



**FLORIDA ACADEMY**  
OF NUTRITION AND DIETETICS

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Academy of Nutrition and Dietetics

# 2021 *Virtual* Florida Food & Nutrition Symposium

August 14<sup>th</sup> and 15<sup>th</sup>



**8:00 - 8:05 am**

**Welcome & Opening Remarks**

**Mandy Layman, MS, RDN, LDN, CDCES**

FAND President

**8:05 am - 9:05 am KEYNOTE**

**The Making of a Leader**

**Barbara Mayfield, MS, RDN, LDN, FAND**

Successful food and nutrition professionals are leaders. They inspire others to excellence through their words and actions. They lead fellow professionals, patients, and consumers. The public looks to the RDN to lead them to improved health through evidence-based knowledge and behaviors. No matter the practice setting, RDNs can aspire to become leaders. Leaders who make a difference.

In this interactive session, leadership characteristics will be explored and experienced. Participants will assess their leadership skills and practice proven approaches to becoming successful leaders. Examples of leadership in dietetics will be showcased. Participants will set goals to develop their leadership skills.

**LNC 1010, 1070 PI 3.1.1, 3.1.5 Level 1**

**9:05 am - 10:05 am**

**Plant Based Diets for Chronic Disease Prevention to Help Diverse Populations**

**Linda Arpino, CDN, RDN, FAND**

This session will address the evidence-based research in plant-based diet and chronic disease prevention and why there is a growing desire around the world to shift to more plant-based foods. Learn ways to foster a lifestyle that creates nutrient balance for health throughout the life cycle when counseling diverse cultural populations. Gain insight on ways to embrace a growing plant-based food system and support it.

**LNC 2070, 4110, 4040 PI 8.1.3 Level 2**

*Sponsored by Vegetarian Nutrition DPG*

**10:05 am - 10:10 am**

Break

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

**Advance Concepts in Sports Nutrition: Applying Research to Cutting Edge Practice**

**Monique Ryan, MS, RDN**

The latest strategies in fueling and hydration for a spectrum of training modalities, training the gut for carbohydrate absorption during exercise, planned drinking versus thirst. Review of nutrients that improve recovery from exercise induced muscle damage. Athlete immune health and nutrients /supplements that support the athlete in resisting and tolerating infection burden.

**LNC 2010, 2110, 3100, 4060 PI 8.1.2, 8.1.3 Level 2**

*Sponsored by Gatorade Sports Science Institute*

**11:10 am - 12:10 pm**

**Step-By-Step Guide to Developing Recipes and Using them to Deliver a Dynamic Cooking Demo**  
**Chef Abbie Gellman, MS, RDN, CDN**

Recipes are extremely popular. From online blogs to cookbooks to magazines, recipes provide unique, in demand content. As Registered Dietitians, we have the power to use recipes to help engage, inspire, and educate clients and consumers. However, recipe writing is often not taught to RD's and can lead to issues. This session will go through recipe development basics to help participants develop, write, edit, and perfect for a variety of platforms. We will then transition to delivering a dynamic cooking demo.

Culinary demonstrations enable RDNs to communicate nutrition information to consumers, entertain their audience, teach basic or advanced cooking skills, and showcase healthy recipes that are affordable, easy to prepare at home, and flavorful. Gaining the confidence to cook in front of a captive audience—on-site or online via a prerecorded video or Facebook LIVE—is a critical skill set for dietitians working in clinical, community, and private practice settings. During this session, Abbie will teach attendees how to organize and implement a dynamic cooking demonstration and provide a primer on audience, location, and equipment identification, recipe selection, and tips for cooking in front of a crowd

or camera. One simple, nutrient-rich recipe will be demonstrated as a live, in person demo.

**LNC 1020, 8060, 8080 PI 8.4.2, 8.4.3 Level 1**

*Sponsored by Florida Beef Council*

**12:10 pm - 1:10 pm**

**Meet with Exhibitors**

**Student Session: From Great Student, To Fantastic Intern, To Superstar RDN!**

**Myra Vergani, MS, RDN, LDN, CDCES**

This session is designed to help current dietetic students understand how to maneuver the internship matching process. Then, following getting an internship, how to step into the role of an RD.

**LNC 1010, 1090, 4100 PI 1.1.8, 1.4.2, 3.2.1, 3.2.4 Level 1**

**1:10 pm - 1:15 pm**

Break

**1:15 pm - 2:15 pm**

**Legislative Update**

**Chris Chaney, FAND Lobbyist**

FAND relies heavily on our lobbyists from The Advocacy Group to represent our interests to law makers at the state Capitol. Hear the legislative update from our lobbyist and the impact to our profession. This session will also highlight methods for building relationships with local legislators and other professions with shared interests.

**LNC 1070, 1080 PI 3.2.1, 3.2.3 Level 2**

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

**Food Tribes and How Our Food Identities and Values Steer Health and Wellness Today**

**Wendy Bazilian, DrPH, MA, RDN**

We face a sea of choices when it comes to our diet and nutrition. And clients and consumers increasingly think of food as a means of health and as an integral part of their values and identity. Currently we see communities of people (food/health tribes), rallying around a shared

value system of food and other lifestyle behaviors, coming together in-person and online to navigate their food and nutrition choices. These like-minded food/health tribes influence and validate each other, sometimes even in the absence of evidence-based or professional guidance. We'll discuss a number of these tribes, along with the existing research, as well as talk about how to engage with our RDN professional expertise and evidence, and special nutritional considerations for working with clients, consumers, patients or other audiences following them toward their personal health and wellness goals.

**LNC 4070, 6070, 8015, 8130 PI 9.4.1 Level 2**

*Sponsored by Dairy Council*

**3:15pm - 3:20pm**

Break

**3:20 pm - 4:20 pm**

**Are You Ready to IDDSI?**

**Holly Brennan, RDN, LDN**

Session will walk participants through the journey to IDDSI implementation beginning with IDDSI overview, necessary planning steps and timeline. We will also discuss pitfalls to avoid as well as other key considerations.

**LNC 3050, 5200, 5210, 5050 PI 8.1.1, 8.3.1, 8.3.5, 9.4.3 Level 2, 3**

*Sponsored by Morrison Healthcare*

**4:20 pm - 5:20 pm**

**Beef in a Plant-Based Diet: What Our Clients Need to Know**

**Sarah Krieger, MPH, RDN**

Consumers are confused about what a plant-based diet means and feel uninformed about including animal protein in it especially when they have chronic medical conditions. Dietitians are the best source of credible information on how to have your beef and eat it too while controlling chronic medical conditions.

**LNC 2020, 2070, 4040, 8060 PI 8.1.3, 3.3.4, 7.2.2 Level 1**

*Sponsored by Florida Beef Council*

5:20 pm - 6:20 pm

## Navigating Nutrition in the Treatment of Eating Disorders

Kate Albarella, RDN, LDN, CEDRD

Jillian Sinnamon, MA, Registered Mental Health Counselor Intern

Eating disorders are on the rise and can be critical. It is important for dietitians to know how to screen for disordered eating and how to care for patients who meet the diagnostic criteria for an eating disorder. This is true not only for patients in smaller bodies, but also for those in larger bodies, as only 6% of those with eating disorders are classified as being “underweight.”

**LNC 3020, 5050, 5200, 8130 PI 8.2.1, 8.3.1, 9.1.2, 9.2.2 Level 2**

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**Day 2: Sunday, August 15, 2021****8:00 am - 9:00 am****Dietary Triple Threat: COVID, Climate & Chronic Conditions****Lorraine Mongiello, DrPH, RDN, CDCES**

In this session, specific dietary changes necessary to decrease the global burden of diet-related disease, achieve a sustainable food system that can deliver healthy diets and withstand pandemics, and strategies for implementing and motivating individual behavior change will be discussed. RDN's will be encouraged to seize this moment to advocate for the food and the public health systems that we need going forward.

Without nutrition policies addressing climate change, pandemics, and chronic disease our long-term future is compromised and our planetary health will continue to suffer.

**LNC 4010, 4040, 4070 PI 7.3.1, 7.3.3, 8.1.3 Level 1****9:00 am - 10:00 am****Member Empowerment – Courageous Steps****Mandy Layman, MS, RDN, LDN, CDCES****Robin Scannell, MAcc****Melissa Cooper, MSH, RDN, LDN****Peggy O'Neil, MBA, MS, RDN, LDN, CSG****Lauri Wright, PhD, RDN, LDN**

The FAND President will provide an update on the courageous steps taken this fiscal year to stabilize and strengthen the operations of our organization. Our Accountant will deliver a review of our financial journey over the past few years, and the current financial status will be presented by the FAND Treasurer. The FAND President-elect will share what's to come in the upcoming new fiscal year. An Academy representative will give and update on our organization at the national level. Please join us to learn how your membership dues are used for value-added benefits.

**LNC 1070, 7180 PI 3.1.6, 3.1.7, 3.2.2 Level 2****10:00 am - 10:05 am**

Break

**10:05 am - 11:05 am****Developing Awareness to Promote and Achieve a Diverse and Inclusive Profession****Kate Burt, PhD, RDN**

A truly diverse and inclusive profession requires each member to develop personal self-awareness and awareness about bias within the profession. This session will share ways that individuals in different sectors can develop self-awareness and humility and apply principles of inclusion within their practice settings.

**LNC 1040, 4020, 6050, 6070 PI 3.1.2, 8.3.1, 9.4.2, 12.2.1 Level 2****11:05 am - 12:05 pm****New KDOQI Guidelines for Renal Diets****Lesley McPhatter, RDN, LDN**

This session will review the updates in the 2020 KDOQI Guidelines for Nutrition with a focus on improving the diet to a more heart healthy, whole food diet.

**LNC 3050, 5200, 5210, 5050 PI 8.3.1, 8.3.5 Level 2, 3***Sponsored by Morrison Healthcare***12:05 pm - 12:35 pm****FAND Awards and Recognition (no CPEU)****Mia Young, RDN**

FAND Awards Chair

Join us in celebrating the recipients of FAND awards, scholarships, and stipends.

**12:05 pm - 1:05 pm****Meet with Exhibitors****1:05 pm - 1:10 pm**

Break

**1:10 pm - 2:10 pm****Approaches for Treatment and Management of GI Disorders: The FODMAP Diet & Beyond****Carol Ireton-Jones, PhD, RD, LD, CNSD**

Nutrition management of functional gastrointestinal (GI) disorders (functional –

“relating to the way in which something works or operates”) is a part of the overall treatment plan. Irritable bowel syndrome (IBS) is a commonly known functional gastrointestinal disorder of gut-brain interaction classified by “GI symptoms related to any combination of motility disturbance, visceral hypersensitivity, altered mucosal and immune function, altered gut microbiota and altered central nervous system processing”. Numerous evidence-based clinical studies and trials have demonstrated the positive outcomes of the low FODMAP diet in IBS. As the improvements are associated with symptom relief, applying these same principles to other GI diseases, such as Crohn’s disease and Chronic Constipation with similar symptoms could be beneficial. In addition, identification of other alterations in carbohydrate metabolism may play into the nutrition management of GI symptoms. The dietitian is uniquely qualified to understand these mechanisms and provide appropriate care and management of these complex patients.  
**LNC 2070, 4060, 5220 PI 8.1.2, 10.2.5 Level 2**

**2:10 pm - 3:10 pm**

**Why RDNs Need to be Trash Talking**

**Joan Salge Blake, EdD, MS, RDN, LDN, FAND**

Up to 40 percent of the food in the United States is wasted. This translates to over \$160 billion worth of edible food being tossed rather than consumed. Sadly, this wasted food, which is the single largest component of our landfills, rots in our town dumps producing methane, an environmentally ugly greenhouse gas. To add more misery to this issue, a huge amount of United States households are experiencing food insecurity forcing them to go to bed hungry. So how can we stop wasting food, hurting the environment, and helping our hungry neighbors? This session will show you why and how everyone, from the farmer to the consumer, can play an active role in reducing food waste.

**LNC 4070, 8060 PI 12.1.1 Level 1**

**3:10 pm - 3:15 pm**

Break

**3:15 pm - 4:15 pm**

**The Fiber Factor in Microbiome: Are There Performance-enhancing Bacteria?**

**Carla Duenas, MS, RDN, LDN, CDCES**

**Luciana Perasso, MS**

This session will cover an overview of the latest evidence on the role of the microbiome in enhancing sports performance. The speakers will share some exciting results from their research involving adolescent endurance runners which included a novel approach with using plant-based nutrition to improve results.

**LNC 2070, 3060, 4060, 4160 PI 8.1.3 Level 2**

*Sponsored by Nova Southeastern University*

**4:15 pm - 4:20 pm**

**Closing remarks**

**Peggy O’Neil, MBA, MS, RDN, LDN, CSG**

FAND Incoming President





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## 6 ways the US standard of care of concentrating infant formula fails to meet your standards

- 1 Troubling tolerability**  
 Concentrating powdered infant formula increases osmolality,<sup>1</sup> which can be hard for infants to tolerate.<sup>2,3</sup> Hyperosmolar feeds can bring concern of osmotic diarrhea,<sup>1,4,5</sup> delaying catch-up goals.
- 2 The step-up slowdown**  
 To reduce the risk of tolerability issues, many infants are slowly transitioned to higher-calorie feeds to reach their goal calorie level,<sup>2,3</sup> losing precious time to the incremental "step-up method." This slow approach may impede weight gain, which is especially worrisome in babies for whom pivotal procedures are delayed until they reach a healthier weight.<sup>6,7</sup>
- 3 Insufficient protein**  
 Standard infant formulas typically provide ~8% of calories in the form of protein, even when concentrated – this falls short of the WHO/FAO/UNU target of 9-12% to support catch-up growth with appropriate lean tissue gain.<sup>8</sup>
- 4 Inadequate hydration**  
 Concentrating infant formula may come with concerns about inadequate hydration and even dehydration due to insufficient free water and high potential renal solute load (PRSL).<sup>1,4,5</sup>
- 5 Mix-ups and contamination**  
 When mixing powdered formulas, there's always a danger of mistakes<sup>9-11</sup> or external contamination.<sup>12-14</sup> And the risk of errors, burden on caregivers, and extra staff time only increase when adding extra formula, fortifying, or supplementing with modular nutrition products.
- 6 Unbalanced nutrition**  
 Although concentrating and fortifying can help achieve higher calorie levels, they do not produce a balance of nutrients tailored for babies with FTT.

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 References: 1. Davis et al. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 2. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 3. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 4. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 5. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 6. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 7. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 8. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 9. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 10. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 11. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 12. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 13. *Journal of Parent Science and Technology*. 2013;13(4):102-107. 14. *Journal of Parent Science and Technology*. 2013;13(4):102-107.

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