

PROGRAM GUIDE



#TDSS15

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WELCOME RECEPTION

SUNDAY, 7-9 PM, POOLSIDE

If you arrive in Vegas prior to Sunday evening, please join us poolside for our Symposium Welcome Reception and be sure to stop by Symposium Services to pick up your badge while you're on your way. Drinks and hors d'oevres will be served as we get together for an intimate preshow party and networking opportunity.

FEATURED SPEAKERS

KEYNOTE SPEAKER

Summer Sanders

MONDAY 12:15-1:45 PM. TRINIDAD PAVILION

Olympic swimmer, television personality and healthful lifestyle advocate Summer Sanders will be the Keynote Speaker at the 2015 Today's Dietitian Presented by Spring Symposium. The International Swimming Hall of Fame inductee will speak at our Keynote Luncheon.







SHARE YOUR STORY CONTEST WINNER

Rabiya Bower

MONDAY 7:30-8:30 AM, TRINIDAD PAVILION

Rabiya Bower, RD, LD, will be presenting her winning essay from our Share Your Story Facebook contest during Monday's breakfast. She'll share what inspired her to become a Registered Dietitian. Rabiya is an in-store nutritionist at GIANT Food Stores, where she hosts kids' cooking classes and provides nutrition counseling to customers. Her expertise is in diabetes management, childhood nutrition and family meal planning.



100% Results With a Circus Twist

MONDAY 6:30-7:30 AM. TRINIDAD GARDEN

This 50/100 rep workout with celebrity trainer Joel Harper is based on timed intervals to improve your lung capacity and burn fat. It will challenge your muscles and leave you feeling centered and grounded using tips from ballerinas, circus performers and contortionists. All fitness levels are welcome.

Presented by Organic Valley

Hatha Yoga

TUESDAY 6:30-7:30 AM, TRINIDAD GARDEN

Join registered yoga teacher and dietitian Silke Ullmann, MPH, RD, RYT, in a scenic garden setting to stretch and strengthen as you get in touch with your body, mind and spirit prior to the day's educational sessions. All fitness levels are welcome.

Presented by Almased

Book & Product Showcase

MONDAY & TUESDAY 10:15-11:15 AM & 3:15-4:15 PM, TRINIDAD PAVILION

Meet our session presenters one-on-one to discuss their latest books and the philosophies behind them. And, as you network and sample the latest products from our sponsors, participate in our Mission: Today's Dietitian game (more info on page 34) to be entered for prize giveaways!

BADGE PICKUP

SUNDAY 3-7 PM, MONDAY 7:30 AM-4:30 PM, SYMPOSIUM SERVICES

Badges and program guides will be available for pickup at Symposium Services in the Trinidad reception lobby. Tote bags will be available for pickup in the Trinidad Pavilion during Book and Product Showcase hours on Monday.

SYMPOSIUM SERVICES

SUNDAY 3-7 PM, MONDAY-TUESDAY 7:30 AM-4:30 PM, **WEDNESDAY 7 AM-12:30 PM, TRINIDAD RECEPTION**

Symposium Services will be available to answer any questions prior to Sunday's Welcome Reception and during conference hours. Stop by to sign up for group restaurant reservations and evening activities!

SYMPOSIUM SCHEDULE

Monday, May 18

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:30 ам-7:30 ам	AM FITNESS: 100% Results With a Circus Twist	Joel Harper, personal trainer	Trinidad Garden
7:30 ам-8:30 ам	BREAKFAST	Rabiya Bower, RD, LD	Trinidad Pavilion
8:45 AM- 10:15 AM (1.5 credits)	More Than One Path to a Lower Risk of Heart Disease and Cancer An Up-Close Look at Mediterranean, DASH, Nordic & Other Eating Patterns	Karen Collins, MS, RDN, CDN, FAND	Trinidad 1
10:15 ам-11:15 ам	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilion
11:15 AM- 12:15 PM (1 credit)	Diabetes and Weight Loss Special Considerations for Your Patients	Jill Weisenberger, MS, RDN, CDE, FAND	Trinidad 1
	Who Feeds America? An Examination of the Condition of the Food Labor System	Sharon Palmer, RDN	Trinidad 2
	Today's Athletes What Does Consumer Marketing Tell RDs About Their Clients?	Jenna A. Bell, PhD, RD	Trinidad 3
12:15 рм-1:45 рм	KEYNOTE LUNCHEON	Summer Sanders	Trinidad Pavilior
1:45 PM- 3:15 PM (1.5 credits)	Food and Beverage Pairings A Chef's Approach for RDs	Kyle Shadix, CRC, MS, RD, FAND	Trinidad 1
	Get Hired, Get Promoted 10 Steps to Creating a Powerful Personal Brand	Robin Plotkin, RD, LD	Trinidad 2
	Man-Eater! The Dietary Needs of Performance-Driven Men	David Grotto, MS, RDN, LDN	Trinidad 3
3:15 рм-4:15 рм	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilior
4:15 PM- 5:45 PM (1.5 credits)	Dietary Fats Which Ones Belong on the Table	Jill Weisenberger, MS, RDN, CDE, FAND	Trinidad 1
	The Supermarket Solution Promoting Nutrition in the Aisles	Barbara Ruhs, MS, RD, LDN	Trinidad 2
	From Practice to the Page (Part 1)	Constance Brown-Riggs,	Trinidad 3

Tuesday. May 19

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
6:30 ам-7:30 ам	AM FITNESS: Hatha Yoga	Silke Ullmann, MPH, RD, RYT	Trinidad Garden
7:30 ам-8:30 ам	GRAB-&-GO BREAKFAST		Trinidad Garden
8:45 am- 10:15 am (1.5 credits)	The Biggest Loser Unplugged The RD Behind the Camera	Cheryl Forberg, RD	Trinidad 1
10:15 ам-11:15 ам	BREAK/BOOK AND PRODUCT SHOWCAS	Е	Trinidad Pavilion
11:15 AM- 12:15 PM (1 credit)	Information Overload! Helping Patients Distinguish Evidence-Based vs Anecdotal Nutrition Strategies	Karen Collins, MS, RDN, CDN, FAND	Trinidad 1
	When You Wish Upon A Star Proven Strategies You Can Use to Turn Your Career Dreams Into Reality	Becky Dorner, RDN, LD, FAND	Trinidad 2
12:15 рм-1:45 рм	LUNCH		Trinidad Pavilion
1:45 PM-3:15 PM (1.5 credits)	Expanding Your Repertoire Culinary Techniques Every RD Should Master	Toby Amidor, MS, RD, CDN	Trinidad 1
	Social Media in Dietetics Practice Ethical and Legal Considerations	Neva Cochran, MS, RDN, LD, FAND	Trinidad 2
	Healthy, Happy, Hundred Healthy Aging Strategies for Boomers and Beyond	Becky Dorner, RDN, LD, FAND	Trinidad 3
3:15 рм-4:15 рм	BREAK/BOOK AND PRODUCT SHOWCASE		Trinidad Pavilion
4:15 рм- 5:45 рм (1.5 credits)	Taking Nutrition Back to the Kitchen Mastering the Cooking Demonstration	Katie Cavuto, MS, RDN, Chef	Trinidad 1
	Influencing Change How to Borrow Strategies from Industry and Media	Jenna A. Bell, PhD, RD	Trinidad 2
	From Practice to the Page (Part 2) Translating Your Expertise Into Articles, Blogs and Books	Constance Brown-Riggs, MSEd, RD, CDE, CDN, and Tamara Jeffries, MFA	Trinidad 3

Wednesday, May 20

TIME	EVENT/SESSION	PRESENTER/INSTRUCTOR	ROOM
7:30 AM- 9:00 AM (1.5 credits)	CONVERSATIONAL BREAKFAST GMO Panel	Panel of presenters	Trinidad Pavilion
9:15 AM-10:45 AM (1.5 credits)	Dietary Targeting of Inflammation Modification of Cancer Risk	Cynthia Thomson, PhD, RD, FAND, FTOS	Trinidad 1
	Looking at Nutrient Analysis Through a Culinary Lens Recipe Development Strategies for Registered Dietitians	Dana Angelo White, MS, RD, ATC	Trinidad 2
11:00 AM- 12:30 PM (1.5 credits)	Meeting the Nutritional Needs of the Plant-Based Family Key Considerations from Childhood Through the Golden Years	Sharon Palmer, RDN	Trinidad 1

LIVE TWEET OR INSTAGRAM USING OUR HASHTAG #TDSS15



Presentation Handouts

To download presentation handouts, log in to your account on

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 enrollment key TDSS15 to view the page. If you do not already have an account, you can create one for free.

Call For Presenters

2016 *Today's Dietitian* Symposium

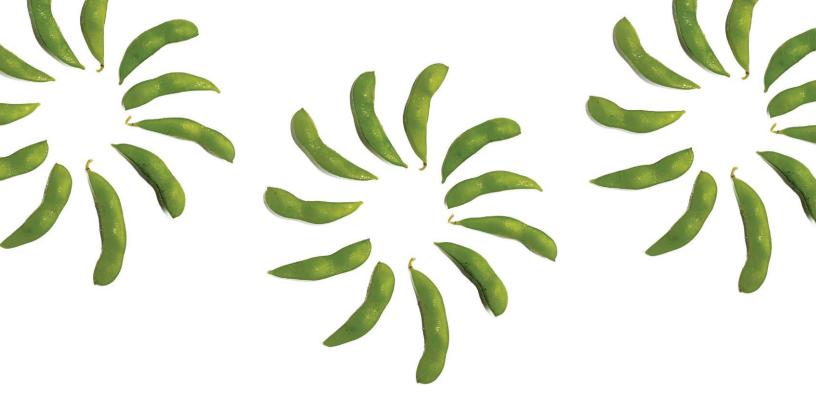
Today's Dietitian invites you to share your expertise with your colleagues!

We are currently accepting abstracts for presentations at our 2016 Symposium. Individual or group proposals for 60or 90-minute continuing professional education sessions will be accepted through July 24, 2015.

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:

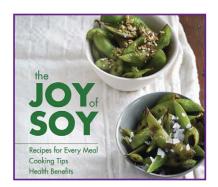
- Presenter's first and last name
- E-mail address
- Phone number
- Three to five Learning Objectives for the presentation
- One to four Suggested CDR Learning Need Codes and one to four Performance Indicators

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



Soy Connection, Your Resource For All Things Soy

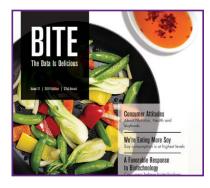
FREE RESOURCES:



Joy of Soy recipe booklet



Soy & health fact sheets



Consumer soy & health research

Join us for the Conversational Breakfast on Genetically Modified Foods



Trinidad Pavilion 7:30 a.m. – 9:00 a.m.





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

All CPE sessions are approved for RDs and DTRs. To review suggested learning need codes, CPE levels, and session descriptions please refer to pages 18-30 of this program guide.

Maximum CPEUs possible each day:

Monday, May 18:	5.5
Tuesday, May 19:	5.5
Wednesday, May 20:	4.5



CE.TodaysDietitian.com

ENROLLMENT **KEY**

Some online content is restricted to symposium attendees only. Use key TDSS15 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 17-20, 2015 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 21, 2016 in order to obtain continuing education credit.

Log on to your account on 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 enrollment key **TDSS15** to complete session evaluations. If you do not already have an account, you can create one for free.

*Certificates for Wednesday's Conversational Breakfast will be provided to attendees during the event by the United Soybean Board and not by Today's Dietitian.

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



Melt Your Belly Fat

at deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

They keep your metabolism active and help you burn fat while retaining muscle mass. In addition, they will keep you full and help you avoid cravings and overeating by maintaining healthy blood sugar levels.

The key ingredient in all recipes is Almased, a gluten-free and diabetic friendly powder made from non-GMO soy, yogurt and honey in a special fermentation process. The unique, all-natural formula contains no artificial fillers, flavors, added sugars, preservatives or stimulants and has been clinically confirmed to support weight loss and overall well-being.

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Lemon Drop

- 8 Tbsp Almased
- 12 oz water
- 21/2 tsp lemon extract
- tsp flaxseed or walnut oil
- 1 tsp stevia (optional)



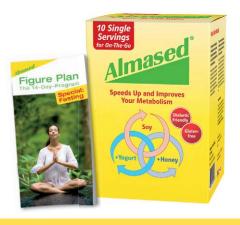
Yogurt-Berry

- 8 Tbsp Almased
- 10 oz water
- 6 oz plain non-fat yogurt
- ½ cup fresh or frozen blueberries
- ½ tsp vanilla extract
- 1 tsp stevia (optional)

You can replace one or two meals a day with an Almased smoothie for weight loss, or add it to your regular diet routine for weight maintenance and wellness.



See us in Vegas at the yoga session and try Almased smoothies!



Try the new **Almased single serving 10-pack!** The convenient packaging makes preparing an Almased shake even easier - no measuring necessary. Great for on-the-go, work, travel, and to share with friends. Find more delicious smoothie recipes at **figureplan.com** (enter source code **TDY**). Call our registered dietitians toll-free at **1-877-256-2733** to find out how we support you and your clients. You can find Almased in health food stores, at Walgreens, GNC and the Vitamin Shoppe or visit **almased.com**.

PRESENTER INFORMATION



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.

TUESDAY 1:45-3:15 PM

Expanding Your Repertoire: Culinary Techniques Every RD Should Master



Jenna A. Bell PhD, RD

Senior vice president and director of food and wellness for Pollock Communications based in New York. Cofounder of Swim, Bike, Run, Eat! Sports Nutrition.

MONDAY 11:15 AM-12:15 PM

Today's Athletes: What Does Consumer Marketing Tell RDs About Their Clients?

TUESDAY 4:15-5:45 PM

Influencing Change: How to Borrow Strategies From Industry and Media



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 Today's Dietitian advisory board and the AADE board of directors.

MONDAY 4:15-5:45 PM (PART 1) TUESDAY 4:15-5:45 PM (PART 2)

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

*Combined presentation with Tamara Jeffries



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, PA. President of Healthy Bites and Nutrition Advisor for Unite for Her.



Neva Cochran

MS, RDN, LD, FAND

Nutrition Communications Consultant in Dallas, TX.

MONDAY 4:15-5:45 PM (PART 1) TUESDAY 4:15-5:45 PM (PART 2)

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

*Combined presentation with Constance Brown-Riggs

TUESDAY 4:15-5:45 PM

Taking Nutrition Back to the Kitchen: Mastering the Cooking Demonstration

TUESDAY, 1:45-3:15 PM

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



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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.

MONDAY 8:45-10:15 AM

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

TUESDAY 11:15 AM-12:15 PM

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



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 2011-2014 and current Chair of the Council on Future Practice.

TUESDAY 11:15 AM-12:15 PM

When You Wish Upon A Star: Proven Strategies You Can Use to Turn Your Career Dreams into Reality

TUESDAY 1:45-3:15 PM

Healthy, Happy, Hundred: Healthy Aging Strategies for Boomers and Beyond



Cheryl Forberg

James Beard award-winning chef and nutritionist for NBC's "The Biggest Loser" based in Napa, CA. Author of A Small Guide to Losing Big and numerous New York Times bestselling books.

TUESDAY 8:45-10:15 AM

The Biggest Loser Unplugged: The RD Behind The Camera



David Grotto MS, RDN, LDN

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

MONDAY 1:45-3:15 PM

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



Sharon Palmer

RDN

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

MONDAY 11:15 AM-12:15 PM

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

WEDNESDAY 11 AM-12:30 PM

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



Robin Plotkin

RD, LD

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

MONDAY 1:45-3:15 PM

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

HEALTHY FLAVOR or certified by the Property AMERICAN HEART ASSOCIATION'S



American Heart Association

Meets Criteria For Heart-Healthy Food



While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. With 12 grams of protein and 110 mg of omega-3s per serving, StarKist® Albacore Tuna is a delicious, low-fat way to help protect your heart.



Find Albacore recipes at STARKIST.COM

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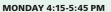
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PRESENTER INFORMATION



Barbara Ruhs MS, RD, LDN

Supermarket nutrition and retailhealth promotion consultant at Neighborhood Nutrition, LLC based in Phoenix, AZ.

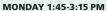


The Supermarket Solution: **Promoting Nutrition in the Aisles**



Kyle Shadix CRC, MS, RD, FAND

Culinary nutrition food scientist based in New York. Pursing PhD in Food Science at Rutgers University.



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



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.

WEDNESDAY 9:15-10:45 AM

Dietary Targeting of Inflammation: Modification of 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.

MONDAY 11:15 AM-12:15 PM

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

MONDAY 4:15-5:45 PM

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.

WEDNESDAY 9:15-10:45 AM

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





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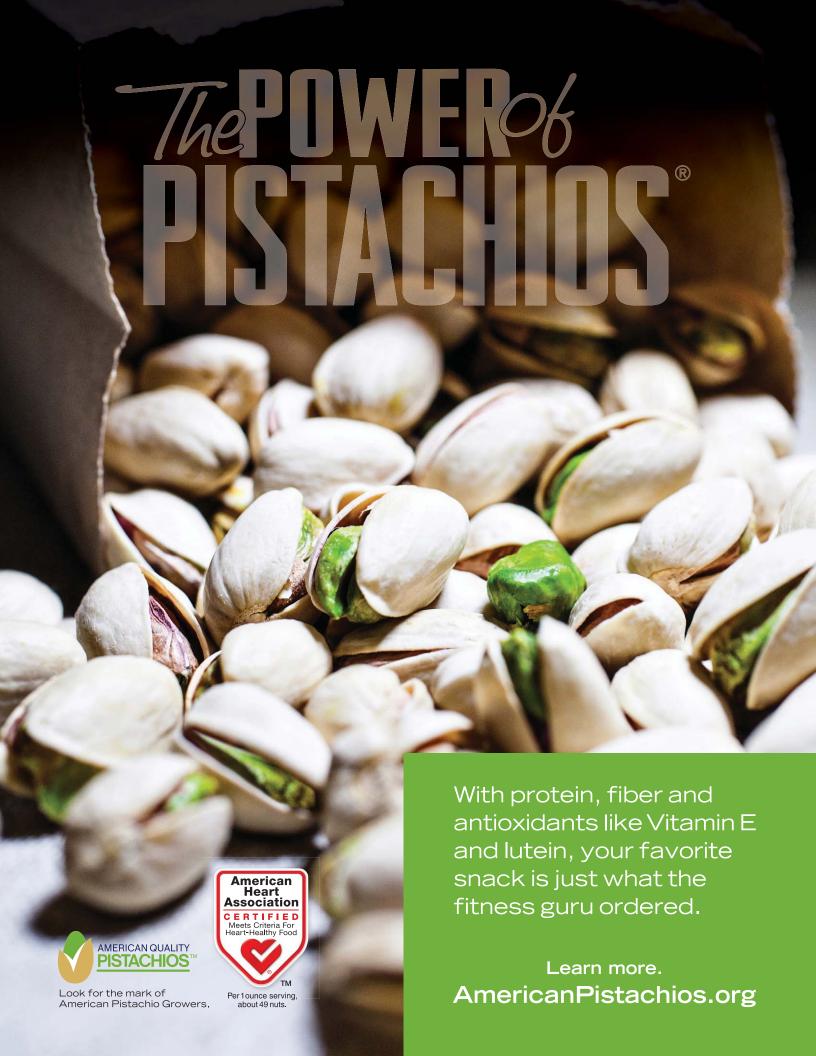
CE Club Membership Benefits:

- √ 50% instant discount on ALL courses, webinars & CEU packages*
- A year's subscription/renewal to *Today's Dietitian*
- Unlimited access to Today's Dietitian digital version
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*Discount excludes books and Becky Dorner programs





Conversational Breakfast

GMO Panel

PRESENTERS: Janet Collins, PHD, RD, Senior Vice President of Science and Regulatory Affairs at CropLife America, Greg Jaffe, Director of the Project on Biotechnology at the Center for Science in the Public Interest, and Nancy Kavazanjian, United Soybean Board Farmer-Director

SPONSOR: United Soybean Board* Wednesday 7:30-9:00 AM (1.5 credits)

This session will examine agricultural biotechnology's role in improving human health, increasing the global food supply and promoting environmental sustainability. Bringing together an expert in biotechnology crops, a representative from the Consumer Science for Public Safety, and a United Soybean Board Farmer-Director with real-life farm management experience, this session aims to increase your understanding of why biotechnology may be used as a powerful tool for feeding a growing world.

LEARNING OBJECTIVES:

- 1. Explain how advances in agriculture and farming increase the sustainability and stability of the food supply while providing positive environmental impacts.
- 2. Effectively address consumer questions about the safety and sustainability of the food supply chain from farm to fork.
- 3. Identify three reasons why biotechnology may be used as a powerful tool for sustainable agriculture.

SUGGESTED CDR LEARNING CODES 8018, 2040, 2070, 2000; LEVEL 2

*Certificates for this session will be provided by the United SoyBean Board during the event and not by Today's Dietitian.

Diabetes and Weight Loss

Special Considerations for Your Patients

PRESENTER: Jill Weisenberger, MS, RDN, CDE, FAND Monday 11:15 AM-12:15 PM (1 credit)

Though the basic weight loss guidelines for people with diabetes are the same as for the general population, people with diabetes have additional concerns regarding medications, risk for hypoglycemia, timing of exercise and management of blood glucose. This session reviews weight loss research among subjects with diabetes, additional concerns when people with diabetes attempt weight loss and potential solutions to these concerns.

LEARNING OBJECTIVES:

- 1. List at least five possible benefits of moderate weight loss among people with type 2 diabetes.
- 2. Identify expected outcomes of various weight loss plans for people with diabetes.
- **3.** Identify expected outcomes of bariatric surgery among people with diabetes.
- 4. Identify at least three possible reasons for increased risk of hypoglycemia and their potential solutions when people with diabetes attempt weight loss.

SUGGESTED CDR LEARNING CODES 5190, 5370; LEVEL 2

Dietary Fats

Which Ones Belong on the Table

PRESENTER: Jill Weisenberger, MS, RDN, CDE, FAND Monday 4:15-5:45 PM (1.5 credits)

The consumer is confused about which dietary fats are healthful and which are unhealthful, especially regarding diabetes and cardiovascular risk. This session reviews consumer attitudes, recent headlines in the popular media, scientific research and reasonable recommendations that RDNs can make to the consumer.

LEARNING OBJECTIVES:

- 1. Identify current consumer attitudes about the healthfulness of various dietary fats.
- **2.** List the findings and weaknesses of at least two recent studies suggesting no cardiovascular harm from dietary saturated fats.
- **3.** Identify various national and international guidelines for the consumption of saturated, polyunsaturated and monounsaturated fatty acids.
- **4.** Quantify the reduced cardiovascular risk when dietary unsaturated fats replace saturated fats.
- 5. Identify at least three ways for the typical consumer to replace unhealthful fatty diets with better choices.

SUGGESTED CDR LEARNING CODES 2070, 5160, 5190; LEVEL 2

Dietary Targeting of Inflammation

Modification of Cancer Risk

PRESENTER: Cynthia Thomson, PhD, RD, FAND, FTOS Wednesday 9:15-10:45 AM (1.5 credits)

A significant and growing body of evidence demonstrates that inflammation contributes to cancer risk. Research also suggests that the inflammatory response may be modified by diet and dietary components. This session will examine the relationship between inflammation and cancer, as well as foods and dietary patterns that have been shown to impact the inflammatory response. Attendees will come away with the recognition that RDs can play an important role in positively impacting the health of patients and clients at risk for cancer by encouraging dietary interventions that reduce inflammation.

LEARNING OBJECTIVES:

- 1. Describe the physiology of the relationship between inflammation and cancer.
- **2.** Differentiate anti- and pro-inflammatory foods/dietary constituents/dietary patterns.
- 3. Identify common biochemical indices used to assess inflammation and their relationship to cancer and cancer prognosis.
- 4. Evaluate and interpret current epidemiological and clinical evidence linking inflammation, diet and cancer.
- 5. Translate current evidence into nutritional counseling/ care plans for cancer risk reduction.

SUGGESTED CDR LEARNING CODES 2110, 4040, 4050, 5150



Expanding Your Repertoire

Culinary Techniques Every RD Should Master

PRESENTER: Toby Amidor, MS, RD, CDN Tuesday 1:45-3:15 PM (1.5 credits)

There is more demand than ever for tasty, nutritious recipes. However, for some patients and clients, a lack of cooking skills can be a barrier to adopting more healthful eating patterns. RDs are perfectly positioned to not only provide nutritious recipes to clients, but also to assist them with the culinary skills necessary to fit the recipes into their lifestyles. This session will help familiarize nutrition professionals with healthy preparation and cooking techniques. Once mastered, nutrition professionals can then begin to develop healthful, delicious recipes and more effectively assist patients and clients in adopting more healthful eating patterns.

LEARNING OBJECTIVES:

- 1. Identify common culinary skills that can pose a barrier to patients' and clients' adoption of healthful recipes.
- 2. Discuss four basic culinary techniques and understand their application to recipe adoption.
- 3. Develop a strategy for practicing and mastering the identified culinary techniques.
- 4. Apply the identified culinary techniques to healthful recipe development.

SUGGESTED CDR LEARNING CODES 8000, 8060, 8100; LEVEL 1

Food and Beverage Pairings

A Chef's Approach for Registered Dietitians

PRESENTER: Kyle Shadix, CRC, MS, RD, FAND Monday 1:45-3:15 PM (1.5 credits)

Helping clients understand and enjoy foods and beverages can be a powerful tool in assisting them in making healthful nutrition choices. This exciting and unique session will help demystify the challenge of food and beverage pairings, from fast food to ethnic cuisines. Topics covered include concepts such as a food's volume and regionality, as well as scientific approaches to food pairing. These and other practical topics will provide RDs with a set of unique skills to implement with clients.

LEARNING OBJECTIVES:

- 1. Understand how to approach the art of food and beverage
- 2. Discuss some fundamentals of applying wine-food pairing principles across the culinary continuum.
- 3. Share with clients new and useful guidelines for pairings, not only by specific food, but also by food type, time of day, characteristics, season and seasonings.

SUGGESTED CDR LEARNING CODES 8000, 8060, 8100, 8130; LEVEL 1



From Practice to the Page

Translating Your Expertise Into Articles, Blogs and Books

PRESENTERS: Constance Brown Riggs, MSEd, RD, CDE, CDN, and Tamara Jeffries, MFA

Two Part Workshop: Monday & Tuesday 4:15-5:45 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
- 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
- **3.** Verbalize 10 elements of a compelling book proposal.
- 4. Better understand the business of freelance writing.

SUGGESTED CDR LEARNING CODES 1000, 1110, 1140, 7000, 7070



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Get Hired, Get Promoted

10 Steps to Creating a Powerful Personal Brand

PRESENTER: Robin Plotkin, RD, LD Monday 1:45-3:15 PM (1.5 credits)

Today, developing your personal brand is as critical as mastering nutrition proficiencies. However, the question remains: How can you best position yourself in a landscape that changes on a daily basis in terms of competition, professional requirements and science? Branding success requires a thoughtful and strategic approach that takes into consideration the way people communicate and make choices in the here and now. In this session, we're going above and beyond the elevator speech and will identify 10 tactics necessary to create the powerful personal brand required in the current competitive landscape.

LEARNING OBJECTIVES:

- **1.** Identify the definition of branding as it applies in today's world.
- 2. Create a strategic plan for a personal brand that can be leveraged in the workplace.
- 3. List a variety of tactics needed to create a powerful personal brand.

SUGGESTED CDR LEARNING CODES

1010, 7010, 7070, 7120; LEVEL 2



Healthy, Happy, Hundred

Healthy Aging Strategies for Boomers and Beyond

PRESENTER: Becky Dorner, RDN, LD, FAND

Tuesday 1:45-3:15 PM (1.5 credits)

Do you want to live to be 100? Most people say, "Only if I'm healthy!" More people are living to older ages than ever before. The "Silver Tsunami" is creating a dramatic increase in the numbers of older Americans: 1 in 5 Americans will be over the age of 65 by the year 2030. But Americans are not necessarily "healthy." About one-half of all adults have one or more chronic health condition, and 25% of adults have two or more. An astounding 87% of older adults have hypertension, dyslipidemia, diabetes or a combination of these conditions; and 95% of health care spending for this age group is attributed to chronic conditions.

Now is the time to empower Baby Boomers and older adults to take control - to improve their health, functionality, and quality of life with the goal of living as independently as possible for as long as possible. This session will explore modifiable risk factors for chronic disease, focusing on chronic conditions related to diet, and provide some practical nutrition and health interventions and resources for the aging people you serve.

LEARNING OBJECTIVES:

- 1. Indentify modifiable risk factors for chronic conditions related to
- 2. Determine individualized nutrition interventions for chronic conditions related to diet in adults/older adults.
- 3. Identify resources available to help patients/clients improve chronic conditions related to diet.

SUGGESTED CDR LEARNING CODES 4040, 4190, 5000, 5090, 5100; LEVEL 2

Influencing Change

How to Borrow Strategies From Industry and Media

PRESENTER: Jenna A. Bell, PhD, RD Tuesday 4:15-5:45 PM (1.5 credits)

Do you ever feel frustrated that messages from the media or industry seem to get through to your clients or consumers better than your credible insights? Despite dietitians' focus on scientific evidence, we too can sensationalize our messages while staying true to the facts. This session will provide a point of view from dietitian Jenna A. Bell, PhD, RD, based on her work at Pollock Communications. She'll talk about how RDs can apply some of the strategies that industry and media employ to bring attention to the practice of sound nutrition.

LEARNING OBJECTIVES:

- 1. Develop a messaging plan of action based on the target audience.
- 2. Describe the process of developing key messages.
- 3. Determine the appropriate channel of communication to reach a desired outcome.
- 4. List considerations when creating key messages.

SUGGESTED CDR LEARNING CODES 1130, 1140, 6010, 6020; LEVEL 2





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Information Overload!

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

PRESENTER: Karen Collins, MS, RDN, CDN, FAND Tuesday 11:15 PM-12:15 PM (1 credit)

Patients are inundated with information about nutrition, but much of what they see on the Internet and in magazines is based on anecdotal stories or single studies. How can we help them focus on the choices most likely to make a difference? In this presentation, we will look at examples of what patients may be hearing, examine these ideas in light of current nutrition research and recommendations, and discuss how we might respond when people ask or make statements about what they see in the media.

LEARNING OBJECTIVES:

- 1. Identify at least three common examples of nutrition misinformation circulating in the media.
- 2. Formulate research-based responses they could provide to patients or clients who ask about topics often populated by misinformation.
- 3. Provide patients with steps to identify red flags for potential misinformation as well as sources of reliable information.

SUGGESTED CDR LEARNING CODES

2000, 4000, 4040, 5150, 5160, 9020;

Looking at Nutrient Analysis Through a Culinary Lens

Recipe Development Strategies For Registered Dietitians

PRESENTER: Dana Angelo White, MS, RD, ATC Wednesday 9:15-10:45 AM (1.5 credits)

Culinary nutrition is an increasingly popular area of the field of dietetics. With growing public interest and continued legislation on presentation of nutrition information, registered dietitians are being called upon to crunch numbers in all areas of the food industry. It is vital for registered dietitians to adopt proper nutrition analysis skills to help ensure that nutrition information is being disseminated properly and accurately. Along with these trends is an increased need for health-centric recipe development. Registered dietitians can learn how to apply their knowledge about food and nutrients to create delicious and healthful recipes for individual patients and wider audiences.

LEARNING OBJECTIVES:

- 1. Understand the importance of proper nutrition analysis methods.
- 2. Discuss the current literature about proper nutrition analysis
- 3. Discuss common pitfalls for nutrition analysis and recipe development.
- 4. Review the basic nutrition analysis tools available for nutrition professionals.
- **5.** Articulate best practices for recipe development.
- 6. Discuss tips and strategies for recipe development and effective presentation of nutrition information.

SUGGESTED CDR LEARNING CODES 1000, 2020, 8060, 8100; LEVEL 2

Man-Eater!

The Dietary Needs of Performance-Driven Men

PRESENTER: David Grotto, MS, RDN, LDN

Monday 1:45-3:15 PM (1.5 credits)

According to the National Institutes of Health, men can't hold a candle to women in the competition over who are the better caretakers of their bodies. In fact, men are more likely to smoke, drink, put off yearly check-ups and forego recommended medical care. Yes, men can claim superiority in the battle of the sexes when it comes to making riskier and unhealthier decisions.

For men who are inclined to lead fuller, longer and healthier lives, are there a set of overall optimal recommendations for food, nutrient and lifestyle choices? When clinicians drill down to what men really care about—physical, mental and sexual performance (not necessarily in that order)—is there research supported guidance for the performance-driven man? Are men, in general, making smarter food choices according to the latest trend data? And, equally important for communicators of health and nutrition, are there messages and a style of delivering them that resonate more with men?

Men's nutrition and health expert David Grotto, MS, RDN, LDN, will:

- Provide concrete answers to the aforementioned questions.
- Review the latest protein recommendations for the attainment and retention of lean mass.
- Debunk male-specific food and supplement lore.
- Arm caretakers of men with messaging and tools that resonate with men.

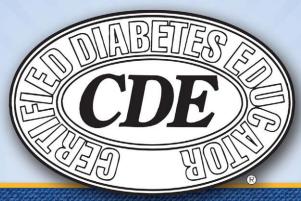
LEARNING OBJECTIVES:

- 1. Identify specific areas of health that men are truly concerned
- 2. Understand and implement counseling tools and strategies for working with men.
- 3. Relate nutrition and lifestyle choices to risk of adverse health conditions experienced by men.

SUGGESTED CDR LEARNING CODES

2000, 4170, 5160, 5190, 5370, 6010, 6020, 6070; LEVEL 2





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Certified Diabetes Educators (CDEs) are highly recognized and well respected members of the healthcare team and they are in high demand. Choose to earn the CDE credential and make a difference for your career, your patients, and your colleagues.

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What do CDEs do?

A CDE partners with people with diabetes and prediabetes to develop self-management plans and provides the education and tools that promote successful outcomes. As part of the process, CDEs often also work collaboratively with other members of the healthcare team. When life's inevitable changes and challenges arise, a CDE is a vital resource for identifying ways to adapt the plan to support ongoing success.

When am I eligible to take the CDE exam?

You are eligible to take the CDE exam after meeting the discipline requirement, obtaining minimum general and specific diabetes education experience, obtaining required continuing education hours, and completing the application, with fee.

Where can I find out more information?

The National Certification Board for Diabetes Educators (NCBDE), the organization administering the CDE program, provides valuable information on its web site at www.ncbde.org.

Why should I become a CDE?

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Meeting the Nutritional Needs of the Plant-based Family

Key Considerations From Childhood Through the Golden Years

PRESENTER: Sharon Palmer, RDN Wednesday 11:00 AM-12:30 PM (1.5 credits)

This session will examine the latest science on specific nutritional needs for vegetarian and vegan diets throughout the lifecycle, including during childhood, adolescence, adulthood, and older adulthood. Included are practical tips for helping your patients meet their nutrient needs for optimal health.

LEARNING OBJECTIVES:

- 1. Identify nutrient needs of concern for specific periods during the
- 2. Quantify appropriate foods and portions needed to meet nutrient needs for various age groups.
- 3. Utilize knowledge of science-based evidence to counsel vegetarian and vegan clients on shortfall nutrients.
- 4. Provide specific menu planning tips for assisting vegetarian and vegan clients to meet optimal nutrient needs.

SUGGESTED CDR LEARNING CODES 3020, 4110, 4120; LEVEL 2

More Than One Path to a Lower Risk of Heart Disease and Cancer

An Up-Close Look at Mediterranean, DASH, Nordic and Other Eating Patterns

PRESENTER: Karen Collins, MS, RDN, CDN, FAND Monday 8:45-10:15 AM (1.5 credits)

A predominantly plant-based diet is a key element in recommendations to reduce risk of cancer and cardiovascular disease. Multiple options for creating such a diet have been identified. In this presentation, we will explore several different dietary patterns, the research behind them and ways that they can be used or adapted to create eating habits that lower risk of chronic disease as part of a long-term healthy lifestyle.

LEARNING OBJECTIVES:

- 1. Identify, compare and contrast several different eating patterns that may help promote health.
- 2. Explain current research findings regarding each of these patterns and the potential to reduce risk of cancer and cardiovascular disease.
- 3. Describe realistic, practical steps for making a variety of eating patterns healthful and enjoyable.

SUGGESTED CDR LEARNING CODES 4000, 4040, 5150, 5160, 9020; LEVEL 2



Social Media in Dietetics Practice

Ethical and Legal Considerations

PRESENTER: Neva Cochran, MS, RDN, LD, FAND Tuesday 1:45-3:15 PM (1.5 credits)

The growth and prevalent use of social media provides the perfect avenue to share our nutrition expertise with consumers but poses unique challenges of the legal and ethical behavior of students, educators, and practitioners in dietetics. Learn how to identify the appropriate application of federal regulations and the Code of Ethics for the Profession of Dietetics to avoid compromising your current and future professional career.

LEARNING OBJECTIVES:

- 1. Describe key issues related to social media in society and for the profession.
- 2. Apply general guidelines for using social media in both personal and professional practice situations.
- 3. Reduce potential legal and ethical problems when utilizing social media in personal and professional situations.

SUGGESTED CDR LEARNING CODES 1020, 1050, 1090, 7110; LEVEL 2

Thanks to Our Student Volunteers!

We are thrilled to have an enthusiastic team of volunteers from the dietetics program at the University of Nevada, Las Vegas helping us throughout the Symposium. These students will be on site as part of our Symposium staff to help attendees find their way around the conference center.

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The Supermarket Solution

Promoting Nutrition in the Aisles

PRESENTER: Barbara Ruhs, MS, RD, LDN Monday 4:15-5:45 PM (1.5 credits)

Whether you are a dietitian working for a supermarket or a consultant trying to provide nutrition education in the local grocery store, developing skills to engage customers will be essential to your long-term success. Given the many programs and opportunities to promote health that are available through supermarkets, effective customer engagement can result in both increased shopper loyalty and improved shopper health. This session will broadly cover the role of supermarket dietitians and will examine the skills and strategies that can stimulate customer engagement, as well as the role that customer engagement can play in promoting healthful purchasing decisions. Supermarket dietitians and dietitians seeking to use supermarkets as a resource will benefit from the material discussed in this session.

LEARNING OBJECTIVES:

- **1.** Discuss the varying roles and duties fulfilled by supermarket
- 2. Define customer engagement and discuss why is it important for dietitians.
- 3. List five key customer engagement strategies for dietitians.
- **4.** Identify opportunities to implement customer engagement strategies.

SUGGESTED CDR LEARNING CODES 7050, 7070, 7120, 7210; LEVEL 2



Taking Nutrition Back to the Kitchen

Mastering the Cooking Demonstration

PRESENTER: Katie Cavuto, MS, RDN, Chef

Tuesday 4:15-5:45 PM (1.5 credits)

Many dietitians have discovered the power of taking nutrition back into the kitchen. By providing clients with real-world tools like cooking and shopping skills they have seen improved results in lifestyle modification goals. Cooking classes are not only useful in a one-on-one environment. The cooking demonstration has been gaining popularity as an engaging component to traditional nutrition lectures and talks.

In this session led by chef, blogger and media expert Katie Cavuto, MS, RDN, Chef, you will learn how to plan and confidently implement a cooking demonstration/nutrition lecture that is both educational and engaging to your audience—be it 10 or 500 people.

In this entertaining and thought-provoking session, Katie will:

- Discuss the benefits of a cooking demonstration vs. a traditional nutrition lecture.
- Guide you in choosing a recipe that applies to your audience and their needs.
- Discuss the tools you will need to lead a cooking demonstration from set up to kitchen equipment.
- Discuss the flow of a cooking demonstration and applying nutrition talking points to recipe ingredients.

LEARNING OBJECTIVES:

- 1. Successfully develop a cooking demonstration/nutrition lecture
- **2.** Apply nutrition talking points to recipes/ingredients.
- 3. List the necessary equipment needed for a cooking demonstration.

SUGGESTED CDR LEARNING CODES 5190, 5370; LEVEL 2

The Biggest Loser Unplugged

The RD Behind the Camera

PRESENTER: Cheryl Forberg, RD Tuesday 8:45-10:15 AM (1.5 credits)

The Biggest Loser has forged a path into reality television show history to inspire a nation to lose weight. The pounds are peeling off, the show's an international hit, but where's the science? Cheryl Forberg, RD, behind-the-scenes chef and medical expert from NBC's The Biggest Loser shares her insights on the roles of nutrition, psychology, exercise and cooking on weight loss success.

LEARNING OBJECTIVES:

- 1. Understand the nutrition guidelines and recommendations of The Biggest Loser weight loss plan and their efficacy.
- 2. Describe the appropriate roles for the MD and RD in partnership to treat overweight and obesity.
- 3. Describe the essential components of an accelerated weight loss program for use in the outpatient setting.

SUGGESTED CDR LEARNING CODES 1090, 5370, 6010, 6020; LEVEL 1

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Today's Athletes

What Does Consumer Marketing Tell RDs About Their Clients?

PRESENTER: Jenna A. Bell, PhD, RD Monday 11:15 AM-12:15 PM (1 credit)

Dietitians are well versed in the science behind the nutritional needs of their clients. Sports dietitians have an in-depth knowledge of the physiological responses to sport and can provide evidence-based recommendations to optimize performance. Lastly, with years of experience, we are able to describe athlete behaviors and choices. What we seldom have access to, however, is consumer-marketing data. With the help of large-scale consumer-marketing data and a leading sports nutrition company, this session will take a look at the athlete through the marketing lens—from demographics to purchasing behaviors and sports nutrition product sales—and we'll describe today's athlete from the data.

LEARNING OBJECTIVES:

- **1.** Describe the target consumer for a sports nutrition company.
- 2. Explain how sports nutrition companies use data to develop
- **3.** Summarize the current trends in sports nutrition products.
- 4. Modify sports nutrition recommendations to align with purchasing behavior.

SUGGESTED CDR LEARNING CODES 4060, 6010, 7050, 7120; LEVEL 2

When You Wish Upon a Star

Proven Strategies You Can Use to Turn Your Career Dreams Into Reality

PRESENTER: Becky Dorner, RDN, LD, FAND Tuesday 11:15 AM-12:15 PM (1 credit)

Do you dream of a successful career? Do you want the 3 Rs: recognition, rewards and respect? Are there things you want to achieve, but just don't know how to get from where you are now to where you want to be? This session will help you discover the skills and traits needed to be successful and advance your career, discover the potential opportunities that are available to you as a professional, and teach you how to increase your value and prove your worth!

We will review some highlights from the Academy's Nutrition and Dietetics 2013 Compensation and Benefits Survey to determine key factors related to employment and compensation, along with the CDR's Workforce Demand Study to discuss trends and predictions for future employment. Then, we will focus on 10 proven strategies you can use to achieve your career dreams and goals.

LEARNING OBJECTIVES:

- 1. Identify current earning potential of nutrition and dietetics professionals and determine the skills needed to increase their value as professionals.
- 2. List at least three strategies that they commit to applying to achieve career goal(s).
- 3. Identify three resources they can use to help achieve career goal(s).

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



Who Feeds America?

An Examination of the Condition of the Food Labor System

PRESENTER: Sharon Palmer, RDN Monday 11:15 AM-12:15 PM (1 credit)

Who grows our food? How are they treated? These are growing concerns among consumers today. This session will explore the latest headlines on injustices in the food system, and offer RDs information on how to support equity in today's food landscape.

LEARNING OBJECTIVES:

- 1. Identify at least three current concerns regarding food justice in our food supply.
- 2. List foods that may be traced to unfair food labor practices.
- **3.** Assimilate knowledge on current fair trade practices that help provide better justice in our food system.
- **4.** Develop criteria for guiding clients towards accurate knowledge on fair labor practices in the food system.

SUGGESTED CDR LEARNING CODES 4070, 8000, 8018, 8070; LEVEL 2





HOTEL HIGHLIGHTS





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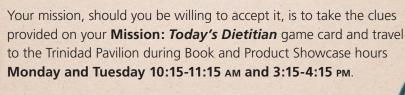
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- THIRD PRIZE: A three-year subscription or renewal to Today's Dietitian.

Return your completed game piece to Symposium Services in the Trinidad Lobby and be entered to win one of these three great prizes! Winners will be announced after a random drawing during Wednesday morning's Conversational Breakfast. You must be present to win.





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