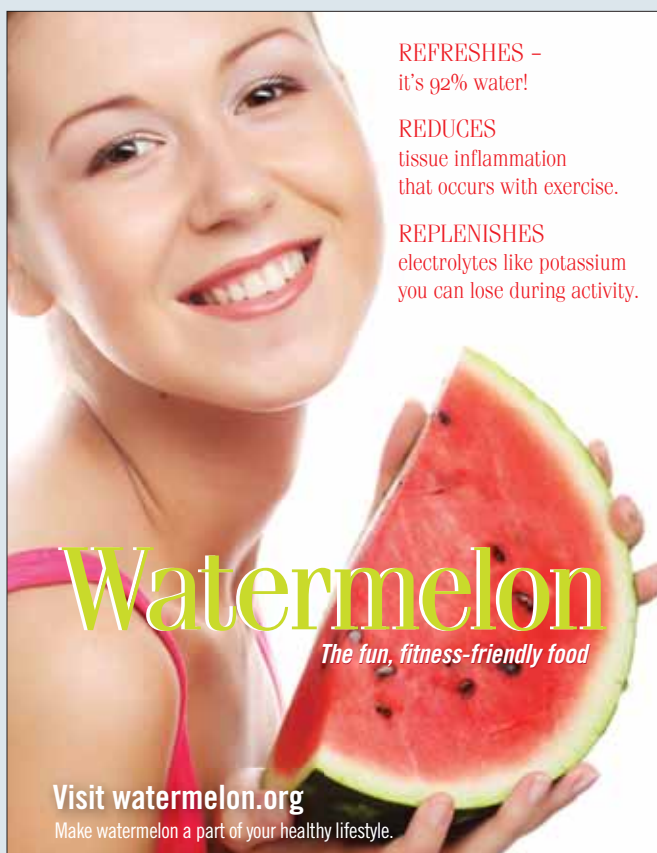
PRESENTER: Karen Collins, MS, RDN, CDN, FAND
Tuesday 3:45 – 5:15 PM (1.5 credits)

This session addresses current major recommendations to reduce cancer risk and promote cardiovascular health, focusing on cancers and aspects of cardiovascular health most relevant to women. Science and research behind the recommendations will be examined to help attendees develop patient-appropriate talking points to support nutrition counseling. Discussion will then synthesize this research into practical strategies women can use to promote overall health.

LEARNING OBJECTIVES:

1. Identify major evidence-based diet, weight control, and physical activity recommendations to reduce women's risk of cancer.
2. Explain how these cancer-prevention recommendations intersect with recommendations focused on women's cardiovascular health.
3. Describe practical strategies that can address women's unique needs in helping a patient or client create a realistic lifestyle that promotes health.

SUGGESTED CDR LEARNING CODES	4180, 4040, 5150, 5160; LEVEL 2
PERFORMANCE INDICATORS	6.2.3, 8.1.5, 8.3.6



REFRESHES –
it's 92% water!

REDUCES
tissue inflammation
that occurs with exercise.

REPLENISHES
electrolytes like potassium
you can lose during activity.

Watermelon

The fun, fitness-friendly food

Visit watermelon.org
Make watermelon a part of your healthy lifestyle.



SplendaProfessional.com

Support for you, your practice, and your clients

- FREE Samples & Coupons
- Patient education materials for weight management and diabetes
- Professional resources on the latest science

© 2016 Heartland Consumer Products LLC.
All rights reserved.



LOADED WITH RELENTLESSLY RAVENOUS,
FREE RADICAL-ANNIHILATING ANTIOXIDANTS.

Your health finally has a wingman: POM Wonderful 100% pure pomegranate juice. It's loaded with super-powerful antioxidants because it's made from the original super fruit—pomegranates. POM Wonderful. **CRAZY HEALTHY.**

WRITING WORKSHOP

From Practice to the Page

PRESENTERS: Constance Brown-Riggs, MEd, RD, CDE, CDN and Tamara Jefferies, MFA
Sunday 12:00 – 3:30 PM (3 credits)

In this two-part workshop, participants will learn how to bring their professional experience to larger audiences through writing for professional and popular publications—both print and digital. This workshop gives hands-on tips for identifying appropriate media outlets, writing pitches, crafting articles, and working with editors. Participants come away understanding how to pitch an article to digital and print publications.

The workshop includes work breaks that enable participants to actually practice developing ideas for publication. We will include an overview of tips that help writers reach their audiences. Participants will learn how to make their message compelling by writing with professionalism and personality. The following areas of the writing process will be explored in detail:

- Breaking in—discovering what you have to say
- Getting to know the editors—and the readers they work for
- Understand the mission of your publication
- Finding your focus
- Architecture: following formats and building your case
- Writing queries, stories on spec.

LEARNING OBJECTIVES (PART 1):

1. Describe how writing editorials can launch a freelance writing career.
2. Court and develop lasting relationships with editors.
3. Conduct an architectural analysis on print and digital media.
4. Develop at least one strong, newsworthy story concept.
5. Identify the six components of query letters that sell.

LEARNING OBJECTIVES (PART 2):

1. Verbalize seven ways to take writing from basic to brilliant.
2. Develop a blogging plan to position yourself as a subject matter expert.
3. Verbalize 10 elements of a compelling book proposal.
4. Better understand the business of freelance writing.

SUGGESTED CDR LEARNING CODES	1110, 1140, 7000, 7070; LEVEL 2
PERFORMANCE INDICATORS	2.1.4, 2.1.9, 3.1.3, 3.2.3



Constance Brown-Riggs and Tamara Jefferies

RECOMMEND VSL#3

A PROBIOTIC MEDICAL FOOD

FOR THE DIETARY MANAGEMENT OF IBS AND ULCERATIVE COLITIS

WHY RECOMMEND REFRIGERATED VSL#3?

- Refrigeration preserves the live bacteria and helps maintain high potency.
- Potency is clinically important.
 - Greater potency ensures that the bacteria survive natural barriers such as stomach acid and bile to colonize the intestine¹
 - 112 billion to 900 billion per serving

1. Bertazzoni, et al. *Journal of Chemotherapy*. 25.4 (2013): 193-212.

VSL#3 is a medical food and must be used under medical supervision. For more information, please visit www.vsl3.com

The Smartest Smoothie Add-In

888-234-5656 | www.carlsonlabs.com

A Special Invitation from

Today's Dietitian



We appreciate all of the nutrition professionals who have joined us at the 2016 Spring Symposium. As an extra bonus for being here this year, we're offering all 2016 Symposium attendees a special deal that we hope will extend the relationship you already have with *Today's Dietitian*.

Subscribe or renew your subscription for one year at the low regular price and we'll give you another year **FREE**. That's another full year of compelling and timely features, the latest on current research, and insights from some of the most respected dietitians in the field today—on us, just for being here.

To take advantage of this special Spring Symposium offer, visit www.todaysdietitian.com/subscribe and use the special code **TDSS16** to get your complimentary year.

Call For Presenters

2017 *Today's Dietitian* Symposium

Today's Dietitian invites you to share your expertise with your colleagues!

We are currently accepting abstracts for presentations at our 2017 Symposium. Individual or group proposals for 90-minute continuing professional education sessions will be accepted through July 31, 2016.

In your abstract, please provide a **written summary of no more than 250 words** setting forth a narrative overview of the proposed content of your presentation. Submissions should also include:

- Presenter's first and last name
- E-mail address
- Phone number
- Three to five Learning Objectives for the presentation
- One to four Suggested CDR Learning Need Codes and one to four Performance Indicators

Your abstract should be submitted as a Microsoft Word file via e-mail to **symposium@gvpub.com**.



SESSION DESCRIPTIONS

MEDIA WORKSHOP

Who Needs the Media?

Creative Solutions for Increasing Your Visibility and Building Your Brand

PRESENTER: Melissa Joy Dobbins, MS, RDN, CDE
Wednesday 8:30 AM – 12:00 PM (3 credits)

In this two-part workshop, participants will learn how to increase their visibility and build their brand by utilizing strategic alternatives to traditional media—specifically, online videos and radio podcasts. This workshop will provide hands-on tips, and participants will come away understanding how to create videos and/or radio podcasts to promote sound science, smart nutrition, and good food.

The workshop includes work breaks that enable participants to participate in hands-on activities in small groups utilizing worksheets and checklists.

The following areas of the creative and production process will be explored in detail:

- Finding your voice—your unique niche and concept
- Exploring on-camera and audio options to determine your best platform
- Understanding the skills needed—messaging, interviewing, show format, recording/editing
- Identifying the tools and technology needed—software, microphones, hosting sites
- Developing a successful launch and promotion strategy
- Accessing ongoing support and resources to sustain your efforts

LEARNING OBJECTIVES (PART 1):

1. Describe how online videos and radio podcasts can provide an effective alternative to traditional media outlets.
2. Explore and refine your brand/niche.
3. Identify which platform(s) are the best fit for your brand and messages.
4. Create meaningful and memorable content and messages.
5. Identify areas for skill development.

LEARNING OBJECTIVES (PART 2):

1. Determine specific tools and technology needed to produce on-camera videos and/or radio podcasts.
2. Develop an effective launch strategy.
3. Verbalize options for marketing and monetizing your show.
4. Identify resources and options for ongoing support.

SUGGESTED CDR LEARNING CODES	1070, 1090, 1130, 7070; LEVEL 2
PERFORMANCE INDICATORS	2.1.4, 3.2.3, 5.2.7, 11.3.6



CREDIT CLAIMING

Continuing Professional Education Credit



Today's Dietitian Spring Symposium has been approved for continuing professional education units (CPEUs), and *Today's Dietitian* is accredited as a CPE provider by the Commission on Dietetic Registration (CDR).

Approved CPEUs

To review suggested learning need codes, performance indicators, CPE levels, and session descriptions, please refer to pages 14–26 of this program guide.

Maximum CPEUs Possible Each Day:

Sunday, May 15:	_____	5.5
Monday, May 16:	_____	6.0
Tuesday, May 17:	_____	6.0
Wednesday, May 18:	_____	3.0

ACCESS CODE

Some online content is restricted to symposium attendees only. Use code **TDSS16** for pages including session evaluations and presentation handouts.

Certificate Access

Symposium certificates can be conveniently accessed and reprinted at any time from your online *Today's Dietitian* CE account.

HOW TO CLAIM YOUR CREDITS

Symposium certificates will not be awarded in person at the live event May 15-18, 2016 and will not be mailed or e-mailed to you after the event. You must complete a brief online evaluation for each session attended in order to obtain credit. You will receive an individual certificate for each session.

Evaluations can be completed online immediately following each session and will remain available for one year following the event. **All evaluations must be completed by May 19, 2017 in order to obtain continuing education credit.**

Log on to your account on **www.CE.TodaysDietitian.com**, click on the Symposium tab, and select the Credit Claiming dropdown for step-by-step instructions. You must be logged in to your *Today's Dietitian* CE Account and enter the **attendee access code TDSS16** to complete session evaluations. If you do not already have an account, you can create one for free.

Call 877-925-CELL (2355) Monday through Friday from 9 AM to 5 PM ET or e-mail symposium@gvpub.com with any questions.



PRIZE DRAWINGS

During our Keynote Session on Sunday, Monday morning's Breakfast Product Theater, and the Book & Product Showcases on Monday and Tuesday afternoon, we'll get your attention so we can give away items contributed by our sponsors and the Buena Vista Palace via the prize drawing schedule below.

All registered Symposium attendees will be eligible for these prize drawings, with the exception of our Grand Prize on Tuesday.

To be eligible to win our **Grand Prize**, a 3-day/2-night future stay at the Buena Vista Palace, attendees must complete the Book & Product Showcase form in your tote bag by having each sponsor mark their respective boxes.

To be included in the Grand Prize Drawing at 1:45 PM on Tuesday, your completed form must be dropped into the bin located at the podium where the drawings are announced. Incomplete forms will not qualify.

SUNDAY

PRIOR TO KEYNOTE ADDRESS

- 2 Taiyo Gift Boxes, includes product samples, t-shirt, Regular Girl water bottle & carabineer
- Dinner for 2 at Letterpress
- 2 Pair of WDW Park Hopper passes

MONDAY

7:30 AM – BREAKFAST PRODUCT THEATER

- Several Taiyo Gift Boxes, includes product samples, t-shirt, and Regular Girl water bottle & carabineer
- Dinner for 2 at Letterpress

1:15 PM – BOOK & PRODUCT SHOWCASE

- Dinner for 2 at Letterpress
- California Raisins Gift Pack, includes apron, whisk, spatula, hat, and raisin plushy
- Taiyo Gift Box, includes product samples, t-shirt, and Regular Girl water bottle & carabineer
- Canned Food Basket, courtesy of the Canned Food Alliance

1:45 PM – BOOK & PRODUCT SHOWCASE

- Dinner for 2 at Letterpress
- *Disease-Proof: The Remarkable Truth About What Makes Us Well*, a book by Dr. David Katz
- Zing Water Bottle & Zing Zero
- \$150 Amazon card, courtesy of California Strawberries

TUESDAY

1:15 PM – BOOK & PRODUCT SHOWCASE

- California Raisins Gift Pack, includes apron, whisk, spatula, hat, and raisin plushy
- Taiyo Gift Box, includes product samples, t-shirt, and Regular Girl water bottle & carabineer
- One Week of Meals, courtesy of LUVUO

1:45 PM – BOOK & PRODUCT SHOWCASE

- *Disease-Proof: The Remarkable Truth About What Makes Us Well*, a book by Dr. David Katz
- Zing Water Bottle & Zing Zero
- **GRAND PRIZE: 3-DAY/2-NIGHT STAY AT THE BUENA VISTA PALACE HOTEL & SPA**



See Y'All in New Orleans, 2017!

Make plans to join us for our 4th Annual Symposium from May 21 – 24, 2017 as we bring our event to the heart of New Orleans' French Quarter at the Astor Crowne Plaza Hotel. Our prime location has you steps away from the culinary, entertainment, and cultural experiences that make the Crescent City a truly unique destination.

ADVANCED REGISTRATION IS NOW OPEN

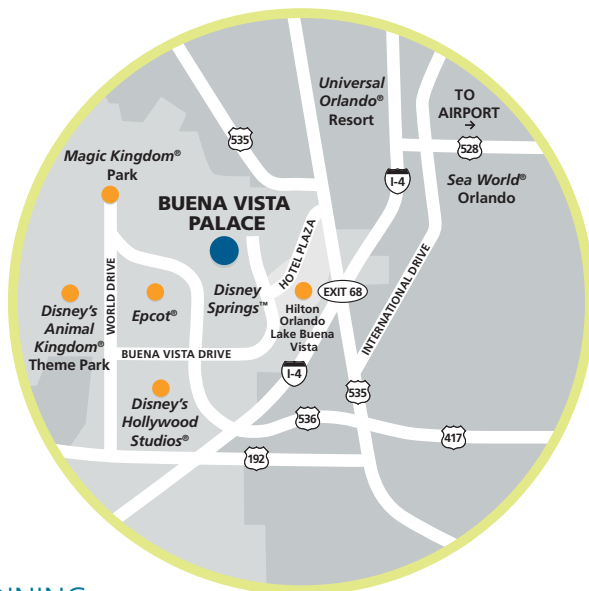
For a **LIMITED TIME ONLY**, registration is only **\$199.00!** This will be the lowest rate offered and is **HALF OFF** the regular registration price.



Today's Dietitian
SPRING SYMPOSIUM



Visit the onsite registration desk in Orlando to register **NOW** and receive a free course to take at any time, or go to www.gvpub.com/subscribe/SS17.



Buena Vista Palace

HOTEL DINING

Letterpress Restaurant

The resort's casual dining facility offers American comfort cuisine with a southern flair that uses ingredients that are locally sourced, sustainable, and seasonal. *Vegetarian and gluten-free menu options are available.*

BREAKFAST: 7 AM – 11 AM; LUNCH: 11 AM – 3 PM; DINNER: 5 PM – 10 PM

Fresh & Fast Market

This convenient market serves Starbucks® beverages with both grab & go and made-to-order foods.

OPEN DAILY: 6 AM – MIDNIGHT

One80 Sportgrill & Bar

Visit this relaxed sports bar for American fare, craft beer, & cocktails.

WEEKDAYS: 5:30 PM – 1:30 AM; WEEKENDS: 12 PM – 1:30 AM

POOLS

While the resort works to renovate the main pool area, enjoy two convenient alternatives:

Buena Vista Palace Spa Pool

This convenient outdoor pool can accommodate approximately 75 guests and has an extended patio with lounge chairs and two shaded hot tub areas.

Hilton Orlando Lake Buena Vista Pool

Guests have complimentary access to the larger pool at this sister location. The hotel bell staff will provide shuttle service upon request, or it's an easy, 10-minute walk.

FITNESS CENTER

Enjoy 24/7 access to the newly renovated fitness center featuring state-of-the-art equipment.

DISNEY SPRINGS

The resort is conveniently located across from Disney Springs within walking distance of 75 shops, dining, and entertainment venues. It is also home to the World of Disney®, the world's largest Disney character store and the perfect location for souvenirs.

DISCOUNT DISNEY TICKETS

Symposium attendees receive a discounted conference rate on afternoon/evening park passes and multiday passes. See the hotel concierge for more information and mention you're with *Today's Dietitian*.

COMPLIMENTARY DISNEY SHUTTLE

Attendees can enjoy complimentary shuttle service to Disney theme parks including Magic Kingdom, Epcot, Hollywood Studios, and Animal Kingdom. Buses depart every 30 minutes beginning one hour prior to park opening. Buses are also available to Disney Springs starting at 6 PM. See the on-site bus schedule for more information.



Letterpress Restaurant



Letterpress Restaurant



Buena Vista Palace Spa Pool

Put the
HARDEST WORKING
NUT[™]
to work for your clients



Why do we call California Walnuts
“The Hardest Working Nut[™]”?
Well, they’re the only nut rich in the
essential omega-3 fatty acid ALA
and they provide protein, fiber, and
good fats with no cholesterol or
sodium. Can you think of another
nut that does all that? For complete
nutritional information, educational
resources and great recipes,
visit walnuts.org.



the hardest working nut[™]



Per one ounce serving

Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant based omega-3. Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines.



Feast your eyes on nutrition

Looks good, right? That's because we insist on fresh ingredients like sweet mangos, whole grain organic brown rice, and tender chicken raised without antibiotics. But you won't see excess sodium and sugar, or artificial colors, sweeteners and flavors. We work hard to fill every recipe with all-around goodness so you can worry about the important stuff—like which delicious meal to try.



Find us in the freezer aisle to get your #DailyGoodness.

LEARN MORE AT LUVOINC.COM
FOLLOW US @LUVOINC