



# 2015 Today's Dietitian

SPRING SYMPOSIUM

MAY 17-20, 2015 • LAS VEGAS, NEVADA



The 2015 *Today's Dietitian* Spring Symposium offers registered dietitians a unique opportunity to earn up to 15 CE credits for license recertification and career development, while offering a variety of opportunities to interact and connect with fellow professionals from across North America.

Ask about  
special group  
rates!

## Included With Your Registration

**EDUCATION SESSIONS:** All continuing education sessions and roundtables.

**WELCOME RECEPTION:** Check in, then join us at the Tropicana Beach Club for drinks, snacks and your first chance to meet and greet your fellow professionals.

**MORNING FITNESS CLASSES:** Each morning of the Symposium will offer a fitness class.

**KEYNOTE LUNCHEON:** Enjoy a healthy lunch and an engaging address from our Keynote Speaker on Tuesday afternoon.

**NETWORKING OPPORTUNITIES:** Lots of peer interaction at our Book & Product Showcase, roundtable discussions, Mission: *Today's Dietitian* game + more.

**MEALS AND BREAKS:** Breakfast, lunch + morning and afternoon breaks on full program days.

**PRODUCT SAMPLES:** Try the latest offerings from our sponsors!

*Your Spring Symposium registration does not include accommodations or travel to and from Las Vegas. Our event enjoys a cost-effective discounted group rate for rooms at the Tropicana Las Vegas. The Tropicana is a Doubletree by Hilton property, so HiltonHonors members can use their points and rewards.*

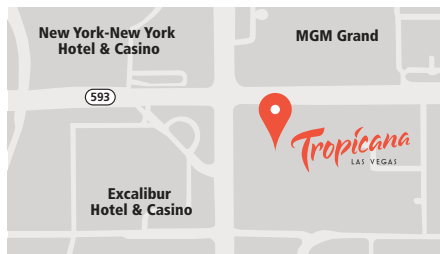
## Suggested Travel Itinerary

- Arrive early in Las Vegas on Friday or Saturday and enjoy the Tropicana pool and everything Las Vegas has to offer. (Group rate available for Friday & Saturday for our early arrivals)

### SPECIAL GROUP RATE (SEE SIDEBAR)

- Enjoy our Welcome Reception from 7-9 PM on Sunday evening.
- Stay at the Tropicana Las Vegas on Sunday, Monday & Tuesday nights.
- Attend a full program of sessions on Monday & Tuesday, plus a half-day program on Wednesday.
- Depart on Wednesday afternoon (Group rate still applies for those who wish to stay at the Tropicana Wednesday night.)





## WHAT'S AROUND THE TROPICANA?

Located across the walkway from the MGM Grand and the Monorail and next door to New York New York and Excalibur as well as the tram to Luxor and Mandalay Bay, it's easy to access any location on the Strip!

For more information visit [www.troplv.com](http://www.troplv.com) or check out the [Hotel + Travel](http://www.TodaysDietitian.com/SS15) section on [www.TodaysDietitian.com/SS15](http://www.TodaysDietitian.com/SS15).

## Tropicana Accommodations

**AWARD-WINNING RESTAURANTS:** Enjoy old-world-style Italian dishes at Bacio®, aged steak, fresh seafood, and an acclaimed 200-bottle wine list at Biscayne®, and classic buffet cuisine at the 24-hour Beach Café.

**BEACH CLUB, SPA AND FITNESS:** Lounge by the pool on almost two acres of bright, tropical scenery, relax at the 10,000-foot Glow® Mandara Spa and full-service salon, or take advantage of a variety of Technogym® equipment at the Fitness Center open daily from 6 AM to 7 PM.

**CASINO:** Test your luck at a variety of table games, more than 800 slots, plus access to sports betting at the Race and Sports Book.

**ENTERTAINMENT:** Experience “New Illusions” starring magician Jan Rouven, jam to classic rock at “Raiding the Rock Vault” musical, enjoy comedic relief at the Laugh Factory, or listen to free live music over drinks at the Tropicana Lounge.

## Hotel Discount

Symposium attendees enjoy a cost-effective discounted group rate for rooms at the Tropicana Las Vegas starting at just \$95 per night. Book your room at **1.800.GO2.**

**TROP** (mention code STDY5EB) or visit [www.TodaysDietitian.com/SS15](http://www.TodaysDietitian.com/SS15) for our online reservation page.

**Group rate valid 5/15/15 – 5/20/15**



**TOBY AMIDOR, MS,  
RD, CDN**

Nutrition and food safety consultant at Toby Amidor Nutrition in New York, NY.



**JENNA A. 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.



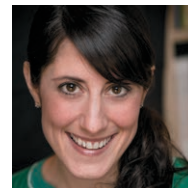
**CONSTANCE  
BROWN-RIGGS,  
MSED, RD, CDE, CDN**

National speaker for PESI HealthCare based in Massapequa, NY. Author of *The African American Guide to Living Well with Diabetes*.



**TAMARA JEFFRIES,  
MFA**

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



**KATIE CAVUTO, MS,  
RDN, CHEF**

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

#### SESSION

*Expanding Your Repertoire: Culinary Techniques Every RD Should Master*

#### SESSIONS

*Today's Athletes: What Does Consumer Marketing Tell RDs About What Your Clients Want to Know?*

*Influencing Change: How to Borrow Strategies From Industry and Media*

#### TWO-PART WORKSHOP

*From Practice to the Page: Translating Your Expertise Into Articles, Blogs and Books*

#### SESSION

*Taking Nutrition Back to the Kitchen: Mastering the Cooking Demonstration*



**NEVA COCHRAN, MS,  
RDN, LD, FAND**

Nutrition Communications  
Consultant in Dallas.



**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*.



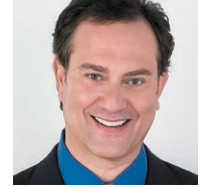
**BECKY DORNER, RDN,  
LD, FAND**

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  
and current Chair of the  
Council on Future Practice.



**CHERYL FORBERG, RD**

James Beard award-winning  
chef and nutritionist for the  
NBC’s “The Biggest Loser”  
based in Napa, CA. Author  
of *A Small Guide to  
Losing Big* and numerous  
NYT bestselling books.



**DAVID GROTTTO, MS,  
RDN, LDN**

President and founder of  
Nutrition Housecall, LLC  
in Chicago. Author of *The  
Best Things You Can  
Eat* and Senior Nutrition  
Marketing Business Partner  
for Kellogg Company.

**SESSION**

*Social Media in Dietetics  
Practice: Ethical and Legal  
Considerations*

**SESSIONS**

*Information Overload!  
Helping Patients Distinguish  
Evidence-Based vs. Anecdotal  
Nutrition Strategies*

*More Than One Path to a  
Lower Risk of Heart Disease  
and Cancer: An Up-Close  
Look at Mediterranean,  
DASH, Nordic & Other  
Eating Patterns*

**SESSIONS**

*Healthy Aging for Boomers  
and Beyond: Strategies for  
Developing Healthy Habits  
to Promote Longevity and  
Happiness*

*When You Wish Upon A  
Star: How Visioning, Beliefs,  
Attitudes and Focus Can  
Make Your Career Goals a  
Reality*

**SESSION**

*The Biggest Loser  
Unplugged: The Science  
Behind The Camera*

**SESSION**

*Man-Eater! The Dietary  
Needs of Performance-  
Driven Men*



**SHARON PALMER, RDN**

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



**ROBIN PLOTKIN, RD, LD**

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



**BARBARA RUHS, MS, RD, LDN**

Supermarket nutrition and retail-health promotion consultant at Neighborhood Nutrition, LLC based in Phoenix, AZ.



**KYLE SHADIX, CRC, MS, RD, FAND**

Corporate Executive Research Chef for PepsiCo based in New York.



**CYNTHIA THOMSON, PHD, RD, FAND, FTOS**

Professor at the University of Arizona. Director of the Canyon Ranch Center of Prevention and Health Promotion and Arizona Smokers Help Line.

## SESSIONS

*Meeting the Nutritional Needs of the Plant-Based Family: Key Considerations from Childhood Through the Golden Years*

*Who Feeds America? An Examination of the Condition of the American Food Labor System*

## SESSIONS

*Get Hired, Get Promoted: 10 Steps to Creating a Powerful Personal Brand*

*7 Reasons to Use Social Media to Promote Your Brand*

## SESSION

*The Supermarket Solution: Promoting Nutrition in the Aisles*

## SESSION

*Food and Beverage Pairings: A Chef's Approach for Registered Dietitians*

## SESSION

*Dietary Targeting of Inflammation: Modifying Cancer Risk*



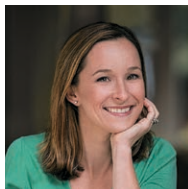
**JILL WEISENBERGER,  
MS, RDN, CDE, FAND**

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

#### SESSIONS

*Diabetes and Weight Loss: Special Considerations for Your Patients*

*Dietary Fats: Which Ones Belong on the Table*



**DANA ANGELO WHITE,  
MS, RD, ATC**

Certified athletic trainer and fitness consultant in Fairfield, CT. Assistant clinical faculty member and sports dietitian at Quinnipiac University.

#### SESSION

*Looking at Nutrient Analysis Through a Culinary Lens: Recipe Development Strategies for Registered Dietitians*

# Day-to-Day Schedule\*

## SUNDAY, MAY 17, 2015

### Information Desk (Badge Pickup)

3:00 PM – 7:00 PM

### Welcome Reception

7:00 PM – 9:00 PM

## MONDAY, MAY 18, 2015

### Information Desk (Badge Pickup)

6:30 AM – 5:30 PM

### Morning Fitness

6:00 AM – 7:00 AM

### Breakfast

7:00 AM – 8:30 AM

### Unopposed Session

8:45 AM – 10:15 AM

### Book and Product Showcase (Break)

10:15 AM – 11:15 AM

### Breakout Sessions

11:15 AM – 12:45 PM

### Lunch

12:45 PM – 2:15 PM

### Breakout Sessions

2:15 PM – 3:15 PM

### Book and Product Showcase (Break)

3:15 PM – 4:15 PM

### Breakout Sessions

4:15 PM – 5:15 PM

### Roundtable/Breakout Sessions

5:30 PM – 6:30 PM

## TUESDAY, MAY 19, 2015

### Information Desk

6:30 AM – 5:30 PM

### Morning Fitness

6:00 AM – 7:00 AM

### Breakfast

7:00 AM – 8:30 AM

### Unopposed Session

8:45 AM – 10:15 AM

### Book and Product Showcase (Break)

10:15 AM – 11:15 AM

### Breakout Sessions

11:15 AM – 12:45 PM

### Lunch

12:45 PM – 2:15 PM

### Roundtable/Breakout Sessions

2:15 PM – 3:15 PM

### Book and Product Showcase (Break)

3:15 PM – 4:15 PM

### Breakout Sessions

4:15 PM – 5:15 PM

### Breakout Sessions

5:30 PM – 6:30 PM

## WEDNESDAY, MAY 20, 2015

### Information Desk

7:00 AM – 1:00 PM

### Morning Fitness

6:30 AM – 7:30 AM

### Debate

7:30 AM – 8:30 AM

### Breakout Sessions

8:45 AM – 10:15 AM

### Break

10:15 AM – 11:00 AM

### Breakout Sessions

11:00 AM – 12:30 PM

\*Subject to change

# Join Us in Vegas!



## For Your Information

**SYMPOSIUM INFORMATION:** [www.TodaysDietitian.com/SS15](http://www.TodaysDietitian.com/SS15)

**TO REGISTER:** [www.TodaysDietitian.com/SS15register](http://www.TodaysDietitian.com/SS15register)

**BOOK YOUR HOTEL ROOM:** [www.TodaysDietitian.com/SS15hotel](http://www.TodaysDietitian.com/SS15hotel)

**CONTACT US BY PHONE:** 877-925-CELL (2355)

**CONTACT US BY E-MAIL:** [Symposium@gvpub.com](mailto:Symposium@gvpub.com)

## Connect on Social Media

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

**HASHTAG:** #TDSS15

## Interested in Sponsorships?

Call Gigi Grillot at 646-942-2214  
[ggrillot@gvpub.com](mailto:ggrillot@gvpub.com)

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