

**FL FANS**  
**FLORIDA FOOD AND NUTRITION SYMPOSIUM**

# **EARLY BIRD Registration**

**July 14-17, 2018**

**Florida Academy of Nutrition and Dietetics**



**Transforming into the Second Century**

**Renaissance Orlando at SeaWorld**  
**6677 Sea Harbor Drive**  
**Orlando, FL**

# Welcome to the 2018 Florida Food and Nutrition Symposium (FL FANS)

The 83rd Florida Food and Nutrition Symposium will be held at the Renaissance Orlando at Sea World, a ten-story tower with soaring atrium. The ultra-spacious guest rooms have been newly renovated and include mini-fridges, flat panel LCD TVs with premium cable channels and signature beds.

After meetings unwind in the Mediterranean-style Olympic size pool or hot tub or poolside bar or at the luxury day spa. The resort also features a water park with waterslides, a rain tree, water jets and a kids' pool.

Dining facilities include a sports bar, sushi and American restaurants and coffee shop.

Plan to join us for an exceptional education program at this exceptional resort!



## Hotel Information - Renaissance Orlando at SeaWorld

The special FL FANS group rate for a standard single or double room is \$159.00. Make sure to mention that you are with **Florida Academy of Nutrition and Dietetics** when making your reservation.

This group rate is guaranteed until **Friday, June 22, 2018**. Reservations after that date shall be at the Hotel's then available rate. The cutoff date does not guarantee there will still be rooms available. Our room block does sell out, so reserve your room early.

Our rate includes:

Complimentary basic high-speed Internet access for Marriott members (free to join)

In room basic high-speed Internet access for non Marriott members at the discounted rate of \$1.00 per night

Reduced parking rate of \$10.00 self parking

Complimentary access to 24 hour Fitness Center

Make reservations online at <https://aws.passkey.com/go/FANDAnnualConvention2018> or by phone 1-800-266-9432. Make sure to tell them you are with the Florida Academy of Nutrition and Dietetics.

The \$22.00 Resort Fee is optional and includes:

Transportation to SeaWorld, Universal Studios and Disney

Breakfast for kids under 12 (2 kids per 1 adult purchase)

Local calls

2 bottled waters, refreshed daily

# DOLLARS FOR \$CHOLAR\$

Ticket contributions are \$5.00. Your donation is important to the initiative of FANDF, a 501 c3 non profit organization. Contributions are tax deductible. Winner will be chosen Tuesday, July 17, 2018 during the lunch session and you or someone with your ticket must be present to win.

You could go home with an Instant Pot LUX60 V3 6 Qt 6-in-1 Multi-use Programmable Pressure Cooker, Slow Cooker, Rice Cooker, Saute', Steamer, and Warmer plus a \$120 Whole Foods giftcard for a donation of just \$5.00.



The FAND Foundation is the source of funds to purchase prizes. Winners are responsible for all applicable local, state and federal taxes. Void where prohibited by law. Participants must be 18 or older and residents of the US. The official rules and prize description and conditions are available by mail from FANDF.

A copy of the official registration and financial information may be obtained from the division of Consumer Services by calling toll free within the state, 1-800-435-7352.

Registration does not imply endorsement, approval or recommendation by the State of Florida. The Registration number issued by Department of Agriculture and Consumer Services to the FANDF is CH18742. Payment not required to win.



## CONTRIBUTIONS ARE TAX DEDUCTIBLE

Florida Academy of Nutrition and Dietetics Foundation  
2834 Remington Green Circle, Suite 102  
Tallahassee, FL 32308

# Educational Session Descriptions

Friday, July 13, 2018

Board of Directors Meeting

District President Training

12:00 pm to 5:00 pm

**Community Networking Meeting**

**Lisa Griffith, Dr. PH, RDN, LDN**

**Dona Greenwood, PhD, RDN, LDN**

Degrees of malnutrition within the senior population will be discussed as well as social resource programs which meet the physical, psycho-social and environmental needs of seniors.

**LNC 3020, 3090, 4190 PI 8.1.3, 8.1.4, 10.1.1 Level 3**

RSVP to Rosa Carranza [rmcarranza@lhnac.org](mailto:rmcarranza@lhnac.org) or Dona Greenwood [docrdldn1@gmail.com](mailto:docrdldn1@gmail.com), limit 40



**Transforming into the Second Century**

# Educational Session Descriptions

## Saturday, July 14, 2018

**8:00 am - 5:00 pm**  
**Registration**

**9:00 am - 1:30 pm**  
**Pre Convention Workshop - (Separate registration fee)**  
**Beyond Malnutrition Clinical Characteristics: Enhancing Your Skills to Facilitate Optimal Patient Care**  
**Sherri Lewis, MS, RDN, LDN**  
**Michelle Pugsley, RDN, LDN, CNSC**

This session provides participants practical and hands on clinical knowledge and skills for performing a Nutrition Focused Physical Assessment and interpreting the results. A case based approach is used to evaluate muscle, adipose and fluid status. Common tools and techniques used in the Nutrition Focused Physical Assessments will be highlighted.

**LNC 3010, 3030, 3050, 3060, 3080 PI 10.1.1, 10.1.2**  
**Level 2**

**10:00 am - 11:45 am**  
**Herbs and Spices for a Lifetime**  
**Wendy Brazilian, Dr. PH, RDN**

This interactive session will explore how the use of herbs and spices from infancy to the golden years can provide age specific benefits and enjoyment. It will combine fun facts, evidence-based research and hand on activities.

**LNC 2010, 2040, 4120, PI 8.4.2 8.4.3**

**Sponsored by the Dairy Council of Florida**

**12:00 pm - 1:00 pm - (Separate registration fee)**  
**Ethics for the Nutrition Professional**  
**Cathy Christie, PhD, RDN, LDN, FAND**  
**Lucille Beseler, MS, RDN, LDN, CDE, FAND**

Join us for an interactive session and learn about the newly revised Code of Ethics and how to apply it to your practice. Clinical as well as business applications will be discussed.

**LNC 1050, 1070 PI 1.1.2, 1.1.3, 1.1.6, 1.1.8 Level 2**

**12:00 pm - 1:30 pm**  
**A View of the Carbohydrate-insulin Model of Obesity**  
**Kevin Hall, PhD**  
**LNC 2070, 5290, 5370 PI 8.1.3, 8.1.4, 8.1.5 Level**

**What a Bright IDEA! Using Interprofessional Collaboration and Modeling for Practice Success**  
**Stephanie Petrosky, MHA, RDN, LDN, FAND**  
**Terry Morrow Nelson, PhD**

Nova Southeastern University has developed an inter-professional education and practice initiative to prepare health care professionals for interprofessional teams. As a best practice model, the Interprofessional Diabetes Education and Awareness (IDEA) Initiative is an effective and rewarding approach to prepare current and future practitioners on relevant topics such as disease overview,

nutrition, pharmacy and exercise in managing chronic disease. Participants will leave the session with innovative and practical ideas to translate interprofessional competencies into nutrition practice.

**LNC 5190, 6060, 6080 PI 9.1.4, 9.1.5, 12.1.1, 12.1.3**  
**Level 2**

**Sponsored by Nova Southeastern University**

**1:45 pm - 3:45 pm - (Separate registration fee)**  
**Preventing Medical Errors & Dietetics Practice**  
**Catherine Christie, PhD, RDN, LDN, FAND and**  
**Susan Mitchell, PhD, RDN, LDN, FAND**

This session is designed to meet the Florida licensure requirement for two hours of continuing education in medical errors. Participants will learn about the most common medical errors nationally and in the state of Florida as well as common medical errors in dietetics practice. Root cause analysis will be discussed followed by strategies for prevention of medical errors in dietetics practice.

**LNC 1050, 7110 PI 1.2.1, 1.2.4, 1.2.6 Level 2**

**Sponsored by Professional Development Resources**

**1:45 pm - 2:45 pm**  
**A Vegan Diet for Diabetes**  
**Meghan Jardine, MS, MBA, RDN, LD, CDE**

Plant-based eating patterns have become quite popular. It is well established that individuals eating a vegetarian or vegan diet have a reduced risk of diabetes, weigh less, have lower blood pressure, as well as reduced risks of cardiovascular disease, and certain types of cancer. This presentation will review the evidence from prospective observational studies as well as clinical trials on plant-based eating patterns for the prevention and treatment of diabetes. Nutrition adequacy and details on how to successfully implement into clinical practice, as well as case studies will be presented.

**LNC 4110, 5190 PI 8.1.3, 8.1.5 Level 1**

**Sponsored by the Physicians Committee for Responsible Medicine**

**1:45 pm - 3:15 pm**  
**Take Back the Knife**  
**Cyndie Story, PhD, RDN, CC, SNS**

Chef Cyndie will provide a live culinary demonstration aimed at back to basic culinary skills and techniques for all levels of staff working in an institutional kitchen setting. Trendy, nutritious, and tasty recipe ideas will be presented along with labor saving work simplification tips and handy kitchen hacks.

**LNC 8060, 8080 PI 8.4.3, 13.1.5, 13.1.7 Level 1**

**Sponsored by Florida Department of Agriculture and Consumer Services, Division of Food, Nutrition and Wellness**

**5:00 pm - 6:00 pm**  
**Cocktails**

**6:00 pm - 6:30 pm**  
**Welcome and opening remarks**

# Educational Session Descriptions

## Saturday continued

**6:30 pm - 7:30 pm**

### **Keynote Session**

**We Need to Talk: How to Have Conversations That Matter**  
**Celeste Headlee**

**Enter every conversation assuming you have something to learn**

Having a conversation is like playing a game of catch... Communication has increased in our technological age, but meaningful conversation has plummeted. If a conversation is one-sided, the ball drops. When your job hinges on how well you talk to people, you learn a lot about how to have conversations - and that most of us don't converse very well. Celeste knows the ingredients of a great conversation; honesty, brevity, clarity and a healthy amount of listening. She argues that listening is the true power of what separates those of us who can gain a competitive advantage in whatever it is we are trying to achieve. Building relationships through the use of special communication is critical to cultivating relationships in any situation.

**LNC 1070, 1130 PI 2.1.1, 2.1.2, 2.1.6 Level 3**

**7:30 pm - 10:00 pm**

### **Member Reception**

## Sunday, July 15, 2018

**7:00 am to 5:00 pm**

### **Registration**

**7:00 am - 8:30 am**

### **Member Awards Breakfast**

**8:45 am - 9:45 am**

### **Nutrition and CV Disease: Taking the Die Out of Diet**

**Kim Williams, MD, MACC**

Dr. Kim Williams will present compelling evidence linking dietary changes to improved cardiovascular health. He will review the epidemiology of heart disease, the effects of diet on CV Disease risk factors as well as identify the molecular markers affected by diet.

**LNC 4110, 5160 PI 8.1.5, 10.2.4, 10.2.5 Level 3**

**10:00 am - 11:00 am**

### **Exclusive Enteral Nutrition for Crohn's Disease**

**Dale Lee, MD, MSCE**

Inflammatory bowel diseases (IBD) encompass chronic inflammatory conditions affecting the gastrointestinal tract and are characterized by a relapsing, remitting course. Two types of IBD are Crohn's disease and ulcerative colitis, and they are hypothesized to occur in a susceptible host when an environmental insult initiates an abnormal immune response. Greater consumption of saturated fat, total fat, omega-6-polyunsaturated fatty acids, and meat have been associated with greater risk of developing IBD. Though the conventional approach to treating IBD is by suppressing the immune system, dietary therapies have demonstrated efficacy, especially in the pediatric population. Exclusive enteral nutrition and a variety of food-based exclusion diets have demonstrated efficacy at treating active inflammation in IBD.

**LNC 5220, 5440 PI 8.1.5, 10.2.4, 10.2.5 Level 2**

### **The Physics of Functional Fibers in the Gastrointestinal Tract**

**John McRorie, PhD, FACG, AGAF, FACN**

A common misconception is that all fibers provide a regularity benefit, lower cholesterol, and improve glycemic control. The health benefits of isolated/functional fibers are due to their physical effects in the small intestine (cholesterol lowering, improved glycemic control) and large intestine (softening hard stool in constipation, firming liquid stool in diarrhea). Only soluble gel-forming fibers effectively lower elevated serum cholesterol and fasting blood glucose/HbA1c. Only non-fermented fibers provide a laxative benefit (two different mechanisms), and only a non-fermented gel-forming fiber can attenuate chronic and enteral nutrition-induced diarrhea, and normalize stool form in irritable bowel syndrome.

**LNC 2020, 2070, 2100, 5220 PI 8.1.2, 8.1.3, 8.1.4 Level 1**

**Sponsored by Proctor & Gamble Global Clinical Sciences**

# Educational Session Descriptions

## Sunday continued

### **Nutrition and Alzheimer's: The Mind Diet** **Martha Morris, ScD**

The presentation will review the scientific evidence for food and nutrient relations to brain health in adults, followed by a description of the MIND diet and studies supporting its protection against dementia and cognitive decline. Finally, the MIND trial will be described, an ongoing large multi-center randomized diet intervention trial to prevent Alzheimer's disease.

**LNC 2100, 5300 PI 8.1.4, 8.1.5 Level I**

**11:15 am - 12:15 pm**

### **Let's Talk Tea: Nutrition & Health Benefits** **Neva Cochrane, MS, RDN, LD, FAND**

As the second most popular beverage in the world after water, tea has been consumed by diverse cultures for over 2000 years. It is not only a refreshing drink but also offers an array of potential health benefits. This in-depth review will cover the components in tea with potential health benefits and the peer-reviewed evidence related to tea, nutrition and health. It will arm the RDN with the knowledge to help patients, clients and consumers enjoy tea as part of a nutrient-rich eating plan that can promote health and help prevent and treat several medical conditions. Neva has presented on the health benefits of tea at the 2012 World Tea Expo, the 2012 World Tea East, the 2014 Academy of Nutrition and Dietetics FNCE and for a 2017 Dietitian Central webinar. She has also authored articles on tea for Food & Nutrition Magazine and Today's Dietitian magazine.

**LNC 2010, 2100 PI 8.1.4, 8.1.5**

*Sponsored by Bigelow Tea*

**1:00 pm - 2:00 pm**

### **Metabolic Signals Regulate Sugar Rewards** **Dana Small, PhD**

The ubiquity of energy-dense "hyper-palatable" food is often blamed for fueling the obesity epidemic. Although this explanation includes three variables: availability, energy and pleasure, the primary focus of the lay, industrial and scientific communities alike has been on pleasure. The intuitive assumption is that the pleasure derived from eating overrides homeostatic circuits leading to positive energy balance and weight gain. In this talk evidence from rodent models and from human neurometabolic studies will be presented demonstrating that signals generated during metabolism regulate carbohydrate reinforcement independently of pleasure.

**LNC 2070, 5290 PI 8.1.3, 8.1.4 Level 1**

### **Evaluating Meal Kits and Prepared Foods** **Amy Keating, MS, RDN**

Learn tips on how to evaluate the nutritional value of meal kits and prepared foods. The procedures used by Consumer Reports on testing foods will also be discussed.

**LNC 2020, 2070, 2090, PI 7.1.4, 11.1.3**

*Sponsored by Consumer Reports*

### **Why the Serious Spike in Severe Allergic Reactions to Food?**

**Ruchi Gupta, MD, MPH**

**2:15 pm - 3:45 pm**

### **Circadian Rhythms and Meal Timing: Does When You Eat Matter?**

**Courtney Peterson, PhD, MSc, MA, MS**

Recent evidence suggests that the circadian system and meal timing affect body weight, blood sugar control, cardiovascular health, and the risk of cancer. In this lecture, I will summarize how the circadian system works and how it controls our metabolism and overall health. I will then discuss cutting-edge research on meal timing, touching on daily meal timing, breakfast skipping, intermittent fasting, and macronutrient timing. I will conclude by discussing my research on early time-restricted feeding, a form of meal timing that combines intermittent fasting and eating in alignment with the circadian clock.

**LNC 2020, 2070, 2100 PI 8.1.2, 8.1.3 Level 1**

### **Macular Degeneration and Nutrition**

**Shalesh Kushal, MD, PhD**

**LNC 2100, 5280 PI 8.1.3, 8.1.5 Level 2**

### **Social Media Gardening**

**Todd Woodward, CTT+, ACI, MCT**

Managing your social media presence can be compared to tending a garden. You select the right social media tools for your business, cultivate content that shows people you are the expert in the field, and choose the right technology to make your social media "farm" thrive and your influence grow. In this session, participants will learn how to choose the right social media, discuss creating a social media plan, and simplify automation of the process.

**LNC 1020, 1090 PI 5.1.1, 5.1.2, 5.1.4 Level 2**

**4:00 pm - 5:00 pm**

### **Advocacy Update**

**Chris Chaney**

**LNC 1070, 1080 PI 3.2.1, 3.2.2, 3.3.6 Level 2**

**5:00 pm to 7:30 pm**

### **Grand Opening of the Exhibit Hall with Cocktails**

### **Food Demo**

**Florida Beef Council**

**Sarah Krieger, MPH, RDN, LDN**

**5:30 pm to 7:30 pm**

### **Information Sharing Poster Session**

# Educational Session Descriptions

## Monday, July 16, 2018

7:00 am to 1:00 pm

Registration

8:00 am - 9:30 am

**Member Empowerment Breakfast**

**Cathy Christie, PhD, RDN, LDN, FAND**

*Sponsored by Muuna Cottage Cheese*

9:30 am to 12:30 pm

Exhibit Hall Open

10:00 am to 12:00 pm

Research Poster Session

12:30 pm - 1:30 pm

**Pre-sleep Nutrition and Performance**

**Mike Ormsbee, PhD, CSCS, FACSM, FISSN**

This session will discuss old and new perspectives on pre-sleep feeding and explain how certain pre-sleep foods may fit into a fitness lifestyle. Data on pre-sleep nutrition with regard to performance, metabolism and body composition will be presented.

**LNC 2070, 2100, 4060 PI 8.1.2, 8.1.3, 8.2.4 Level 2**

**Vitamin E and the Metabolic Syndrome**

**Maret Traber, PhD**

We studied vitamin E bioavailability in adults with metabolic syndrome and demonstrated that they absorbed and transported vitamin E in the circulation poorly. We also evaluated a new biomarker of vitamin E status (a-CEHC). Increased amounts of this biomarker are made when a person eats more vitamin E than they need. We predicted a-CEHC would act as an indicator of the lower vitamin E status in adults with MetS. We found that urinary excretion was about 50-60% lower in those with MetS compared to healthy adults (P,0.005). These findings suggest that adults with MetS need twice as much vitamin E. Urinary a-CEHC is a useful biomarker to non-invasively assess vitamin E status, especially in populations with dyslipidemia, such as Metabolic Syndrome.

**LNC 2090, 5290 PI 8.1.3, 8.1.4, 8.1.5 Level 2**

**The Fat/Fiber Equation and Its Impact on Satiety**

**Brett Burton-Freeman, PhD**

The latest research on the satiety-inducing effects of fresh avocados, the impact of meal composition and timing on feelings of fullness throughout the day and how nutrition professionals can use this evidence-based approach to educate consumers will be discussed. Take away messages that will resonate with your clients on how they can build a healthy, satisfying plate.

**LNC 2070, 2100 PI 8.1.3, 8.1.5 Level 2**

*Sponsored by Hass Avocado Board*

1:45 pm - 3:00 pm

**The Great Salt Debate: Is There Conclusive Data to Reduce Salt Intake?**

**Paul Whelton, MB, MD, MSc and  
Andrew Mente, PhD, MA**

Join our two expert researchers who will debate whether there is enough evidence that links the amount of sodium in the American diet to an increased risk of heart disease or other diseases. Paul Whelton, MB, MD, MSc, Professor of Global Public Health at Tulane University will present the pro side of the debate supporting the current recommendation for sodium intake and Andrew Mente, PhD, MA, Associate Professor in Health Research Methods, Evidence and Impact at the Population Health Research Institute. McMaster University will present the con position. After presenting both sides our speakers will entertain questions from the audience.

**LNC 2090, 4030, 5160, 5260 PI 8.1.3, 8.1.5 Level 2**

3:15 pm - 4:30 pm

**Food Cults - Where Science and Skepticism Collide**

**Robyn Flipse, MS, MA, RDN**

Food cults, which are characterized as food communities with extreme nutritional beliefs, opinions or values often on the fringe of mainstream culture, have been found to fulfill multiple socio-emotional needs in our lives based on research reported in anthropological, psychological and nutritional sciences. Different food cults have appeared throughout history in times of political and religious unrest, shifting class identity, preoccupation with the body size and image, and periods of heightened death anxiety to name a few. They differ from food fads when they become a central organizer of one's identity and require a complete denial of local eating norms and science-based dietary guidance. This presentation will cover the impact food cults can have on the health of individuals when practiced to extreme and on the public at large when they influence food and agricultural policy. A framework will be discussed in which dietetic professionals can incorporate some of the ideology of food cults into nutrition practice for the greater good of the population at large.

**LNC 1040, 8035 PI 9.1.2, 9.1.3 Level 2**

*Sponsored by Monsanto*

**Fluid and Electrolyte Management in Nutrition Support Patients**

**Anne Tucker, Pharm D, BCNSP**

The prevention, identification and management of fluid and electrolyte disorders are important for clinicians who specialize in nutrition support. This session will use current literature and interactive case studies to demonstrate and reinforce concepts for developing a safe and effective nutrition care plan specifically as it relates to fluid and electrolyte management.

**LNC 2070, 2090, 5440 PI 8.1.3, 8.1.5 Level 2**



# Educational Session Descriptions

## Monday continued

The Teaching Kitchen

Lisa Roberson, RDN, LDN

4:45 pm - 5:45 pm

**What Can Become of a Regular Girl?**

**Felicia Stoler, DCN, MS, RDN, FACSM, FAND**

Third time career changer Dr. Felicia Stoler will share her journey in a motivational presentation. She will inspire and empower you to open your mind to the possibilities...from work-life balance, to technology, social media, working with brands, product innovation, staying ahead of trends and yes- #fakenews.

**LNC 1070, 1110, 1120, 7120 PI 3.1.1, 3.1.3, 3.1.6 Level 2**

***Sponsored by Regular Girl***

6:00 pm - 7:30 pm

**Networking Session**

# Educational Session Descriptions

**Tuesday, July 17, 2018**

**7:00 am to 1:00 pm**  
**Registration**

**7:30 am - 9:30 am**

**Gluten Related Disorders, IBS and SIBO: What Every Nutrition Professional Needs to Know**

**Shelley Case, RD and Kate Scarlata, RDN**

Part One:

Nutrition professionals need to stay abreast with the latest research about celiac disease and non-celiac gluten sensitivity (NCGS) in order to effectively manage this growing population. This session will provide evidence-based and practical information about celiac disease and NCGS, including clinical presentations, diagnosis, dietary management, North American gluten-free labeling regulations; nutritional quality and safety of gluten-free products; preventing cross contamination, eating away from home, potential new therapies for celiac disease and client education resources.

**LNC 3005, 4030, 5110 Level 2 PI 8.1.4, 8.3.6, 8.4.4, 10.2.9**

**Sponsored by Kinnikinnick Foods**

Part Two:

Irritable Bowel Syndrome (IBS) is a chronic motility disorder that results in GI distress and impacts up to 1 in 5 Americans. The low FODMAP diet is an evidenced based therapy that provides symptom relief in 50-70% of those who suffer with IBS. Dietitians should be well versed in this novel diet approach when working with individuals that suffer with this condition. They should understand the 3 phase low FODMAP diet, which includes elimination, re-introduction and integration of FODMAPs. Diagnostic metrics for SIBO will be reviewed including how to read a breath test and other clinical abnormalities that may present. The latest FODMAP food composition and research will be reviewed. This session will additionally break down the latest data on SIBO providing evidenced based interventions to utilize with your patients.

**LNC 2070, 3005, 5220 PI 8.1.4, 8.3.6, 8.4.4, 10.2.9**

**Level 2**

**Sponsored by Commonwealth Diagnostics International**

**10:00 am - 11:00 am**

**Consumer Concerns about Food Safety**

**Tamika Sims, PhD**

Consumer perceptions surrounding food production and nutrition are evolving. As industry aims to supply consumers with safe and nutritious foods, it is important to be aware that today's consumer wants information about what they are eating, but also faces confusion about what is good or bad to eat. This presentation will show how consumers view our food supply and what are the over-arching "food values" that influence choice, but also will look at how many consumers also view potential health hazards,

how they may or may not impact their choices, and their confidence in our food supply.

**LNC 8015, 8040 PI 7.2.3, 7.2.6 Level 2**

**Sponsored by the International Food Information Council**

**Chronic Kidney Disease and the Absorption of Dietary Phosphorous**

**Kathleen Hill Gallant, PhD, RD**

Chronic kidney disease affects over 26 million U.S. Americans and causes considerable morbidity and mortality. Abnormal phosphorus metabolism is a hallmark of chronic kidney disease-mineral bone disorder, which leads to increased risk of bone fragility fractures and cardiovascular disease. As the kidney loses its ability to excrete phosphorus, understanding the role of intestinal phosphorus absorption becomes increasingly important. This session will review phosphorus metabolism in health and chronic kidney disease and the role the intestine plays, dietary sources and bioavailability of phosphorus, mechanisms and factors that influence intestinal phosphorus absorption, and current and emerging diet therapy strategies to control phosphorus in patients with chronic kidney disease.

**LNC 2090, 5340 PI 8.1.3, 8.1.5 Level I**

**11:15 am - 1:30 pm**

**Closing Lunch Session**

**Incorporating Culinary Nutrition into Your Practice**

**Susan Mitchell, PhD, RDN, LDN, FAND and**

**Regina Ragone, MS, RDN**

Replace that sheet of paper telling clients what to do by showing them how to do it with culinary nutrition. Incorporate evidence-based nutrition knowledge into a culinary demo that will inspire your clients to head to kitchen to achieve their health goals. The use of local produce will be stressed with recipe development and modification. Learn how to take these skills and sell them to future clients. This session will be followed by a Farm to Table Lunch. **(Seating limited to 400)**

**LNC 2020, 2040, 8060, 8100 PI 8.4.1, 8.4.2, 8.4.5 Level 2**

**Sponsored by the Dairy Council of Florida, The Florida Department of Agriculture and Consumer Services**

# SILENT AUCTION

Last year, our silent auction was a success, raising over \$6000.00 for the FANDF Scholarship Fund! Thank you all for contributing such wonderful baskets and supporting our dietetic students!

This year's proceeds will, once again, go to the FANDF scholarship fund to support our dietetic students in their academic endeavors. Let's keep the progress going!

How do you show your support, you ask? You can donate a basket to the 2018 annual symposium's silent auction! Every district, university, individual, business or whoever else you can think of is encouraged to donate a basket for bidding.

Donating is easy, just contact **Astrid Volpert at [volperts@aol.com](mailto:volperts@aol.com)** and let her know that you are bringing a basket and the theme. Then, assemble your basket (with bow and plastic/shrink wrap) and bring it (or designate someone) to the Annual Symposium by 9:00 am on Sunday, July 15, 2018. Baskets should be delivered to the Oceans Office 2 room. Finally, and VERY IMPORTANT include the name of the donating organization, a list of all items and the total approximate value of the basket on something similar to a note card. It's that simple!

Another way to show your support is by bidding on the baskets. Baskets will be awarded to the highest bidder. Anyone who bids on a basket must be present to receive her or his basket at the time the bidding is officially closed. If the highest bidder is not present, the basket will be awarded to the next highest bidder. Baskets will not be delivered or mailed. Cash, check, Visa, MasterCard, Discover or Amex may be used to purchase your basket.

The district whose basket raises the highest contribution will go home with an Amazon Echo.

We look forward to your enthusiastic participation!

## Contributions are tax deductible!

**Application has been made for continuing education credit for Registered Dietitian/Nutritionist, Nutrition Dietetic Technician Registered, Licensed Dietitian/Nutritionists, Licensed Nutrition Counselors and Dietary Managers.**

## FACULTY

Wendy Bazilian, Dr. PH, RDN  
Researcher and Journalist  
San Diego, CA

Lucille Beseler, MS, RDN, LDN, CDE, FAND  
Past President Academy of Nutrition and Dietetics  
President, The Family Nutrition Center of South Florida  
Coconut Creek, FL

Britt Burton-Freeman, PhD  
Director of the Center for Nutrition Research  
Institute for Food Safety and Health  
Bedford Park, IL

Shelley Case, RD  
Author, Speaker and Consulting Dietitian  
Case Nutrition Consulting, Inc.  
Regina, Saskatchewan, Canada

Chris Chaney  
Director of Government Affairs  
The Advocacy Group  
Tallahassee, FL

Catherine Christie, PhD, RDN, LDN, FAND  
Associate Dean, Brooks College of Health  
University of North Florida  
Jacksonville, FL

Neva Cochran, MS, RDN, LD, FAND  
Nutrition Communications Consultant  
Dallas, TX

Robyn Flipse, MS, MA, RDN  
Consultant  
Nutrition Communication Services  
Ocean Township, NJ

Dona Greenwood, PhD, RDN, LDN  
Program Director, Keiser University Graduate School  
Master of Science in Nutrition with Distance Learning Internship  
Lakeland, FL

Lisa Griffith, Dr. PH, RDN, LDN  
Professor  
Program Director, Keiser University Undergraduate Coordinated Program  
Port St. Lucie, FL

Ruchi Gupta, MD, MPH  
Associate Professor of Pediatrics & Medicine  
Northwestern Medicine  
Chicago, IL

Kevin Hall, PhD  
Section Chief, Integrative Physiology Section  
Institute of Diabetes and Digestive and Kidney Diseases  
Bethesda, MD

Kathleen Hill Gallant, PhD, RDN  
Assistant Professor, Nutrition Science  
Purdue University  
West Lafayette, IN

Celeste Headlee  
Host & Executive Producer  
On Second Thought  
Atlanta, GA

Meghan Jardine, MS, MBA, RDN, LD, CDE  
Associate Director of Diabetes Nutrition Education  
The Physicians Committee for Responsible Medicine  
Washington, DC

Shalesh Kaushal, MD, PhD  
Ophthalmologist  
Magruder Eye Institute  
Orlando, FL

Amy Keating, MS, RDN  
Foods & Product Usability  
Consumer Reports

Dale Lee, MD, MSCE  
Attending Physician  
Division of Gastroenterology, Hepatology and Nutrition  
Seattle Children's Hospital  
University of Washington  
Seattle, WA

Sherri Lewis, MS, RDN, LDN  
Dietetic Internship Director  
James A Haley VA Hospital  
Tampa, FL

John McRorie, PhD, FACG, AGAF, FACN  
Clinical Specialist  
P & G Global: Clinical Services  
Mason, OH

Andrew Mente, PhD  
Associate Professor  
Department of Health Research Methods, Evidence and Impact  
McMaster University  
Hamilton, Ontario, Canada

Susan Mitchell, PhD, RDN, LDN, FAND  
President Practicalities, Inc.  
Winter Park, FL

Martha Morris, ScD  
Director of Nutrition and Nutrition Epidemiology  
Rush University Medical Center  
Chicago, IL

Terry Morrow Nelson, PhD  
Assistant Dean of Student Affairs  
Assistant Professor, College of Health Care Sciences  
Nova Southeastern University  
Fort Lauderdale, FL

Mike Ormsbee, PHD, CSCS, FACSM, FISSN  
Associate Professor, Dept of Nutrition, Food and Exercise Sciences  
Associate Director, Institute of Sports Sciences and Medicine  
Florida State University  
Tallahassee, FL

Courtney Peterson, PhD, MSc, MA, MS  
Assistant Professor  
Department of Nutrition Sciences  
University of Alabama at Birmingham  
Birmingham, AL

Stephanie Petrosky, MHA, RDN, FAND  
Director, Graduate Admissions  
Program Director, MS in Nutrition Degree  
Nova Southeastern University  
Fort Lauderdale, FL

Michelle Pugsley, RDN, LDN, CNSC  
Clinical Dietitian  
James A Haley VA Hospital  
Tampa, FL

Regina Ragone, MS, RDN  
Culinary Nutrition  
Communications Specialist  
Lynbrook, NY

Lisa Roberson, RDN, LDN  
Corporate Director of Wellness and Sustainability  
Morrison Healthcare  
Bowling Green, KY

Kate Scarlata, RDN  
Author, Low FODMAP Diet Educator  
Medway, MA

Tamika Sims, PhD  
Director of Food Technology  
International Food Information Council  
Washington, DC

Dana Small, PhD  
Director, Modern Diet and Physiology Research Laboratory  
Yale University  
New Haven, CN

Felicia D. Stoler, DCN, MS, RDN, FACSM, FAND  
America's Health & Wellness Expert  
Red Bank, NJ

Cyndi Story, PhD, RDN, CC, SNS  
Certified Chef and Independent Consultant and Trainer  
Scottsville, KY

Maret Traber, PhD  
Ava Pauling Professor  
Linus Pauling Institute  
College of Public Health  
Oregon State University  
Corvallis, OR

Anne Tucker, Pharm D, BCNSP  
Clinical Pharmacy Specialist-Critical Care/  
Nutrition Support  
The University of Texas MD Anderson Cancer Center  
Houston, TX

Paul Whelton, MB, MD, MSC  
Show Chwan Professor of Global Public Health  
Tulane University School of Public Health and Tropical Medicine  
New Orleans, LA

Kim Williams, MD, MACC  
James B. Herrick Professor  
Chief, Division of Cardiology  
Rush University Medical Center  
Chicago, IL

Todd Woodward, CTT+, ACI, MCT  
Creative People Consulting  
Tallahassee, FL

# FL FANS - July 14-17, 2018 - Renaissance Orlando at SeaWorld, Orlando

"Nick" Name \_\_\_\_\_ email \_\_\_\_\_  
(your first name as you wish it to appear on your name badge)

Last Name \_\_\_\_\_ First \_\_\_\_\_ Initial \_\_\_\_ Credentials \_\_\_\_\_

AND Member # \_\_\_\_\_ Florida License # \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Employment/School \_\_\_\_\_ Position/Title \_\_\_\_\_

Employment Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

## EARLY BIRD REGISTRATION FEES

Accepted only if postmarked or received on or before May 31st.

Academy Members  Full Meeting \$319  Saturday \$105  Sunday \$165  Monday \$165  Tuesday \$105

Non-Members  Full Meeting \$499  Saturday \$165  Sunday \$255  Monday \$255  Tuesday \$165

Retired  \$75 (Same price for one day or full meeting)

Student Member  \$75 (Same price for one day or full meeting)

\*Student Non-Member  \$120 (Same price for one day or full meeting)

\*Guest  \$100 (Same price for one day or full meeting)

\* A **guest** cannot hold a degree in a nutrition related field. Guest are welcome to attend the receptions and nutrition breaks, but due to limited seating they cannot attend the breakfast or lunch sessions.

## Special Events on Saturday have extra fees

Ethics  AND Member \$20  Non-Member \$30

Medical Errors  AND Member \$40  Non-Member \$62

Preconvention Workshop  AND Member \$89  Non-Member \$139  Student Member \$59  Student Non-Member \$90

Confirmed Volunteer  District President or FAND Committee Chair

Sub Total \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

FAND Committee Member

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**\*If you are a volunteer, a District President, FAND committee chair or member then you CANNOT register online.**

**You must print the pdf, fill it out and send back to our office via email, fax or mail.**

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**YOU MUST CHECK THE BOX FOR EACH SESSION YOU PLAN TO ATTEND BELOW**

- I plan to attend the Saturday Members' Reception (Limit 350)
  - My registered guest plans to attend
- I plan to attend the Sunday Awards Breakfast (Limit 200)
- I plan to attend the Monday Annual Member Empowerment Breakfast (Limit 200)
- I plan to attend the Monday Networking Session (Limit 300)
- I plan to attend the Tuesday morning session on Gluten Related Disorders (Limit 300)
- I plan to attend the Tuesday Luncheon Meeting (Limit 400)

Total from previous page \$ \_\_\_\_\_

I would like to add \$5 for Scholarship \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

**REFUND POLICY**

Requests for refunds must be postmarked on or before June 9, 2018. Registration will be refunded less a \$35.00 processing fee. NO REFUNDS AFTER June 9, 2018

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**DO NOT WRITE IN THIS AREA**

Date Received \_\_\_\_\_ Date Processed \_\_\_\_\_  
Amount \_\_\_\_\_ Check Number \_\_\_\_\_

**METHOD OF PAYMENT**

I've enclosed a check or money order. Checks must have your name preprinted on them. Returned checks are subject to a service charge of \$30.00

VISA     MasterCard     Discover     AMEX

\_\_\_\_\_  
Print exact name on card

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Account Number                      Expiration Date                      CSC #

**PLEASE MAKE CHECKS PAYABLE TO THE**  
FAND Annual Symposium Fund

**MAILING ADDRESS**

Florida Academy of Nutrition and Dietetics  
P. O. Box 12608  
Tallahassee, FL 32317-2608

Fax (850)386-7918  
Phone (850) 386-8850 extension 103  
ccrisp@eatrightflorida.org