

HOT TOPICS IN THE NUTRITION ENVIRONMENT

Food and Nutrition Trends

- It's All About Trends: What the Future Holds for Food, Health and Healthy Lifestyles
- Shaking up Food Labeling: From New Daily Values to Front-of-Package Icons—What You Can Expect?
- Breakfast Consumption – Was mom REALLY wrong about it being ‘the most important meal of the day’?
- Fad Diets: Dissecting the Hype and the Science
- Weighing the Odds of Acculturation: What We Can Learn about Healthy Eating
- An In-Depth Look at the New Dietary Guidelines
- Looking Beyond Calories: Nutrition Security in a Hungry World
- Eating Beyond the Headlines: Sorting Evidence from Emotion
- Tick-Tock – Does Timing of Food Consumption Matter?
- Going Behind the Provocative Headlines when Food and Facts Collide
- Social Media in Dietetics Practice: Ethical and Legal Considerations
- Red and Processed Meats in the American Diet: How Much Do We Really Eat?*
- From the Supermarket to the Kitchen: Unraveling the clutter at the market in order to prepare healthy meals**
- The Hottest Food and Nutrition Trends**
- Beef in a Balanced Diet - A Perfect Match!**

Food Production and Environmental Nutrition

- Organic, Natural, and Grass-Fed Beef: Perception vs. Reality
- No Food Fights! A Courteous Discourse Making a Case for Sustainable Agricultural Co-existence
- The (Re)Purpose of Food, Reducing Food Waste at Home
- Where's the Beef in a Sustainable Future?*

***** New or Updated Topics***

SPEAKERS AVAILABLE FOR THE CATEGORY:

- Toby Amidor, MS, RD, CDN
- Keith Belk, PhD
- Mary Lee Chin, MS, RD
- Melissa Joy Dobbins, MS, RD CDE
- Sue Finn, PhD, RD, FADA
- Heather Leidy, PhD
- James Swain, PhD, RD, LD, FAND
- Nancy Rodriguez, PhD, RD
- Neva Cochran, MS, RDN, LD, FAND
- Sarah-Jane Bedwell, RD
- Judy Barbe, MS, RDN
- Donald Layman, Ph.D

Food and Nutrition Trends

Putting the Dietary Guidelines on the Average American's Plate: How All Food Groups Fit

With the 2015 Dietary Guidelines recent release and consumer's confusion around the array of nutrition information and misinformation in the media, it is more important than ever for registered dietitians be at the forefront of educating consumers on what the dietary guidelines actually mean for them and how all food groups fit into a healthy eating pattern.

Objectives:

After this presentation, attendees will be able to:

- 1) Be able to explain the basic recommendations of the 2015 Dietary Guidelines for Americans.
- 2) Be able to explain what recommendations Americans are meeting and where they are falling short.
- 3) Use practical examples to teach consumers what a balanced plate looks like and how all food groups fit into a balanced eating pattern.

Format:

- 60 minute interactive presentation with 10-15 minutes for audience questions
- Power point will be used and the audience will have the opportunity to participate in activities throughout the presentation.

Learning Needs Codes: 2070, 1080, 3020, 4000, 4010, 4030 (Level 2 presentation)

It's All About Trends: What the Future Holds for Food, Health and Healthy Lifestyles

Trends in food, health, and family lifestyles have a profound impact on the daily work of nutrition communicators. The current crop of trends presents both unique challenges and incredible opportunities for those who seek to shape the future food choices of American consumers. In this fast-paced session, you'll discover how to stay current on what's hot and what's not, while learning how to creatively use trends to make your work more satisfying and effective.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

Shaking up Food Labeling: From New Daily Values to Front-of-Package Icons – What You Can Expect

This session highlights the upcoming changes to the Food Label. From nutrients that are required and their Daily Values to serving size and calorie display changes, potential new proposed rules are discussed. The impact of Daily Values changes on nutrient content and health claims as well as the new meat and poultry labeling will be highlighted. Additionally, this presentation analyzes the current Front-of-Package labeling systems, recommendations and consumer research. Tips for working with clients will be shared based on the latest trends and consumer research.

Possible Learning Needs Codes: 2000, 4000, 6000

Breakfast Consumption – Was mom REALLY wrong about it being 'the most important meal of the day'?

The breakfast controversy, in terms of whether to eat or to skip the morning meal, appears to be driven by the purported lack of evidence regarding the effects of breakfast on body weight management. Despite the limited long-term data, acute controlled feeding studies demonstrate benefits of breakfast consumption on key physiological and hedonic (reward-driven) mechanisms that impact appetite control, satiety, and food choices (later in the day).

This presentation will address the following objectives/questions:

- Does breakfast consumption have an effect on body weight management?
- Does breakfast improve appetite control, satiety, and prevent over-eating later in the day?

- Does the type of breakfast consumed influence these outcomes, with specific emphasis on increased dietary protein?

Possible Learning Needs Codes: 2000, 3000, 4000, 6000, 9000

Fad Diets: Dissecting the Hype and the Science

New fad diets come around each year and nutrition professionals need to be prepared to answer client questions. The most popular fad diets will be discussed, along with their pros and cons of each. The presenter will also discuss effective ways to deal with clients who are insistent on following fad diets.

Possible Learning Needs Codes: 4000, 5370, 9050

Weighing the Odds of Acculturation: What We Can Learn about Healthy Eating

This seminar focuses on eating behaviors of recent Hispanic immigrants. What are the positive patterns brought into the US and what added challenges do immigrants face when acculturating?

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

An In-Depth Look at the New Dietary Guidelines

The latest Dietary Guidelines for Americans have just been released! This session will help familiarize nutrition professionals with additions and modifications made in this latest update. A review of scientific research leading to these changes will be presented. Additionally, tactics on communicating the Dietary Guidelines to the public through various mediums (one-on-one counseling, media) will be discussed.

Possible Learning Codes: 4030, 4100, 9050

Looking Beyond Calories: Nutrition Security in a Hungry World

Whether in an environment of too many calories or too few, nutrition security is a common thread that impacts not only health and mortality but also the economic development and security of societies around the globe.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

What's the Story: Beyond the Nutrition Headlines

People get most of their nutrition information from the media, which often means they are confronted with sensational headlines that foster confusion about nutrition. As dietitians, we can translate scientific information into consumer-friendly language, and build trust with consumers and with reporters. Using examples of recent scientific studies and the headlines they generated, this session will address what to consider, including study design and results, before you post the latest study results on social media, or do an interview.

Possible Learning Needs Codes: 4000, 5370, 9050

Eating Beyond the Headlines: Sorting Evidence from Emotion

Alarming food and nutrition headlines not only confuse consumers but may also result in the exclusion of nutrient-rich foods from the diet. As health professionals we know that nutrition and health recommendations we make must be based on the preponderance of scientific evidence and not the results of a single study trumpeted in the media. This can be a daunting task especially for topics that evoke strongly held and emotional beliefs that often defy scientific reality. This presentation will examine some of the current popular nutrition topics in the news and the real scientific facts behind them.

Possible Learning Needs Codes: 4000, 5370, 9050

Tick-Tock – Does Timing of Food Consumption Matter?

The media/lay press strongly encourages Americans to consume ‘mini-meals’ throughout the day for optimal weight management by curbing appetite and increasing satiety. However, there is surprisingly very little evidence supporting these claims. Alternately, there is increasing evidence that skipping meals is detrimental.

This presentation will address the following objectives/questions:

- ☐ Does the scientific evidence support the lay press statements that eating more frequently (in smaller portions) is beneficial for improved appetite control, satiety, and weight management?
- ☐ Are there benefits of eating more frequently/snacking on other meaningful outcomes-including energy, mood, and cognitive function?
 - Is there an interaction between increased eating frequency and increased dietary protein?

Possible Learning Needs Codes: 2000, 3000, 4000, 6000, 9000

Going Behind the Provocative Headlines when Food and Facts Collide

In an ideal world, journal articles, press releases, social media and news stories would all accurately reflect the results of health, food and nutrition research. The newest food and nutrition studies however, are too often trumpeted in provocative headlines that are misleading and inaccurate, and gain traction through social media as consumers get news in multiple formats on multiple platforms on a myriad of devices. Activists and self-styled health and nutrition experts adept at social media drive the food conversation, making it difficult to separate the truth from the falsehoods. And science is not rated as high as it should be, with one observer calling it “The War on Science.” It is essential that dietitians go behind the headlines that inform so much of the food environment of today, and to stand up and effectively speak out on behalf of sound science. But science literacy isn’t the only issue: real communicators must understand of how people today make decisions, engage audiences and create trust, and adjust how we communicate.

Objectives:

- Identify the significant who’s, what, where, and why’s driving the current food and nutrition controversies.
- Recognize the impact of activism, cultural cognition, cultural bias, and tribal communication barriers that shape consumer food attitudes and acceptance.
- Employ science communication principles to advance effective communications, based first on cultivating consumer engagement and trust, and then on facts and science.

Possible Learning Needs Codes: 4000, 5370, 9050

Social Media in Dietetics Practice: Ethical and Legal Considerations

Description: 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.

This presentation qualifies for the 1 CPE hour of ethics that is now required for RDNs in their 5-year CDR CPE portfolio.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

Red and Processed Meats in the American Diet: How Much Do We Really Eat?*

Several agencies and entities have taken public positions on the role of beef in the diet; some are based on scientific facts while others are not. For example, the 2015 IARC report suggesting that meat (and beef) causes cancer and the recommendations of the USDA Dietary Guidelines Advisory Committee this past year both were controversial. This presentation attempts to set the record straight with respect to meat consumption and casual linkages with diet/health outcomes. What is meat? What has happened over time relative to meat consumption? How does consumption tie together with recommendations? And, how could 'healthy dietary patterns' relate to meat consumption? These all are questions to be addressed in this presentation.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

From the Supermarket to the Kitchen: Unraveling the clutter at the market in order to prepare healthy meals*

The supermarket is filled with confusing choices, especially when it comes to foods like beef, yogurt, and eggs. Although consumers have more choices than ever, they are confused on how to purchase healthful foods at the market and create a healthy meal. An overview of cuts of beef, certifications on labels, and other consumer mystifying foods will be given, along with tips that can be shared with clients in order to help create healthy and tasty meals.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

The Hottest Food and Nutrition Trends*

Nutrition professionals must stay abreast of the latest nutrition trends in order to help educate clients and the public. As a nutrition expert from FoodNetwork.com Healthy Eats and writer for numerous national publications, the presented will provide an insight into the latest trends, explain why these trends become popular, and provide insight on how nutrition professions can build their practice by staying abreast of current cultural food and nutrition trends.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

Beef in a Balanced Diet - A Perfect Match!*

Detailed information regarding the nutritional profile of beef and how consuming beef within a mixed diet enhances the absorption of a variety of nutrients, thereby increasing the nutritive value of entire meal.

Possible Learning Needs Codes: 2000, 4000, 6000, 9000

Food Production and Environmental Nutrition

Organic, Natural, and Grass-Fed Beef: Perception vs. Reality

Many supermarkets across the U.S. now feature fresh beef products that are described as "Organic," "Natural" or "Grass Fed." Dr. Keith Belk of Colorado State University, who has conducted research on all three of these kinds of beef, will discuss the science of differences--chemical, physical, microbiological and organoleptic--among these, and "Conventional," beef products.

Possible Learning Needs Codes: 2000, 8000, 9000

No Food Fights! A Courteous Discourse Making a Case for Sustainable Agricultural Co-existence

One of the significant developments over the last two decades is a national conversation about food and how it is grown. Problem is that it hasn't been much of a conversation, but instead, a rancorous food fight. Consumer attentiveness to environmental sustainability, nutrition and safety fuel movements such as local and organic, urban farming, and community supported agriculture. Meanwhile farmers, who are less than 2% of the population, are challenged to produce affordable food for the rest of the 98% in a tough agricultural climate, utilizing modern conventional and innovative technologies often little understood or accepted by the public. Examine consumer's food philosophies and compare conventional, organic and GMO food production by nutritional, economic and environmental measures, and weigh the necessity for co-existence to meet current and future food needs.

Objectives:

- Understand the impact of eco-friendly, sustainability, environmental concerns and food sourcing trends that affect consumer behavior on food purchases.
- Contrast the benefits, claims and realities of local, organic, small-scale, family-owned, natural foods, and large, conventional, biotechnology and global foods and each method's ability to deliver nutrition for the consumer and sustainability for the national and global environment.
- Provide practical consumer guidance regarding economic impact, efficiency and food mile costs, and nutrient composition of foods from local, regional, and national origins, food sourcing and production methods.

Possible Learning Needs Codes: 2000, 8000, 9000

The (Re)Purpose of Food, Reducing Food Waste at Home

Food waste stems from a variety of reasons: we bought food for a specific recipe, we ate out rather than cooked, we forgot we had it or can't think of a way to use it - or repurpose it.

Regardless of why, the loss in dollars and the impact on the environment add up. From purchase to cooking, this session will provide ideas to implement at home to be part of the solution to this global concern.

Session Outline

- Explain how food waste is generated throughout the food chain from agricultural production, manufacturing and processing, transportation, in retail and restaurants, and at home.
 - Develop strategies to reduce food waste at home.
 - Provide food solutions for the home cook by using food on hand to reduce waste.

Possible Learning Needs Codes: 2000, 8000, 9000

Where's the Beef in a Sustainable Future?*

Agriculture, livestock production, and specifically beef have been reported as major contributors to global warming and liabilities for a sustainable environment. However these reports are based largely on green house gas emissions for each food calorie produced (GHGE/kcal). In a world challenged with epidemics of obesity and diabetes increased consumption of high glycemic carbohydrates is not consistent with sustainable human health. This presentation will evaluate the GHGE/kcal data in the context of a broader perspective that includes defining optimum nutrition goals, the nutritional quality of the food produced, total food wastes, water use, land use, and energy input. The presentation will examine the interface between human health, food choices, and global warming.

Possible Learning Needs Codes: 2000, 8000, 9000

*****New or Updated Topics***