Green is Good. GUARANTEED.

NEW Amazing Greens™ Smoothie with 11g of protein to fuel your day.

Green is Good. GUARANTEED. Kale. Peaches. Pumpkin seeds. Lemon. Take a sip. If you don’t think our nutritious Amazing Greens smoothie tastes great, just let us know and we’ll make you a new smoothie.

www.jambajuice.com
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’oeuvres will be served as we get together for an intimate preshow party and networking opportunity.

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, 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!

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 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!

Presented by

Jamba Juice

2015 SYMPOSIUM PROGRAM GUIDE www.TodaysDietitian.com  3
# SYMPOSIUM SCHEDULE

## Monday, May 18

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<tr>
<th>TIME</th>
<th>EVENT/SESSION</th>
<th>PRESENTER/INSTRUCTOR</th>
<th>ROOM</th>
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<tbody>
<tr>
<td><strong>6:30 AM-7:30 AM</strong></td>
<td>AM FITNESS: 100% Results With a Circus Twist</td>
<td>Joel Harper, personal trainer</td>
<td>Trinidad Garden</td>
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<tr>
<td><strong>7:30 AM-8:30 AM</strong></td>
<td>BREAKFAST</td>
<td>Rabiya Bower, RD, LD</td>
<td>Trinidad Pavilion</td>
</tr>
</tbody>
</table>
| **8:45 AM-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* | Karen Collins, MS, RDN, CDN, FAND         | Trinidad 1     |
| **10:15 AM-11:15 AM** | BREAK/BOOK AND PRODUCT SHOWCASE                    |                                            | Trinidad Pavilion |
| **11:15 AM-12:15 PM** | Diabetes and Weight Loss  
*Special Considerations For Your Patients* | Jill Weisenberger, MS, RDN, CDE, FAND    | Trinidad 1     |
| **11:15 AM-12:15 PM** | Who Feeds America?  
*An Examination of the Condition of the Food Labor System* | Sharon Palmer, RDN                        | Trinidad 2     |
| **11:15 AM-12:15 PM** | Today’s Athletes  
*What Does Consumer Marketing Tell RDs About Their Clients?* | Jenna A. Bell, PhD, RD                   | Trinidad 3     |
| **12:15 PM-1:45 PM** | KEYNOTE LUNCHEON                                    | Summer Sanders                           | Trinidad Pavilion |
| **1:45 PM-3:15 PM** | Food and Beverage Pairings  
*A Chef’s Approach for RDs* | Kyle Shadix, CRC, MS, RD, FAND            | Trinidad 1     |
| **1:45 PM-3:15 PM** | Get Hired, Get Promoted  
*10 Steps to Creating a Powerful Personal Brand* | Robin Plotkin, RD, LD                    | Trinidad 2     |
| **1:45 PM-3:15 PM** | Man-Eater!  
*The Dietary Needs of Performance-Driven Men* | David Grotto, MS, RDN, LDN               | Trinidad 3     |
| **3:15 PM-4:15 PM** | BREAK/BOOK AND PRODUCT SHOWCASE                    |                                            | Trinidad Pavilion |
| **4:15 PM-5:45 PM** | Dietary Fats  
*Which Ones Belong on the Table* | Jill Weisenberger, MS, RDN, CDE, FAND    | Trinidad 1     |
| **4:15 PM-5:45 PM** | The Supermarket Solution  
*Promoting Nutrition in the Aisles* | Barbara Ruhs, MS, RDN, LDN               | Trinidad 2     |
| **4:15 PM-5:45 PM** | From Practice to the Page (Part 1)  
*Translating Your Expertise Into Articles, Blogs and Books* | Constance Brown-Riggs, MSEd, RD, CDE, CDN, and Tamara Jeffries, MFA | Trinidad 3     |
### Tuesday, May 19

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT/SESSION</th>
<th>PRESENTER/INSTRUCTOR</th>
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<tbody>
<tr>
<td>6:30 AM-7:30 AM</td>
<td>AM FITNESS: Hatha Yoga</td>
<td>Silke Ullmann, MPH, RD, RYT</td>
<td>Trinidad Garden</td>
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<tr>
<td>7:30 AM-8:30 AM</td>
<td>GRAB-&amp;-GO BREAKFAST</td>
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<td>Trinidad Garden</td>
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<tr>
<td>8:45 AM-10:15 AM</td>
<td>The Biggest Loser Unplugged</td>
<td>Cheryl Forberg, RD</td>
<td>Trinidad 1</td>
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<td><strong>(1.5 credits)</strong></td>
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<tr>
<td>10:15 AM-11:15 AM</td>
<td>BREAK/BOOK AND PRODUCT SHOWCASE</td>
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<td>Trinidad Pavilion</td>
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<tr>
<td>11:15 AM-12:15 PM</td>
<td>Information Overload!</td>
<td>Karen Collins, MS, RDN, CDN, FAND</td>
<td>Trinidad 1</td>
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<td>Helping Patients Distinguish Evidence-Based vs Anecdotal Nutrition Strategies</td>
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<td>When You Wish Upon A Star</td>
<td>Becky Dorner, RDN, LD, FAND</td>
<td>Trinidad 2</td>
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<td>Proven Strategies You Can Use to Turn Your Career Dreams Into Reality</td>
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<tr>
<td>12:15 PM-1:45 PM</td>
<td>LUNCH</td>
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<td>Trinidad Pavilion</td>
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<tr>
<td>1:45 PM-3:15 PM</td>
<td>Expanding Your Repertoire</td>
<td>Toby Amidor, MS, RD, CDN</td>
<td>Trinidad 1</td>
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<td>Culinary Techniques Every RD Should Master</td>
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<td>Social Media in Dietetics Practice</td>
<td>Neva Cochran, MS, RDN, LD, FAND</td>
<td>Trinidad 2</td>
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<td>Ethical and Legal Considerations</td>
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<td></td>
<td>Healthy, Happy, Hundred</td>
<td>Becky Dorner, RDN, LD, FAND</td>
<td>Trinidad 3</td>
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<td>Healthy Aging Strategies for Boomers and Beyond</td>
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<tr>
<td>3:15 PM-4:15 PM</td>
<td>BREAK/BOOK AND PRODUCT SHOWCASE</td>
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<td>Trinidad Pavilion</td>
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<tr>
<td>4:15 PM-5:45 PM</td>
<td>Taking Nutrition Back to the Kitchen</td>
<td>Katie Cavuto, MS, RDN, Chef</td>
<td>Trinidad 1</td>
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<td>Mastering the Cooking Demonstration</td>
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<td>Influencing Change</td>
<td>Jenna A. Bell, PhD, RD</td>
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<td>How to Borrow Strategies from Industry and Media</td>
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<td>From Practice to the Page (Part 2)</td>
<td>Constance Brown-Riggs, MSEd, RD, CDE, CDN, and Tamara Jeffries, MFA</td>
<td>Trinidad 3</td>
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Wednesday, May 20

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<th>TIME</th>
<th>EVENT/SESSION</th>
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<tr>
<td>7:30 AM-9:00 AM</td>
<td>CONVERSATIONAL BREAKFAST</td>
<td>Panel of presenters</td>
<td>Trinidad Pavilion</td>
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<td>GMO Panel</td>
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<td>9:15 AM-10:45 AM</td>
<td>Dietary Targeting of Inflammation</td>
<td>Cynthia Thomson, PhD, RD, FAND, FTOS</td>
<td>Trinidad 1</td>
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<td>Modification of Cancer Risk</td>
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<td>Looking at Nutrient Analysis</td>
<td>Dana Angelo White, MS, RD, ATC</td>
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<td>Through a Culinary Lens</td>
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<td>Recipe Development Strategies</td>
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<tr>
<td>11:00 AM-12:30 PM</td>
<td>Meeting the Nutritional Needs</td>
<td>Sharon Palmer, RDN</td>
<td>Trinidad 1</td>
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<td>of the Plant-Based Family</td>
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<td>Key Considerations from Childhood</td>
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<td>Through the Golden Years</td>
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**SYMPOSIUM SCHEDULE**

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 60- or 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.

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MAY 20
WEDNESDAY
Trinidad Pavilion
7:30 a.m. – 9:00 a.m.

Visit SoyConnection.com to stay up-to-date on the latest soy news, recipe tips and more
**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

**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](http://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.
Fat 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.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.
Toby Amidor
MS, RD, CDN

TUESDAY 1:45-3:15 PM
Expanding Your Repertoire: Culinary Techniques Every RD Should Master

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

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

Jenna A. Bell
PhD, RD
Senior vice president and director of food and wellness for Pollock Communications based in New York. Co-founder 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

TUESDAY 1:45-3:15 PM
Social Media in Dietetics Practice: Ethical and Legal Considerations

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

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.

TUESDAY 4:15-5:45 PM
Taking Nutrition Back to the Kitchen: Mastering the Cooking Demonstration

Neva Cochran
MS, RDN, LD, FAND
Nutrition Communications Consultant in Dallas, TX.
Milk for Every Body!
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<table>
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<tr>
<td>Karen Collins</td>
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<td>Sharon Palmer</td>
<td>RDN</td>
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<td>Robin Plotkin</td>
<td>RD, LD</td>
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**Karen Collins**  

**David Grotto**  
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.

**Becky Dorner**  

**Cheryl Forberg**  

**Sharon Palmer**  
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.*

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

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<thead>
<tr>
<th>Date</th>
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<td>Get Hired, Get Promoted: 10 Steps to Creating a Powerful Personal Brand</td>
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HEART-HEALTHY FLAVOR

certified by the

AMERICAN HEART ASSOCIATION

Albacore Caribbean Tuna Salad

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.

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Please note that the Heart-Check Food Certification does not apply to recipes.

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### PRESENTER INFORMATION

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

**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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<tr>
<th>Presenter</th>
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<th>Date &amp; Time</th>
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<tr>
<td><strong>Barbara Ruhs</strong></td>
<td>The Supermarket Solution: Promoting Nutrition in the Aisles</td>
<td>MONDAY 4:15-5:45 PM</td>
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<tr>
<td><strong>Kyle Shadix</strong></td>
<td>Food and Beverage Pairings: A Chef’s Approach for Registered Dietitians</td>
<td>MONDAY 1:45-3:15 PM</td>
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<tr>
<td><strong>Cynthia Thomson</strong></td>
<td>Dietary Targeting of Inflammation: Modification of Cancer Risk</td>
<td>WEDNESDAY 9:15-10:45 AM</td>
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<tr>
<td><strong>Jill Weisenberger</strong></td>
<td>Diabetes and Weight Loss: Special Considerations for Your Patients</td>
<td>MONDAY 11:15 AM-12:15 PM</td>
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<tr>
<td><strong>Dana Angelo White</strong></td>
<td>Dietary Fats: Which Ones Belong on the Table</td>
<td>MONDAY 4:15-5:45 PM</td>
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**About 2016…**

We’ll have amazing presenters like these at next year’s Symposium!

Check the back cover to see where and when!
Introducing
The Milk That Might Change Everything.

Do you have patients who love milk but who avoid it because they experience digestive issues?

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*Where the issue is not lactose tolerance or milk allergy.

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✓ Unlimited access to Today’s Dietitian digital version
✓ Monthly e-newsletters containing exclusive content

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*Discount excludes books and Becky Dorner programs

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Learn more. AmericanPistachios.org
SESSION DESCRIPTIONS

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.*

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 unhealthy 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.
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

Dietary 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

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### 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 pairings.
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 career.
2. Court and develop lasting relationships with editors.
3. Conduct an architectural analysis on print and digital media.
4. Develop at least one strong, newsworthy story concept.
5. Identify the six components of query letters that sell.

**LEARNING OBJECTIVES (PART 2):**
1. Verbalize seven ways to take writing from basic to brilliant.
2. Develop a blogging plan to position yourself as a subject matter expert.
4. Better understand the business of freelance writing.

**SUGGESTED CDR LEARNING CODES** 1000, 1110, 1140, 7000, 7070
The Diabetes Sentry is an affordable, life-changing device for the detection of nocturnal hypoglycemia symptoms, no needles required! Our truly innovative device is worn like a wristwatch and provides monitoring for the two most common symptoms of hypoglycemia – an increase in perspiration and or a decrease in skin temperature. When symptoms are detected, the device sounds a loud audible alarm, loud enough to alert you even while asleep.

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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

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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. Identify modifiable risk factors for chronic conditions related to diet.
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

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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; **LEVEL 2**

**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 methods.
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 about.
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, 5190, 5370, 6010, 6020, 6070; **LEVEL 2**
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.

Who are Certified Diabetes Educators?
CDEs are health professionals from a variety of backgrounds, including Registered Dietitians or Registered Dietitian Nutritionists, who have demonstrated their knowledge and skill in providing diabetes self-management education by gaining general experience in the healthcare industry, providing at least 1,000 hours of patient education, passing a rigorous exam, and maintaining this highly respected credential in the healthcare industry.

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?
CDE certification helps you meet your personal and professional goals, shows you are knowledgeable, and distinguishes you from other educators, who may be competing for the same job.

Certification makes a difference—
Start your certification journey today and join nearly 19,000 CDEs. Visit www.ncbde.org for more information.
**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 lifecycle.
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

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**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 dietitians.
2. Define customer engagement and discuss why it is 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

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**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 outline.
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

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**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 products.
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

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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

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When You Wish Upon a Star
Proven Strategies You Can Use to Turn Your Career Dreams Into Reality

**PRESENTER:** Becky Dorner, RDN, LD, FAND, 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
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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 comedy at the Laugh Factory or listen to free live music over drinks at the Tropicana Lounge.

What’s Around the Tropicana

Easy Access to the Strip
The Tropicana Las Vegas is 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!

Nearby Entertainment
There is no end to the entertainment within your reach, but here are few highly ranked attractions just steps away: Embrace your inner child with a roller coaster ride at New York New York or enjoy a more mature evening with drinks, DJs, and dining at the MGM Grand’s Hakkasan Nightclub and Restaurant or the Mandarin Bar located just up the strip. Take a shopping trip to the Showcase Mall or hop the tram to Luxor for Bodies: The Exhibition or Titanic: The Artifact Exhibition. In the mood for a show? Purchase tickets to Cirque du Soleil Zumanity at New York New York, the Blue Man Group at the Monte Carlo or enjoy Cirque du Soleil Ka at the MGM Grand.
Whatever you are
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MISSION: Today's Dietitian

Investigate Information, Receive Intel and Win Prizes!

Your mission, should you be willing to accept it, is to take the clues provided on your Mission: Today's Dietitian game card and travel to the Trinidad Pavilion during Book and Product Showcase hours Monday and Tuesday 10:15-11:15 AM and 3:15-4:15 PM.

There you will visit and confer with our Symposium sponsors until you have matched each clue and received each sponsor's unique mark of evidence. Once you have matched all the clues on your card and completed your mission, you will be ready to utilize the intelligence and important data provided to enrich, inform, and support your clients and patients in the field!

If you successfully complete your mission, you will be entered to win:

- **GRAND PRIZE:** A complimentary three-day, two-night future stay at the Tropicana Las Vegas!
- **SECOND PRIZE:** A one-year CE Club membership on CE.TodaysDietitian.com. CE Club members save 50% on all CEU courses and packages plus receive a one-year subscription/renewal to Today's Dietitian.
- **THIRD PRIZE:** A three-year subscription or renewal to Today's Dietitian.

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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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Clinically proven, all natural, and gluten free, SunFiber® delivers six grams of soluble fiber. As a true, regulating fiber, SunFiber improves both conditions of occasional constipation and diarrhea without excess gas, cramping or bloating. SunFiber has a Grade A and Level 1 Evidence Recommendation (Clinical Nutrition Supplements). It dissolves quickly and clearly in beverages and does not alter the taste or texture of foods. By improving regularity and the growth of beneficial bacteria, SunFiber results in the promotion of intestinal and colon health.*

www.TomorrowsNutrition.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
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Today’s Dietitian
SPRING SYMPOSIUM

2016 Orlando

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