

Tropicana
LAS VEGAS



2014

Today's Dietitian

SPRING SYMPOSIUM

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MAY 18-20, 2014 LAS VEGAS, NEVADA

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GOOD MORNING



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RISE&THRIVE

WELCOME RECEPTION

SUNDAY, 7 - 9 PM, BEACH CLUB //

If you're arriving in Vegas prior to Sunday evening, please join us from 7 - 9 PM in the Trop's amazing Beach Club for our Symposium Welcome Reception. Drinks and hors d'oeuvres will be served as we get together for an intimate preshow party and networking opportunity.

KEYNOTE SPEAKER

Dr. Brad Nieder

MONDAY, 7:30 - 8:15 AM, COHIBA 8 & 9 //

The Healthy Humorist™ blends health care humor with wellness advice and an uplifting message. Audiences find his "Laughter Is the Best Medicine" program entertaining and inspiring (and informative, too). "Without being boring," says Dr. Brad, he'll explain how laughter really is good medicine for managing pain, enhancing immune system function, reducing stress, and more.

NDA Poster Session

SUNDAY, 6 - 7 PM, MONTECRISTO 1 & 2 //

The Nevada Dietetic Association is making its annual poster session available to attendees of the *Today's Dietitian* Spring Symposium. Posters will be displayed in Montecristo 1 and 2. Poster presenters will be available to discuss their posters during this time.



Please direct all questions regarding the poster session to Laura J. Kruskall, PhD, RDN, CSSD, LD, FACS, director of nutrition sciences at the University of Las Vegas at laura.kruskall@unlv.com, or Aurora Buffington, MS, RDN, LD, president elect of the Nevada Dietetic Association, at buffington@snhdmail.org.



AM Yoga

TUESDAY, 7 - 8 AM, WEDDING CHAPEL COURTYARD //

Start day 2 of the Symposium with an invigorating yoga session with Las Vegas yogini Angie Negrete-Markle set in a scenic outdoor courtyard, complete with fresh flowers and the soothing sounds of the waterfall below. After the class, grab a quick nutritious breakfast.

Book & Product Showcase

SUNDAY, 5 - 7 PM, MONDAY & TUESDAY, 2:45 - 3:15 PM, MONTECRISTO 3 & 4 //

Meet our session speakers one-on-one to discuss their latest books and the philosophies behind them. Also, this networking opportunity will include a chance to sample the latest products from our sponsor companies. Be sure to make this a part of your Spring Symposium experience.

Schedule

MONDAY & TUESDAY →

Sunday, May 18

TIME	EVENT	ROOM
3:00 PM - 4:00 PM	NDA Business/Board Meeting	Montecristo 1/2
4:00 PM - 5:30 PM	NDA Annual Meeting and Awards	Montecristo 1/2
5:00 PM - 6:00 PM	Registration, Tote Bag Pickup, Product Showcase	Montecristo 3/4
6:00 PM - 7:00 PM	NDA Poster Session	Montecristo 1/2
	Registration, Tote Bag Pickup, Product Showcase	Montecristo 3/4
7:00 PM - 9:00 PM	Welcome Reception, NDA Silent Auction	Beach Club

Monday, May 19

TIME	EVENT	INSTRUCTOR/SPEAKER	ROOM
7:00 AM - 8:30 AM	Keynote Breakfast	Dr. Brad Neider	Cohiba 8/9
8:45 AM - 10:15 AM	Fad Diets <i>Dissecting the Hype and the Science</i>	Toby Amidor, MS, RD, CDN	Cohiba 8/9
10:15 AM - 10:45 AM	BREAK		Montecristo 3/4
10:45 AM - 12:15 PM	Plant-Powered for Life	Sharon Palmer, RD	Cohiba 11
	Diabetes and Heart Disease	Jill Weisenberger, MS, RD, CDE	Cohiba 10
	Social Media 2.0 <i>Dietitians Investing in the Blogosphere</i>	Robin Plotkin, RD, LD	Montecristo 1/2
12:15 PM - 1:15 PM	LUNCH		Cohiba 8/9
1:15 PM - 2:45 PM	Inspirational Leadership	Becky Dorner, RDN, LD, FAND	Cohiba 11
	The Diabetes-Cancer Connection	Karen Collins, MS, RDN, CDN	Cohiba 10
	Retail Dietetics Careers <i>The Next Frontier</i>	Barbara Ruhs, MS, RD, LDN	Montecristo 1/2
2:45 PM - 3:15 PM	BREAK/BOOK & PRODUCT SHOWCASE		Montecristo 3/4
3:15 PM - 4:45 PM	Health Benefits of Spices Around the World and Flavor Trends for 2014	Constance Brown-Riggs, MSEd, RD, CDE, CDN	Cohiba 11
	Popular Dietary Supplements <i>A Common Cause for Concern</i>	Dana Angelo White, MS, RD, ATC	Cohiba 10
	Affect Change <i>Today's Dietitian and Food Marketing and Promotion</i>	Jenna A. Bell, PhD, RD	Montecristo 1/2
5:00 PM - 6:00 PM	Professional Development Roundtable <i>A Dialogue on Business Development</i>		Cohiba 8/9

Tuesday, May 20

TIME	EVENT	INSTRUCTOR/SPEAKER	ROOM
7:00 AM - 8:00 AM	Yoga	Angie Negrete-Markle, RYT 200	Wedding Chapel Courtyard
8:45 AM - 10:15 AM	Diabetes: Common but Complicated	Jill Weisenberger, MS, RD, CDE	Cohiba 8/9
10:15 AM - 10:45 AM	BREAK		Montecristo 3/4
10:45 AM - 12:15 PM	Using Social Media to Communicate Health Messages and Promote the RD	Robin Plotkin, RD, LD	Cohiba 11
	Cooking Tips for Shortfall Nutrients	Dana Angelo White, MS, RD, ATC	Cohiba 10
	Bananas and Granola Bars	Becky Dorner, RDN, LD, FAND	Montecristo 1/2
12:15 PM - 1:15 PM	LUNCH		Cohiba 8/9
1:15 PM - 2:45 PM	"But I Saw It on the Internet!" <i>Helping People Distinguish Evidence-Based Strategies to Reduce Cancer Risk from Anecdotal Hearsay</i>	Karen Collins, MS, RDN, CDN	Cohiba 11
	Eating for the Everyday Ironman	Jenna A. Bell, PhD, RD	Cohiba 10
	RDs Get Sustainable	Sharon Palmer, RD	Montecristo 1/2
2:45 PM - 3:15 PM	BREAK/BOOK & PRODUCT SHOWCASE		Montecristo 3/4
3:15 PM - 4:45 PM	Lactose Intolerance <i>Myths and Reality</i>	Toby Amidor, MS, RD, CDN	Cohiba 11
	Supermarket Nutrition & Public Health Resources for Today's Dietitian	Barbara Ruhs, MS, RD, LDN	Cohiba 10
	Diabetes in the African American Population <i>Shortening the Cultural Distance and Improving Outcomes</i>	Constance Brown-Riggs, MEd, RD, CDE, CDN	Montecristo 1/2
5:00 PM - 6:00 PM	Professional Development Roundtable <i>Positioning Yourself as a Voice of the Profession</i>		Cohiba 8/9

Affect Change

Today's Dietitian and Food Marketing and Promotion

INSTRUCTOR: Jenna A. Bell, PhD, RD

Monday, 3:15 - 4:45 PM

➤ Today's consumers look for foods that are valuable to their health, and the media and food industry are responding. Because of this, RDs have the power to ensure that consumers are getting evidence-based messages that will help them make educated, nutritious food choices. Explore opportunities for today's dietitians in food promotion, marketing, media, and industry through understanding more about their roles in these areas and how consumer trends and marketing research affect industry and media.

Developed for practicing RDs, dietetic students, or individuals hoping to make a professional change, this session will discuss ways to better communicate with consumers and health care professionals, the relationship between policy and industry, and how dietitians can effectively influence change.

After attending this session, nutrition professionals should be better able to:

(1) Identify potential job opportunities for RDs in public relations, marketing, and within the food industry. (2) Identify how the professional scientific and health care communities can influence policy and industry. (3) Describe how to develop consumer and health care professional messages. (4) Describe how policy and science affect industry. (5) Position themselves as assets in public relations, marketing, and industry.

SUGGESTED CDR LEARNING CODES 1000, 1010, 1070, 1090; LEVEL 2

Bananas and Granola Bars

INSTRUCTOR: Becky Dorner, RDN, LD, FAND

Tuesday, 10:45 AM - 12:15 PM

➤ Instructor Becky Dorner discovered her 89-year-old mother's unhealthy eating patterns while visiting her for a week. Her mother has dementia, so she munches when she's hungry and can't remember when it's mealtime. She doesn't remember how to use the microwave to heat a meal, nor does she remember that she had a lunch date planned with her daughter in just 10 minutes. Thus, she's full of bananas and granola bars when Becky arrives, with no room for a healthful lunch.

Unfortunately, this is a familiar story for many families who care for older adults striving to live independently at home, and the negative consequences of poor nutrition in this population can be rapid and substantial. Food and nutrition insecurity and diminished ability to prepare healthful meals coupled with food-medication interactions, anorexia, gastrointestinal issues, poor dentition, and difficulty chewing and swallowing can create complications such as unintended weight loss, malnutrition, sarcopenia, and frailty that lead to hospitalization and the risk of institutionalization.

If used early, simple nutrition interventions can keep people living independently longer—and isn't that what most people want?

After attending this session, nutrition professionals should be better able to:

(1) Identify appropriate nutrition screening tools for each care setting. (2) Determine individualized nutrition interventions for common nutrition problems in older adults, such as unintended weight loss, malnutrition, and dysphagia. (3) Identify resources to improve patients/clients' nutritional status.

SUGGESTED CDR LEARNING CODES 5000, 5020, 5030, 5040, 5050; LEVEL 2

"But I Saw It on the Internet!"

Helping People Distinguish Evidence-Based Strategies to Reduce Cancer Risk from Anecdotal Hearsay

INSTRUCTOR: Karen Collins, MS, RDN, CDN

Tuesday, 1:15 - 2:45 PM

➤ People are inundated with information about diet and lifestyle changes to reduce cancer risk, but much of it is based on anecdotal stories or single studies. How can RDs help people focus on the choices most likely to make a difference? In this session, current research and a review of evidence-based recommendations regarding diet, weight, and physical activity to reduce cancer risk will be discussed.

RDs will also be provided with an action plan to help their clients focus on nutritional changes that show the greatest promise in reducing cancer risk and key practical messages to share about putting research into practice.

After attending this session, nutrition professionals should be better able to:

(1) Identify and explain the diet and lifestyle factors most strongly linked to cancer risk. (2) Develop a working knowledge of recommendations to lower cancer risk through healthy diet, weight management, and physical activity. (3) Develop key messages relevant to patients, clients, and the general public that explain the eating and lifestyle choices most important to lower cancer risk. (4) Discuss how to focus on lifestyle choices with greatest impact and respond to misinformation.

SUGGESTED CDR LEARNING CODES 2000, 4000, 4040, 5150, 9020; LEVEL 2

Cooking Tips for Shortfall Nutrients

INSTRUCTOR: Dana Angelo White, MS, RD, ATC

Tuesday, 10:45 AM - 12:15 PM

➤ It's well established that a significant portion of the population fails to consume enough fiber, vitamin D, calcium, iron, and omega fatty acids. But how can RDs effectively counsel clients to incorporate foods containing these essential nutrients into their diets? Merely telling clients to eat more of these nutrients isn't a practical strategy for introducing eating behaviors that can positively impact client health and does nothing to help them make long-term changes. This session will provide specific, practical tips to help RDs demonstrate fun and unique ways to include shortfall nutrients into meal planning and recipes.

After attending this session, nutrition professionals should be better able to:

(1) Identify common shortfall nutrients and discuss their impact on health. (2) Recognize current statistics and trends relating to shortfall nutrient intake. (3) Develop ways to include shortfall nutrients into meal plans and recipes. (4) Enact strategies for encouraging patients to eat more foods that contain shortfall nutrients.

SUGGESTED CDR LEARNING CODES 1000, 2020, 8060, 8090; LEVEL 2





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Diabetes: Common but Complicated

INSTRUCTOR: Jill Weisenberger, MS, RD, CDE

Tuesday, 8:45 - 10:15 AM

➤ Although diabetes is common and widely reported on, the disease and strategies to control it are more complicated than many understand. RDs frequently have questions about current diabetes research and literature. For instance, can weight loss cure type 2 diabetes? What are advanced glycation end products, and how do they affect diabetes? Is blood glucose monitoring helpful for people who don't use insulin? This session identifies several aspects of diabetes care that can be confusing for health professionals and/or patients, and reviews the science and practical applications surrounding these topics.

After attending this session, nutrition professionals should be better able to: (1) Define advanced glycation end products (AGEs). (2) Identify at least three ways to help patients with diabetes reduce their AGE intake. (3) Identify when snacks are appropriate and inappropriate for patients with diabetes. (4) Identify the benefits and limitations of weight loss among patients with diabetes. (5) Identify at least one advantage and one disadvantage of using the glycemic index among patients with diabetes.

SUGGESTED CDR LEARNING CODES 5190, 5370; LEVEL 2

The Diabetes-Cancer Connection

INSTRUCTOR: Karen Collins, MS, RDN, CDN

Monday, 1:15 - 2:45 PM

➤ A major consensus report and many studies link type 2 diabetes with an increased risk of developing several types of cancer. Some studies raise questions that can be challenging for nutrition professionals to address. This session will provide an overview of the research and examine practical intersections of evidence-based dietary recommendations for diabetes control/prevention and reducing cancer risk. The discussion will include specific food choices and strategies that can be woven together into workable, effective dietary and lifestyle patterns as part of a new paradigm for promoting health.

After attending this session, nutrition professionals should be better able to: (1) Describe the association of type 2 diabetes and cancer risk, and identify at least three proposed metabolic mechanisms for the link. (2) Identify six major evidence-based diet, weight control, and physical activity recommendations to reduce cancer risk or its recurrence, and explain how they intersect with recommendations to reduce the risk of or control type 2 diabetes. (3) Explain how research related to nutrition and cancer risk can be integrated into nutrition therapy strategies for type 2 diabetes and prediabetes. (4) Describe how understanding diabetes-related cancer risk may change how RDs care for and educate patients with diabetes or prediabetes.

SUGGESTED CDR LEARNING CODES 2000, 4000, 4040, 5190; LEVEL 2

Diabetes and Heart Disease

INSTRUCTOR: Jill Weisenberger, MS, RD, CDE

Monday, 10:45 AM - 12:15 PM

➤ Studies suggest that people with diabetes have the same risk of suffering a heart attack as those without diabetes who already have had a heart attack. This troubling correlation between diabetes and heart disease shows that RDs must be vigilant in stressing heart health for patients living with diabetes. This session reviews the link between diabetes and heart disease, discusses

practice recommendations by the American Diabetes Association, and identifies strategies for heart disease prevention and treatment among people with diabetes.

After attending this session, nutrition professionals should be better able to: (1) Identify and quantify the increased risk of heart disease among people with diabetes. (2) Identify at least three ways to help people with diabetes lower their risk of heart disease. (3) Identify the most recent American Diabetes Association practice recommendations to reduce the risk of heart disease among people with diabetes. (4) Identify resources for teaching the relationship between diabetes and heart disease.

SUGGESTED CDR LEARNING CODES 4040, 5160, 5190; LEVEL 2

Diabetes in the African American Population

Shortening the Cultural Distance and Improving Outcomes

INSTRUCTOR: Constance Brown-Riggs, MEd, RD, CDE, CDN

Tuesday, 3:15 - 4:45 PM

➤ Of the 25.8 million people who have been diagnosed with diabetes in the United States, almost 5 million are African Americans. In fact, one-quarter of African Americans between the ages of 65 and 74 have the disease as well as one-quarter of African American women older than 55. And this population suffers greater consequences from the complications of diabetes.

Diabetes not only affects African Americans in genetically or physiologically different ways, but they also cope with the disease within a particular cultural context. Their approach to diet and exercise, eating habits, relationships with caregivers, and even spirituality and behavior patterns are unique, and they all impact how they approach their disease diagnosis and manage their health.

This session will provide insights into the reasons for diabetes health disparities in the African American population, strategies useful for helping to motivate behavior change in African Americans with diabetes, and how to identify the food choices, taste, and predilections of people of African heritage (Africa, Caribbean, and West Indies).

After attending this session, nutrition professionals should be better able to: (1) Recognize health disparities in the African American population. (2) Describe the five constructs of cultural competence. (3) Identify the food choices, tastes, and predilections of people of African heritage. (4) Identify five strategies useful for helping to motivate behavior change in African Americans.

SUGGESTED CDR LEARNING CODES 1040, 5000, 5190, 6000; LEVEL 2



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Eating for the Everyday Ironman

INSTRUCTOR: Jenna A. Bell, PhD, RD

Tuesday, 1:15 - 2:45 PM

➤ The number of people boasting the Ironman M-Dot symbol continues to grow each year. Individuals embarking on the long training road to the Ironman vary in fitness level, age, and athletic background. Not all finishers are former college stars or professional cyclists; most are hard-working age-groupers. While the nutritional needs of an elite racer and an age-grouper overlap to some extent, there are often additional challenges and considerations for nonprofessional athletes.

This session will provide an overview of today's Ironman and walk through the unique nutritional needs before, during, and after the race and will address the possible challenges faced by the last athletes to finish. This session will also explore ways in which RDs can translate Ironman nutrition strategies into useful tools for non-triathletes. Developed by an age-grouper, this session is for the sports dietetic enthusiast, dietetic student, or private practice RD working with clients who want to hear "You are an Ironman" as they cross the finish line.

After attending this session, nutrition professionals should be better able to:

- (1) Discuss and describe the nonelite athlete, or everyday Ironman, and list his or her unique nutritional needs. (2) Develop a realistic nutrition plan for the nonelite athlete. (3) Describe the challenges of a nonelite athlete (eg, hyponatremia). (4) Apply the scientific evidence and anecdotal insights to their nonelite athlete training regimens.

SUGGESTED CDR LEARNING CODES 3020, 4060; LEVEL 2

Fad Diets

Dissecting the Hype and the Science

INSTRUCTOR: Toby Amidor, MS, RD, CDN

Monday, 8:45 - 10:15 AM

➤ Dietitians invariably will field many questions relating to fad diets and trendy eating patterns because of their prominence. Therefore, it's important for dietitians to familiarize themselves with the pros and cons of the latest diets so they can provide sound clinical advice to patients and clients. This session will provide an up-to-date overview of the most popular dieting trends together with a discussion of current scientific studies relating to the eating patterns involved in these trends.

After attending this session, nutrition professionals should be better able to:

- (1) Explain to clients and patients the pros and cons of the most popular fad diets. (2) Understand the latest research on and science related to the most popular fad diets. (3) Respond to clients and patients' questions and concerns regarding popular fad diets.

SUGGESTED CDR LEARNING CODES 4000, 5370, 9050; LEVEL 2

Health Benefits of Spices Around the World and Flavor Trends for 2014

INSTRUCTOR: Constance Brown-Riggs, MEd, RD, CDE, CDN

Monday, 3:15 - 4:45 PM

➤ Historically, cultures around the world have used spices to improve health and ward off disease. With the advent of modern medicine, the use of spices for medicinal purposes became the alternative. Today, as chronic diseases such as diabetes and cancer continue to soar, people are taking a second look at the health benefits associated with spices. Can they reduce inflammation, the

underlying cause of many disease states? Can a diet that includes herbs and spices contribute to better overall health?

As scientists uncover the evidence to answer these questions, their discoveries are influencing the emerging trends that are shaping the use of spices in 2014 and beyond. This session will discuss the latest evidence on the health and healing properties of herbs and spices, and identify the top five flavor and food trends from around the world.

After attending this session, nutrition professionals should be better able to:

- (1) Discuss the historical uses of herbs and spices. (2) Identify current evidence on the health benefits of spices. (3) Delineate the advantages of using spices to enhance flavor. (4) Identify how science impacts flavor trends.

SUGGESTED CDR LEARNING CODES 2000, 5000, 8015, 8060; LEVEL 2

Inspirational Leadership

INSTRUCTOR: Becky Dorner, RDN, LD FAND

Monday, 1:15 - 2:45 PM

➤ In this rapidly changing and increasingly competitive world, leadership skills are in great demand. If RDs want to drive change in their organizations, shape their profession, be considered trailblazers, or be successful at any level of their organizations, they must be able to lead, inspire, and empower people to take action to achieve a common goal. This presentation will help RDs discover their strengths as leaders; define methods to build on those strengths; realize how their organizations' vision, mission, and values are essential to success; determine ways to engage others to assist in achieving the vision; and take action toward the organization's goals so RDs can create a dramatic impact in areas that are important for success and fulfillment in their lives and careers.

After attending this session, nutrition professionals should be better able to:

- (1) Identify the benefits of leadership that relate to their desired goals. (2) Define three avenues for engaging others in their organizations' vision, mission, strategies, and goals. (3) Create a plan of action that identifies personal leadership skills, including strengths and areas for development and/or advancement of personal leadership skills.

SUGGESTED CDR LEARNING CODES 1000, 1070; LEVEL 2

Lactose Intolerance

Myths and Reality

INSTRUCTOR: Toby Amidor, MS, RD, CDN

Tuesday, 3:15 - 4:45 PM

➤ Approximately 30 million Americans have been identified as lactose intolerant. Although the condition affects a large segment of the population, many myths surround lactose intolerance, and clients and patients often develop misunderstandings related to it. This session will provide a current review of the known symptoms and causes of lactose intolerance as well as information about its diagnosis. The session will also address and debunk several popular myths related to lactose intolerance and provide practical advice for advising clients and patients who must manage the condition.

After attending this session, nutrition professionals should be better able to:

- (1) Explain to clients and patients with lactose intolerance the importance of including real dairy as part of lactose intolerance management. (2) Debunk common myths surrounding dairy avoidance. (3) Provide practical lactose intolerance management tips and techniques. (4) Respond to client and patient questions regarding lactose intolerance.

SUGGESTED CDR LEARNING CODES 5000, 5090, 5110; LEVEL 2

Plant-Powered for Life

INSTRUCTOR: Sharon Palmer, RD

Monday, 10:45 AM - 12:15 PM

➤ RDs will learn the latest science on the health benefits of a plant-based diet, including vegan, vegetarian, and plant-based omnivorous eating styles. Learn the basics for promoting a balanced, plant-based eating style among patients and clients. In addition, Sharon will share some of her favorite culinary tips and techniques for taking on a delicious, whole-foods diet based on traditional, global flavors.

After attending this session, nutrition professionals should be better able to:

(1) Understand what's driving the growing popularity of plant-based diets in America and the latest scientific evidence that links improved health and nutrition outcomes to a diet high in fruits, vegetables, whole grains, and plant-based protein and calcium and featuring healthy nuts, seeds, herbs, and spices. (2) Identify the principles behind plant-based diets and learn how to advise clients and patients to shift toward a more plant-based way of eating. (3) Access online resources providing plant-powered promotional materials for use in medical nutrition therapy, disease prevention, and community health initiatives. (4) Develop a list of at least 10 simple tips anyone can use to improve their intake of whole plant foods.

SUGGESTED CDR LEARNING CODES 2010, 4010, 4040, 5460; LEVEL 2

Popular Dietary Supplements

A Common Cause for Concern

INSTRUCTOR: Dana Angelo White, MS, RD, ATC

Monday, 3:15 - 4:45 pm

➤ Visit any gym or athletic training facility, and you will see distinct evidence of the popularity of supplements and performance enhancers. While these items are widely used, their manufacture and quality control isn't widely regulated. As a result, athletes who utilize supplements and performance enhancers without close supervision are putting themselves at risk for harm and banned substance violations. This session will explore current hot topics in the supplement industry and discuss the dangers of various multivitamins, recovery products, stimulants, and energy drinks. Attendees will learn strategies for counseling clients who may be inclined to utilize these items as well as what RDs can do to help keep their athletes and active clients safe.

After attending this session, nutrition professionals should be better able to:

(1) List mechanisms to describe how and why dietary supplements can be dangerous. (2) Identify and discuss with clients and patients currently popular dietary supplements. (3) Develop evidence-based strategies for counseling clients and patients who may be inclined to use dietary supplements (4) Establish tactics for vetting dietary supplements for safety and effectiveness.

SUGGESTED CDR LEARNING CODES 1000, 3100, 4000, 4060, 6000; LEVEL 2



RDs Get Sustainable

How to Promote Sustainability in Your Practice

INSTRUCTOR: Sharon Palmer, RD

Tuesday, 1:15 - 2:45 PM

➤ Dietitians are taking on a larger role in the food system conversation as they help their clients develop a more sustainable eating pattern for individual health as well as the health of the planet. Attendees will be inspired by the key lessons for promoting sustainability in the kitchen, including the issues of organics, local food systems, food choices, and carbon footprint.

After attending this session, nutrition professionals should be better able to:

(1) Understand the connection between our dietary habits and carbon footprint. (2) Identify at least three methods of employing sustainability in your dietetic practice. (3) Distinguish the best and worst dietary choices in terms of environmental impact. (4) Apply at least three key strategies for incorporating more sustainable practices in the kitchen.

SUGGESTED CDR LEARNING CODES 2000, 4000, 6000, 8000, 8018; LEVEL 2

Retail Dietetics Careers

The Next Frontier

INSTRUCTOR: Barbara Ruhs, MS, RD, LDN

Monday, 1:15 - 2:45 PM

➤ The increase in the number of supermarkets employing RDs has presented an exciting new employment segment within the dietetics profession. While all supermarket dietitians share the common goal of assisting people in making better food choices, the skill sets necessary to land a job as a supermarket dietitian include not only dietetics but also marketing, public relations, sales, merchandising, communications, clinical expertise, and public health. This session will examine the trends related to this new career path and examine ways to build the skill set necessary to land a job in this setting.

After attending this session, nutrition professionals should be better able to:

(1) Discuss the varying roles and duties fulfilled by supermarket dietitians. (2) Identify nutrition programs available in supermarkets to inspire clients toward improved health. (3) Identify the recommended skills, knowledge, and training required to be successful as a supermarket dietitian. (4) Develop a strategy for pitching their professional services to supermarkets.

SUGGESTED CDR LEARNING CODES 1010, 1070, 1130, 4020, 7010, 7050, 7150; LEVEL 2

Social Media 2.0

Dietitians Investing in the Blogosphere

INSTRUCTOR: Robin Plotkin, RD, LD

Monday, 10:45 - 12:15 PM

➤ Regardless of their niche, the blogging community can be a powerful ally and marketing tool for dietitians' businesses. This session will explore how to utilize social media, specifically the blogging community, to generate free press and additional referrals and to improve RDs' bottom line. This session will appeal to those with novice, intermediate, and advanced social media skills.

After attending this session, nutrition professionals should be better able to:

(1) Discuss the role of blogs in influencing consumers' decision making. (2) Identify five potential benefits of partnering with bloggers. (3) Design a plan of action for partnering with a blogger, including identifying the potential partner, defining goals of the partnership, and developing an implementation strategy.

SUGGESTED CDR LEARNING CODES 1000, 1020, 1090, 1140, 7000, 7070, 7120; LEVEL 2

Supermarket Nutrition & Public Health Resources for Today's Dietitian

INSTRUCTOR: Barbara Ruhs, MS, RD, LDN

Tuesday, 3:15 - 4:45 PM

➤ More and more supermarkets are employing dietitians, which is an exciting trend not only for consumers but also for other RDs. Retail dietitians are uniquely positioned to assist RDs in helping patients shop smarter, cook healthier, and make choices to support better health and nutrition. In this session, RDs will learn specific strategies for utilizing their local supermarket as a resource to help improve their patient care.

After attending this session, nutrition professionals should be better able to: (1) Recognize the potential impact of supermarkets on improving public health. (2) Discuss the varying roles and duties fulfilled by supermarket dietitians. (3) Identify nutrition programs available in supermarkets to inspire clients and patients toward improved health. (4) Discuss selling strategies and promotion tactics used by retailers to influence consumers.

SUGGESTED CDR LEARNING CODES 1070, 4020, 7050, 7120, 7210, 8120; LEVEL 2

Using Social Media to Communicate Health Messages and Promote the RD

INSTRUCTOR: Robin Plotkin, RD, LD

Tuesday, 10:45 - 12:15 PM

➤ The modern population is comfortable receiving and retaining information visually and in sound bites, so RDs' opportunities to connect with them is literally at their fingertips. In this session, attendees will learn why social media messaging is particularly effective in communicating health information. In addition to providing practical strategies for utilizing social media to help guide clients to better health, this session will highlight how RDs can position themselves as nutrition and wellness experts, thereby promoting and elevating the profession.

After attending this session, nutrition professionals should be better able to: (1) Identify the advantages of and challenges to utilizing social media to communicate health messages. (2) Understand and develop the skills needed to effectively communicate through social media. (3) Create a health messaging dialogue with patients, clients, and the community using social media. (4) Design a plan of action to utilize social media to highlight themselves as nutrition experts and strengthen their professional network.

SUGGESTED CDR LEARNING CODES 1000, 1020, 1090, 1140, 7000, 7070, 7120; LEVEL 2

Roundtables

Professional Development Roundtable

A Dialogue on Business Development

Monday, 5:00 - 6:00 PM

➤ Dietetics is a continuously evolving profession that provides many unique opportunities to excel in a variety of business settings. In this session, attendees will be able to participate in a discussion with leading experts whose business skills have allowed them to excel in their careers.

After attending this session, nutrition professionals should be better able to: (1) Discuss strategies for building skills that translate into effective business development. (2) Identify opportunities for professional growth. (3) Seek out available avenues for career enhancement. (4) Select resources from which to acquire continued business development skills

SUGGESTED CDR LEARNING CODES 1010, 1070, 7000, 7070; LEVEL 2

Professional Development Roundtable

Positioning Yourself as a Voice of the Profession Through Writing and Speaking

Tuesday, 5:00 - 6:00 PM

➤ Patients, clients, and the public are hungry for health information. By seeking out writing and speaking engagements, RDs can effectively communicate beneficial health messaging and, in the process, promote themselves and the profession of dietetics. In this session, attendees will be able to participate in a discussion with experts whose writing and speaking profiles have established them as leading voices within the profession.

After attending this session, nutrition professionals should be better able to: (1) Discuss the value of communicating health messages through writing and speaking. (2) Describe ways in which writing and speaking engagements enhance their personal brand and the profession of dietetics. (3) Identify opportunities to obtain writing and speaking engagements.

SUGGESTED CDR LEARNING CODES 1000, 1090, 1130, 1140; LEVEL 2



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Toby Amidor

MS, RD, CDN

➤ Toby founded Toby Amidor Nutrition, through which she provides nutrition and food safety consulting services. She also authored the forthcoming cookbook *The Greek Yogurt Kitchen*; serves as a nutrition expert for FoodNetwork.com and writes for its *Healthy Eats* blog; and serves as an adjunct professor at Teachers College, Columbia University in New York City.

Through her ongoing consulting and faculty positions, she has established herself as one of the top experts in culinary nutrition, food safety, and media (Internet, TV, and print). Toby trained as a clinical dietitian at New York University and has more than 14 years of experience in various areas of food and nutrition.



Robin Plotkin

RD, LD

➤ Since her ice cream dipping days at Frosty's in Peoria, Illinois, Robin has maintained her passion for food, the culinary arts, and nutrition through her 25-year career in the foodservice industry. After obtaining degrees at the University of Missouri-Columbia and Texas Women's University, she began her dietetics career in the kitchen at Zale Lipshy University Hospital on the University of Texas Southwestern campus in Dallas.

After stints at the North Texas Food Bank and HEB/Central Market grocery company, Robin launched her culinary and nutrition communications consulting business in 2000. Her unique niche of combining food and nutrition expertise with her background in speaking, writing, media work, and public relations experiences has landed her a diverse client base, including Cabot Cheese, Which Wich Superior Sandwiches, DairyMAX, Duda Fresh Farm Foods, Sara Lee, Bausch and Lomb, Unilever, Avocados From Mexico, Popchips, Sysco Foods, Fisher Pay Kel Appliances, the American Institute of Wine and Food, and DMA & Associates, a produce industry boutique marketing group.

Robin appears regularly on TV, on radio, in print, and in social media. She was most recently quoted in *Health Magazine*, *USA TODAY*, *Prevention*, *Today's Dietitian*, *Woman's Day*, and *Healthy Eats*, the Food Network's healthy living blog. She's a former blogger for the *Dallas Morning News Mom's Blog* and utilizes social media daily as a means to get her unique messages across to the general population.

She is also a creative advisor for Field to Plate, a visionary food education company pioneering a paradigm shift in how RDs think, talk, and teach Americans about food and food choices. In addition,



she sits on Welch's Health and Nutrition Advisory Panel. She also is an advisory board member for the Art Institute of Dallas' Culinary Arts program and an advisory member for the Dallas-based Chefs For Farmers organization. She currently serves as a reviewer for the Academy's Restaurant Labeling Certificate of Training Program.

Robin was a Texas Dietetic Association Recognized Young Dietitian of the Year and received the Dallas Dietetic Association Outstanding Media Award. She served as president of the Dallas Dietetic Association, past chair of the Academy of Nutrition and Dietetics' Nutrition Entrepreneurs Dietetic Practice Group, and on the Academy's Task Force on Restaurant Labeling. She cochaired the Texas Dietetic Association annual Food and Nutrition Conference in 2008. In 2009, she was inducted into prestigious Les Dames D'Escoffier organization.

Robin spends her free time cooking and volunteering for causes such as Dallas Community Partners—Change Is Good, the MS Society, and the North Texas Food Bank. She resides in Dallas with her husband, son, and two rescue Labradors.

Jill Weisenberger

MS, RDN, CDE

➤ Jill has been helping people improve their diets, lose weight, and live healthier for more than two decades. She has worked as both a nutrition counselor and a diabetes educator in the hospital and research settings, and now in private practice in Newport News, Virginia.

Jill is the author of *Diabetes Weight Loss — Week by Week* and two upcoming books, *The Busy Person's Guide to Better Health* and *21 Things You Need to Know About Diabetes and Your Heart*. She writes for publications such as the *Environmental Nutrition* newsletter, *The DX*, *Diabetic Living*, *Kids Eat Right*, and *Today's Dietitian*. She is a frequent guest on television and radio programs and is often quoted in Web and print publications as a nutrition and diabetes expert.

Jill speaks about diabetes, weight loss, and nutrition to both health professional and consumer groups and serves as a consultant to the food industry, including for Daisy Brand Cottage Cheese, Omega-9 Oils, the Alliance for Potato Research and Education, and Boar's Head Provisions.

Jill graduated from the University of Florida with a bachelor's degree in communications and a master's degree in food science and human nutrition. She is a member of the Academy of Nutrition and Dietetics, the American Association of Diabetes Educators, and the American Diabetes Association. She lives in southeastern Virginia with her husband, daughters, and two dogs.



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Constance Brown-Riggs

MSEd, RD, CDE, CDN

➤ An award-winning RD and certified diabetes educator and past national spokesperson for the Academy of Nutrition and Dietetics, Constance is the author of *The African American Guide to Living Well With Diabetes*, which received the Favorably Reviewed designation from the American Association of Diabetes Educators; *Eating Soulfully and Healthfully With Diabetes*; and the forthcoming *Enjoying the Flavors of the World: A Diabetes Carbohydrate and Fat Gram Guide*.

Over the course of her career, Constance has established herself as an expert in nutrition, diabetes, and the cultural issues that impact the health and health care of people of color. Her work has appeared in books for health professionals and health care consumers, and she has been a featured expert in national magazines such as *Essence*, *Real Health, Heart & Soul*, *Diabetic Living*, *Diabetic Cooking*, and *Diabetes Forecast*, and in newspapers across the country. She also is a regular contributor to *Today's Dietitian*, also serving on the magazine's advisory board, and to MSNBC's theGrio.com.



Constance is past president of the New York State Dietetic Association and the Long Island Dietetic Association. Her professional honors include the 2012 Award for Excellence in Consultation and Business Practice from the Academy of Nutrition and Dietetics, the 2009 Distinguished Dietitian Award from the New York State Dietetic Association, and the 2007 Diabetes Educator of the Year from the American Dietetic Association Diabetes Care and Education Practice Group.

A national speaker for PESI HealthCare, a national provider of continuing education for health care professionals, Constance has been invited to appear as a keynote speaker, presenter, or panelist at conferences and professional meetings nationally and internationally for organizations such as the St. Vincent and the Grenadines Ministry of Health, Wellness, and the Environment; the American Association of Diabetes Educators; the Academy of Nutrition and Dietetics; the Empire State Medical Association; the American Academy of Physical Therapy; the University of South Carolina; Dothan Alabama Leisure Services; the North Carolina Dietetic Association; the St. Louis Association of Diabetes Educators; and the New York State Office of Children & Family Services.

Becky Dorner

RDN, LD, FAND

➤ Becky is one of the nation's leading experts on nutrition, aging, and long term care as well as leadership and entrepreneurship. Her career, dedicated to advocating for excellence in nutrition care, has optimized health for hundreds of thousands of older adults over the past 30 years. Becky has also mentored, encouraged, and motivated hundreds of RDs, RDNs, and DTRs to achieve personal growth, career development, and leadership roles.



An experienced entrepreneur, speaker, and published author focused on practical, evidence-based resources for nutrition, dietetics, and interdisciplinary health care professionals, Becky is founder and president of two successful nutrition/dietetics corporations: Nutrition Consulting Services, Inc, whose dedicated team of RDNs, RDs, and DTRs has served health care facilities since 1983, and Becky Dorner & Associates, Inc, which publishes and presents a broad library of resources and CEU programs.

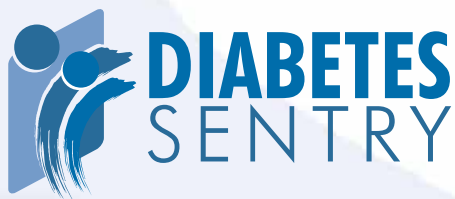
Becky's mission to improve nutrition care for older adults has inspired her to present more than 550 programs for national, international, and state professional meetings in five countries and 49 states and to publish more than 270 manuals, CEU programs, and practical articles for professional journals and newsletters. Her free e-mail magazine keeps 35,000 health care professionals up-to-date on the latest news in the field of older adult nutrition.

Becky has been an active leader in the nutrition area, serving in professional organizations since 1984. She currently serves on the Academy of Nutrition and Dietetics Board of Directors as speaker-elect/speaker/past speaker of the House of Delegates. She has served on the Academy Executive Committee, Finance and Audit Committee, Legislative and Public Policy Committee, Council on Future Practice, Research Committee, Evidence Analysis Library, Nutrition Entrepreneurs Board of Directors, American Overseas Dietetic Association Leadership Team, and Executive Board and Board of Directors of the National Pressure Ulcer Advisory Panel; as an Academy delegate for business and consultation; and as chair of the Dietetics in Health Care Communities (DHCC) Dietary Practice Group.

Her honors include the Academy Award of Excellence in Business and Consultation, Nutrition Entrepreneurs Outstanding Nutrition Entrepreneur, Academy Recognized Young Dietitian of the Year, and DHCC Distinguished Member Award.

Thanks to Our Student Volunteers!

We are thrilled to have an enthusiastic team of student volunteers from the dietetics programs at the University of Nevada, Las Vegas and University of Nevada, Reno helping us throughout the symposium. Our volunteers will be on site as part of our symposium staff to help attendees find their way around the conference center.



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Barbara Ruhs

MS, RD, LDN

Barbara specializes in retail food, health, and nutrition marketing and healthy brand strategies for food companies and retail supermarkets. She is an entrepreneur, strategic-thinker, and leader in the field of nutrition.

Barbara is passionate about helping people eat better by finding creative solutions that inspire healthy choices. Working with leading consumer packaged goods companies, she successfully created and executed a turn-key solution for a Southwest-based supermarket chain to promote healthy food choices across all categories, driving \$500,000 in sponsorship dollars and incremental sales annually.

Since 2010, she has led the mission to provide one-of-a-kind educational opportunities for supermarket dietitians. The goal of these events is to share best practices in retail nutrition and health promotion and identify innovative strategies to improve public health. Supermarket dietitians are a highly influential group, uniquely positioned at the crossroads between food manufacturer, retail grocer and the consumer.

From 1998 thru 2013, Barbara owned and operated Neighborhood Nutrition, a Boston-based private-practice and nutrition counseling service that provided specialized services for eating disorder recovery, weight management, and sports/performance nutrition.

Barbara graduated from Cornell University with a bachelor's degree in nutrition and dietetics and has a master's degree in nutrition from Boston University. A former collegiate tennis player and rower, she is an all-around athlete who enjoys an active lifestyle. She competed in the 2013 USTA Nationals in Indian Wells, California.



Jenna A. Bell

PhD, RD

Jenna serves as a senior vice president and director of food and wellness for Pollock Communications, through which she helps healthy brands translate science for consumers and connect with the nutrition experts. She also helps educate fitness professionals and athletes about eating for performance and proper recovery.

She also is cofounder of Swim, Bike, Run, Eat! Sports Nutrition and has provided nutrition seminars with professional athletes at major athletic events, such as the Boston Marathon, the ING New York City Marathon, the Bank of America Chicago Marathon, and the Ford Ironman World Championship in Kona, Hawaii.

Jenna is a member of the editorial advisory board for *Today's Dietitian* and the chair of the Academy of Nutrition and Dietetics' Sports, Cardiovascular, and Wellness Dietetic Practice Group.



Jenna is an international presenter, and her writing and expertise have been featured in *Us Weekly*, *Self*, *Fitness*, *Outside*, *Runkeeper.com*, *AppForHealth.com*, *Men's Health*, *Runner's World*, *Pilates Style*, *IDEA Fitness Journal*, *IDEA Health and Fitness Source*, and *IDEA Personal Trainer*, among other print publications and websites. She's been published in scientific journals and appeared on the *Daily Buzz*; ABC, NBC, and FOX affiliates; and local and national radio programs and podcasts. She also is coauthor of *Energy to Burn: The Ultimate Food & Nutrition Guide to Fuel Your Active Lifestyle* and *Launching Your Dietetics Career*.

She earned her doctorate with distinction in health and human performance, with an emphasis on exercise physiology, at the University of New Mexico; her master's degree with distinction in nutrition and her dietetic internship at the University of New Mexico; and her bachelor's in nutritional sciences from the University of New Hampshire.

A two-time Ironman finisher and three-time marathon finisher, Jenna is most proud of becoming a mom on April 16, 2013.

Sharon Palmer

RD

An RD for 16 years, Sharon channels her experience into writing features covering health, wellness, nutrition, cooking, wine, cuisine, and entertainment topics. Sharon also passionately writes about food and environmental issues, having published numerous features on plant-based diets, hunger, agriculture, local and organic foods, eco-friendly culinary practices, sustainability, food safety, humane animal practices, and food security. In particular, she has expertise in plant-based nutrition.

More than 850 of Sharon's articles have been published in a variety of publications, including *Better Homes and Gardens*, *Prevention*, *Oxygen*, *The Los Angeles Times*, *Cooking Smart*, *Delicious Living*, *Food Product Design*, *Today's Dietitian*, and *CULINOLOGY*. She also has contributed content for several books, including *Food & Cultural Issues for the Culinary, Hospitality, and Nutrition Professions*. Sharon also is the editor of the acclaimed health newsletter *Environmental Nutrition*.

Her first book, *The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today*, was a critical success and will be followed this year by *Plant-Powered for Life: 52 Simple Steps and 125 Delicious Recipes to Get You Started and Make It a Habit*.

Sharon shines in culinary arts, focusing on globally inspired recipes featuring whole plant foods. She enjoys hosting culinary demonstrations and farm-to-table cooking classes. In addition, she regularly appears in the media as a nutrition expert and makes presentations on food and nutrition at venues, including the California Dietetic Association, Whole Foods, and supermarket symposia across the country. She also serves as a nutrition advisor to Oldways Vegetarian Network and a contributing editor to *Today's Dietitian*.





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Karen Collins

MS, RDN, CDN

➤ Karen promotes healthy eating as a speaker, consultant, and writer. She serves as nutrition advisor for the American Institute for Cancer Research (AICR) and writes a weekly syndicated column, "Health Talk," which is carried on websites and in newspapers nationwide, and authors the blog *Smart Bytes*. She participates in videos and presents seminars for the general public and cancer survivors, and she speaks regularly to a variety of health professional audiences.

As an expert on nutrition to reduce cancer risk, Karen is coauthor of the "Nutrition and Cancer Prevention" chapter in the upcoming third edition of *The Clinical Guide to Oncology Nutrition*, published by the Academy of Nutrition and Dietetics' Oncology Nutrition Dietetic Practice Group. She also authored AICR in Depth, a series of peer-reviewed research reviews for health care professionals published by the AICR that discuss topics such as the diabetes-cancer connection and calorie density.

Karen has served as an expert reviewer for numerous major projects, including the landmark AICR/World Cancer Research Fund report *Diet, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective*, which provides recommendations based on the examination of more than 7,000 research studies by a panel of internationally recognized scientists.

Based in western New York, Karen operated a long-time private practice in nutrition counseling, working with individuals and groups to develop realistic strategies for achieving health goals. This work dealt extensively with weight and eating disorder issues, and addressed a wide range of medical problems, including diabetes and heart health.

A member of the Academy of Nutrition and Dietetics, Karen is codirector of the Wellness and Cardiovascular Nutrition subunit of its Sports, Cardiovascular, and Wellness Nutrition Dietetic Practice Group. She also is a member of the Oncology Nutrition, Diabetes Care and Education, and Nutrition Entrepreneurs dietetic practice groups.

Karen holds a bachelor's degree in dietetics from Purdue University and a master's degree in nutrition from Cornell University.



Dana Angelo White

MS, RD, ATC

➤ Dana is a certified athletic trainer and nutrition and fitness consultant. She specializes in culinary nutrition, recipe development, and sports nutrition.

Dana works closely with chefs and authors to develop creative and healthy recipes for cookbooks, magazines, and menus. She is the nutrition expert for FoodNetwork.com and founding contributor for its *Healthy Eats* blog. She has worked as nutrition consultant for Follow Productions on seasons 2 and 3 of Bobby Deen's show *Not My Mama's Meals*. She also has worked as a media spokesperson for *Cooking Light* and has made appearances on *Good Day Street Talk*, FoodNetwork.com, *Access Hollywood*, and *GMA Health*.

She is an assistant clinical faculty member and sports dietitian at Quinnipiac University in Hamden, Connecticut, and conducts workshops and cooking demonstrations for fitness organizations, corporate groups, and schools.

Dana's recipes and articles have been featured on FoodNetwork.com, CookingLight.com, DietTV.com, and VarsityParenting.com and in *Today's Dietitian*, *Prevention*, *Shape*, *Seventeen*, and *Maxim*. She has created meal plans and recipes for several books, including *Energy to Burn: The Ultimate Food and Nutrition Guide to Fuel Your Active Life*, *Extra Lean and Extra Lean Family* by Mario Lopez, and *Tell Me What To Eat If I Am Trying to Conceive*.

In October 2013, Dana was named one of Sharecare's Top 10 Social HealthMakers on Nutrition, recognizing her as one of the most influential voices on the Web in the area of health and wellness.

A farmers' market junkie and local-food aficionado, she worked with Harvard Medical School's Center for Health and the Global Environment to create the Healthy Harvest Food Regional Guides to educate consumers on purchasing and preparing seasonal foods.

As a practicing certified athletic trainer, she provides emergency medicine and rehabilitation services to high school, college, and professional athletes. She is also a CPR and first aid instructor for the American Red Cross.

Dana earned her master's degree in nutrition education from Teachers' College, Columbia University and her bachelor's degree in sports medicine from Quinnipiac University. She resides in Fairfield, Connecticut, with her husband, two daughters, and Boston Terrier, Violet Pickles.



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Approved CPEUs

To review suggested learning need codes, CPE levels, and session descriptions, please refer to pages 3 through 10 of this program book. The CDR has approved CPEUs as follows:

SYMPOSIUM SESSIONS: 1.5

ROUNDTABLE DISCUSSIONS: 1

NDA POSTER SESSION: 1

Maximum CPEUs possible each day:

SUNDAY, MAY 18: 1

MONDAY, MAY 19: 7

TUESDAY, MAY 20: 7

Credit Claiming

Symposium certificates will not be awarded in person at the live event from May 18 to 20, 2014, and will not be mailed or e-mailed to you after the event. You must complete a brief evaluation of each symposium session you attended in order to download and print your symposium certificate at your convenience. **Evaluations will become available at 12 pm ET on May 21, 2014**, on www.CE.TodaysDietitian.com/SS14 and remain available for three months following the live event. **All evaluations must be completed by August 22, 2014**, in order to obtain continuing education credit.

Credit Claiming Instructions

1. Go to www.CE.TodaysDietitian.com/SS14.
2. Log in (if you aren't already) in the upper right hand corner of the page.
3. Click the title of a session you attended to complete the evaluation.
4. Click "Continue" on the session description page.
5. Click the Evaluation icon, complete the evaluation, and click "Submit questionnaire."
6. Click "Return to 2014 Today's Dietitian Spring Symposium."
7. Repeat steps 3 through 6 until you have completed the evaluations for all sessions you attended. Sessions you have completed will be check-marked and labeled "Complete."
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Poster Session

Credit for the Poster Session is awarded by UNLV Nutrition Sciences and not by *Today's Dietitian*. Attendees may claim up to one CPEU for visiting and reviewing the posters. One CPEU is equivalent to one contact hour spent viewing posters. RDs should only claim credit commensurate with the extent of their participation in the activity. RDs should complete and retain a Poster Session Certificate of Attendance, included in the Poster Session Index, which will be available at the Poster Session.

Please direct all questions regarding the poster session to Laura J. Kruskall, PhD, RDN, CSSD, LD, FACSM, director of nutrition sciences at the University of Las Vegas at laura.kruskall@unlv.com, or Aurora Buffington, MS, RDN, LD, president elect of the Nevada Dietetic Association, at buffington@snhdmail.org.

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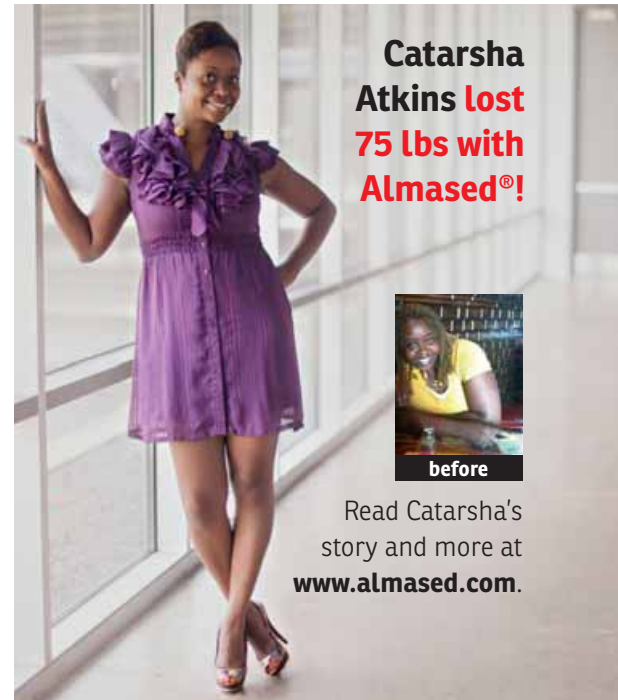
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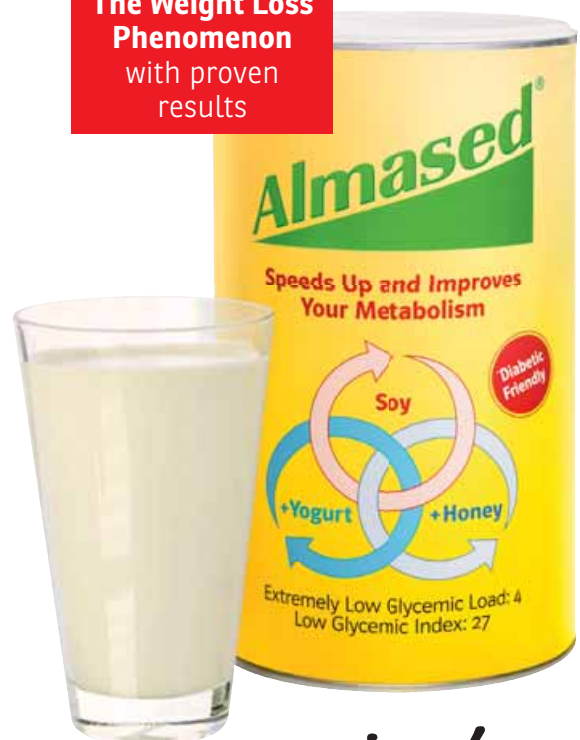
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