

THE POWER OF PROTEIN

Protein - The Old Frontier Becomes New Again**

Protein & Healthy Aging: Challenging Current Recommendations

Sarcopenia and Aging: Dietary and Exercise Countermeasures

Nutritional Interventions to Improve Muscle Mass and Strength

Who Needs Protein? The New Science behind Dose and Distribution

Role of Muscle in Health and Disease

Building a Better Diet with High-Quality Protein and Produce

WEIGHT MANAGEMENT AND SATIETY

Is Protein the Missing Link in the Obesity Story?

Optimal Protein Intake vs. the Recommended Daily Allowances

Optimized Protein Intake Improved Body Composition

The Role of Dietary Protein in Appetite Regulation

Exploring the Benefits of Increased Dietary Protein for Improved Appetite Control, Satiety, and Weight Management

Optimizing Protein in a Carbohydrate World

**New or Updated Topics

SPEAKERS AVAILABLE FOR THE CATEGORY:

- Melissa Joy Dobbins, MS, RDN, CDE
- Georgia Kostas, MPH, RD, LD
- Donald Layman, PhD
- Heather Leidy, PhD
- Kevin C. Maki, PhD
- Doug Paddon-Jones, PhD
- Stuart Phillips, PhD
- Nancy Rodriguez, PhD, RD, CSSD, FACSM
- Mike Roussell, PhD
- Robert Wolfe, PhD
- Neva Cochran, MS, RDN, LD, FAND
- James Swain, PhD, RD, LD, FAND

Protein - The Old Frontier Becomes New Again**

Higher protein diets have been discouraged in the past by nutrition professionals because “American’s get plenty of protein.” However, emerging research has revealed both protein quality and distribution, within the context of the diet, can impact health outcomes. In this exciting session, learn how a higher protein diet can influence sports nutrition, weight management and healthy aging dietary recommendations and learn how to translate this for your clients into practical dietary advice.

Possible Learning Needs Codes: 2000, 4000, 9000

Protein & Healthy Aging: Challenging Current Recommendations

Approximately 20% of the U.S. population will be over the age of 65 by 2030, and the oldest segment of the population will continue to experience the most rapid growth as baby boomers enter their retirement years. Protein is an important macronutrient for this segment of the population. However, inadequate protein intakes among U.S. elderly are not uncommon, and some researchers believe the current Recommended Dietary Allowance is not high enough to meet the needs of older persons. This presentation will discuss protein as a source of important nutrients that can contribute to optimal health among older persons, and reduce the risk of sarcopenia.

Sarcopenia and Aging: Dietary and Exercise Countermeasures

The aging population has unique dietary needs, and protein plays an important and vital role. This presentation will provide a closer look at the dietary requirements of older individuals and how they regain and maintain a higher quality of life through muscle mass development and maintenance.

Possible Learning Needs Codes: 2000, 4000, 9000

Nutritional Interventions to Improve Muscle Mass and Strength

Illustration of how protein-rich foods promote anabolism in real-world settings; includes a walk-through of how protein-rich diets are directly related to building and sustaining muscle mass and help people maintain a higher quality of life. This presentation includes a discussion of common dietary supplements and scientific evidence of their effectiveness.

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

Who needs Protein? The New Science of Dose and Distribution

Recent research has revealed that adult protein needs are determined about the quality and amount of protein at each meal. The presentation will examine the research defining optimum protein needs for adult fitness including treatment and prevention of obesity and sarcopenia.

Possible Learning Needs Codes: 2000, 4000, 9000

Role of Muscle in Health and Disease

The importance of muscle mass to optimal metabolic function, physical activity and weight loss is clear. Now, a growing body of evidence suggests muscle metabolism may also play a role in the prevention of many chronic diseases, such as type-2 diabetes and osteoporosis. This presentation explores the mounting body of evidence indicating sufficient lean muscle mass not only builds strength, but also promotes active daily life and may ultimately improve overall health.

Possible Learning Needs Codes: 2000, 4000, 9000

Building a Better Diet with High-Quality Protein and Produce

New protein studies suggest the amount of protein in each meal is as important as the total amount consumed over the day in order to promote muscle synthesis and satiety. This presentation reviews

protein, produce and fiber research and explains how high-quality protein paired with fruits and vegetables can influence nutrient adequacy, satiety and health. Practical tips to help build better meals will be featured.

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

Weight Management and Satiety

Is Protein the Missing Link in the Obesity Story? Obesity and diabetes are rapidly becoming the primary health concerns of affluence. Can we fix this disturbing turn of events by mainly adjusting diet? What is the metabolic rationale for the ATKINS and SOUTH BEACH diets? How can the ORNISH diet with its very low-fat, high-carbohydrate approach claim victory at the same time? Learn some of the answers to these and related questions from new research in mouse models of obesity and diabetes where the total macronutrient pool of fat, carbohydrate, and protein have been manipulated simultaneously. Protein quantity and quality may hold the key.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 9000

Optimal Protein Intake vs. the Recommended Daily Allowances

Current protein recommendations are based on the prevention of protein deficiency but not necessarily optimal health. A recent research and literature reviews shows the growing body of research regarding optimal levels of protein in the diet. This presentation looks at the evidence and discusses the results showing current recommendations may not be sufficient for building and maintaining muscle mass.

Possible Learning Needs Codes: 2000, 4000, 9000

The Power of Protein in Treatment of Obesity, Metabolic Syndrome and Diabetes

Dietary protein plays a powerful role in dietary treatment of obesity, metabolic syndrome and diabetes. This presentation will focus the latest and emerging research, as well as discuss protein's potential in helping to manage and treat these prevalent diseases – and reduce the risk for the complications that often result.

Possible Learning Needs Codes: 2000, 4000, 5000

The Role of Dietary Protein in Appetite Regulation

This presentation will review of the role of dietary protein in appetite regulation. Ways in which dietary protein can aid in weight loss and weight loss maintenance – via the enhancement of thermogenesis and satiety – will be discussed. Additionally, the interaction of dietary protein with other dietary elements (e.g., glycemic index) as it relates to appetite and body weight regulation will be covered.

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

Exploring the Benefits of Increased Dietary Protein for Improved Appetite Control, Satiety, and Weight Management

Substantial evidence exists supporting the consumption of increased dietary protein as a successful strategy to prevent and/or treat obesity through reductions in body weight and fat mass concomitant with the preservation of lean mass. The effectiveness of these diets may be due, in part, to the beneficial modulations in the signals that control appetite, satiety, and food choice/selection.

This presentation will address the following objectives/questions:

- Does increased dietary protein improve appetite control, satiety, and weight management?
- How much protein is needed to elicit these responses and is this practical/do-able in real life?
- Does the timing of protein consumption, particularly at breakfast and in afternoon snacks, influence these responses?

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

Optimizing Protein in a Carbohydrate World

Dietary Guidelines recommend Americans consume a plant-based diets but also recommend dietary patterns with dietary protein at 50% to 100% above the RDA. With epidemics of obesity and type 2 diabetes and concerns about developing sustainable food environments, how do we balance nutrient needs and calorie intake for optimal health? The presentation examines the diverse array of factors that influence dietary choices and the science behind adult needs for protein and carbohydrates.

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

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