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.

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.)
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.

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 or check out the Hotel + Travel section on www.TodaysDietitian.com/SS15.

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 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
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<td><strong>NEVA COCHRAN, MS, RDN, LD, FAND</strong></td>
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<td>Nutrition Communications Consultant in Dallas.</td>
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| **KAREN COLLINS, MS, RDN, CDN, FAND** |

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

| **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 GROTTO, 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. |

| **SESSIONS** |
| **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** |

| **SESSIONS** |
| **The Biggest Loser Unplugged: The Science Behind The Camera** |
| **Man-Eater! The Dietary Needs of Performance-Driven Men** |

**WWW.TODAYSDIETITIAN.COM/SS15**
### 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

### 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.

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<td><strong>MEETING THE NUTRITIONAL NEEDS OF THE PLANT-BASED FAMILY: KEY CONSIDERATIONS FROM CHILDHOOD THROUGH THE GOLDEN YEARS</strong></td>
<td><strong>GET HIRED, GET PROMOTED: 10 STEPS TO CREATING A POWERFUL PERSONAL BRAND</strong></td>
<td><strong>THE SUPERMARKET SOLUTION: PROMOTING NUTRITION IN THE AISLES</strong></td>
<td><strong>FOOD AND BEVERAGE PAIRINGS: A CHEF’S APPROACH FOR REGISTERED DIETITIANS</strong></td>
<td><strong>DIETARY TARGETING OF INFLAMMATION: MODIFYING CANCER RISK</strong></td>
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<td><strong>WHO FEEDS AMERICA? AN EXAMINATION OF THE CONDITION OF THE AMERICAN FOOD LABOR SYSTEM</strong></td>
<td><strong>7 REASONS TO USE SOCIAL MEDIA TO PROMOTE YOUR BRAND</strong></td>
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6 *TODAY’S DIETITIAN*
Speakers and Sessions

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.

DANA ANGELO WHITE, MS, RD, ATC
Certified athletic trainer and fitness consultant in Fairfield, CT. Assistant clinical faculty member and sports dietitian at Quinnipac University.

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
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

SESSIONS
Diabetes and Weight Loss: Special Considerations for Your Patients
Dietary Fats: Which Ones Belong on the Table

SESSION
Looking at Nutrient Analysis Through a Culinary Lens: Recipe Development Strategies for Registered Dietitians
For Your Information

SYMPOSIUM INFORMATION: www.TodaysDietitian.com/SS15
TO REGISTER: www.TodaysDietitian.com/SS15register
BOOK YOUR HOTEL ROOM: www.TodaysDietitian.com/SS15hotel
CONTACT US BY PHONE: 877-925-CELL (2355)
CONTACT US BY E-MAIL: Symposium@gvpub.com

Connect on Social Media

@todaysdietitian
HASHTAG: #TDSS15

Interested in Sponsorships?
Call Gigi Grillot at 646-942-2214
ggrillot@gvpub.com

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