Ready, Set, Go Nutrition!  
The Next 100 Years

April 26 – 28, 2017
April 26th & 27th – Main Program & Evening Workshops
April 28th Current Trends in Sports Nutrition
Minneapolis Marriott Northwest
7025 Northland Drive North, Brooklyn Park, MN 55428

Join us for the 99th Annual Conference of MAND
Co-sponsored with MNSPEN
Ready, Set, Go Nutrition! The Next 100 Years

Are you ready to race into the next century of nutrition and dietetics in Minnesota? Prepare yourself for all the opportunities the future holds by joining us for the 99th MAND Annual Meeting Ready, Set, Go Nutrition! The Next 100 Years. We will get ready with a clinical focused preconference evening workshop on Wednesday April 26th. The Main Conference gets underway on Thursday April 27th providing great sessions, professional networking, an expanded expo and career building tools to prepare you for the next century of dietetics, no matter your area of practice. On Friday, our post-conference day will be focused on sports nutrition and addressing issues athletes face from the basic considerations for children to the significant nutrient demands of professionals and all ages in-between.

On behalf of the 2016-2017 MAND Board, we look forward to seeing you at the conference!

Alicia Baird
MAND President 2016-2017

2016-17 MAND Board

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## Agenda at a Glance

### Pre-Conference - Wednesday, April 26th

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>5:30 - 6:00 pm</td>
<td>Registration &amp; Networking</td>
</tr>
<tr>
<td>6:00 – 7:30</td>
<td><strong>Part 1: Intravenous Lipid Emulsions</strong> Carol Ireton-Jones, PhD, RDN, LD, FAND, FSPEN Dinner served during presentation.</td>
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<tr>
<td>7:45 – 8:45</td>
<td><strong>Part 2: Clinical RD Panel – Implementation of Order Writing</strong> Panel Moderator: Heidi Greenwaldt, MS, RDN, LD, CNSC</td>
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### Annual Conference - Thursday, April 27th

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<tr>
<td>7:00-7:45 am</td>
<td>Registration &amp; Networking. Continental Breakfast.</td>
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<tr>
<td>7:45-8:30</td>
<td>Welcome / President’s Business Presentation / Awards / Announcements</td>
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<tr>
<td>8:30-9:30</td>
<td><strong>General Session</strong></td>
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<td></td>
<td><strong>Bringing Dietary Patterns to Life</strong> Toby Amidor, MS, RDN, CDN</td>
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<tr>
<td>9:30-9:45</td>
<td>Break featuring Toby Amidor’s Hummus Recipes</td>
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<tr>
<td>9:45-10:45</td>
<td><strong>General Session</strong></td>
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<td><strong>Finding Truth in Failed Theories of Heart Disease</strong> Dr. Jim Painter, PhD</td>
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<tr>
<td>10:45-10:55</td>
<td>Transition to breakouts.</td>
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<td>10:55-11:55</td>
<td><strong>Breakouts</strong></td>
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<td><strong>10 Foods to Reduce the Risk of Heart Disease</strong> Dr. Jim Painter, PhD</td>
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<td><strong>Food Label Remodel: What Every RDN Needs to Know</strong> Annette Maggi, MS, RDN, LD</td>
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<td><strong>Lab Values and Monitoring When Initiating Nutrition Therapy – the Critical Care Perspective</strong> Dr. Loren Bach, MD</td>
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<tr>
<td>11:55-1:25 pm</td>
<td>Exhibits / Posters / Photographs (by appointment)</td>
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<tr>
<td>1:30-2:30</td>
<td><strong>Breakouts</strong></td>
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<td><strong>Honoring the Harvest: Practical strategies to improve nutrition while reducing food waste</strong> Alex Larson, MS, RD, LD</td>
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<td><strong>Battling Midlife Weight Gain: The “Perfect” Problem</strong> Val Schonberg, MS, RD, CSSD, LD, NCMP</td>
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<td><strong>Nutrition Jobs: Oh the places you can go!</strong> Panel Moderator Holly Willis, PhD, RD, LD</td>
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<tr>
<td>2:30-2:40</td>
<td>Break</td>
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<td>2:40-3:40</td>
<td><strong>Breakouts</strong></td>
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<td></td>
<td><strong>Breaking through a Brick Wall: Working with Clients Who Fear Change</strong> Aida Miles, MMSc, RDN, LD, LMNT, FAND</td>
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<td><strong>Why Diets Fail: They Myth of Willpower and Strategies for Surviving without It</strong> Tracie Mann, PhD</td>
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<td><strong>Food and The Health of the Aging Brain</strong> Angela Lunde, MA</td>
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<td>3:45-4:45</td>
<td>Closing Session</td>
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<td><strong>Food of the Future</strong> Mary Lee Chin, MS, PhD</td>
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<td>4:45 pm</td>
<td>Networking Event / Mock Interview Sessions (by appointment)</td>
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### Workshop – Thursday, April 27th

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<tr>
<td>5:45-6:00</td>
<td>Registration /Networking &amp; Dinner</td>
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<tr>
<td>6:30-8:30</td>
<td><strong>Nutrition Focused Physical Exam – Hands On Practice</strong> Britta Brown, MS, RD, LD, CNSC</td>
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Post-Conference –Friday, April 28th 

Current Trends in Sports Nutrition  

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<tr>
<td>7:15-8:00 am</td>
<td>Registration &amp; Networking. Continental Breakfast.</td>
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<tr>
<td>8:00-9:15</td>
<td>The Evolving Demands of a Sports RD in High Performance Settings</td>
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<tr>
<td>9:15-9:30</td>
<td>Break</td>
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<tr>
<td>9:30-10:30</td>
<td>The Unique Demands of Working with Collegiate and Professional Athletes</td>
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<tr>
<td>10:40-12:10 pm</td>
<td>Nutrition for Injury Prevention &amp; Recovery</td>
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<tr>
<td>12:10-1:15</td>
<td>Lunch /Exhibits</td>
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<tr>
<td>1:15-2:15</td>
<td>Nutrition Recommendations for Young Athletes</td>
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<tr>
<td>2:15-2:30</td>
<td>Break</td>
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<tr>
<td>2:30-3:45</td>
<td>Panel: Athletes, Coaches &amp; Nutrition Learned</td>
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<tr>
<td>3:45-4:00</td>
<td>Review of Resources / Closing Comments</td>
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**Registration Information**

Online registration is preferred at [https://www.eatrightmn.org/annual-meeting/](https://www.eatrightmn.org/annual-meeting/)  
The online registration will generate a receipt for reimbursement and/or your records. **Online registrations will be accepted through April 21, 2017.** Registrations at the door will be subject to a $40 late fee.

To register by mail you may print the form from the [www.eatrightmn.org/annual-meeting/](https://www.eatrightmn.org/annual-meeting/) website. Keep a copy for your records, no confirmations will be sent. Mailed registrations must be postmarked by April 7, 2017. **Registrations postmarked after April 7 will be subject to a $40 late fee.**

A $20 processing fee may be charged for cancellations prior to April 21st. **Cancellations after April 21st will not be refunded.**

Registrations are for individuals only and may not be shared.

**Giving Back**

This year MAND will be collecting non-perishable donations for a food shelf. Plan to bring a donation!

**Hotel Information**

The Minneapolis Marriott Northwest is located at 7025 Northland Drive N, Brooklyn Park, MN, 55428.

Individual attendees should make reservations directly with the Marriott either by calling 763-536-8300 or clicking the link below. Please identify that you are with the Minnesota Academy of Nutrition and Dietetics to access the special rate of $140 per night. **The reservation cutoff is April 5, 2017.** After the cutoff date no reservations will be accepted at the special group rate. There is complimentary onsite parking.

**[Book your group rate for MAND Annual Conference 2017](https://www.eatrightmn.org/annual-meeting/)**

The hotel is close to the Maple Grove Arbor Lakes shopping area which also has a variety of restaurant options.

**Travel Planning Note:** The section of Hwy 169 in the south metro is closed in both directions between Bren Road and 7th Street so plan accordingly to take another route if you are coming from the south. [www.mndot.org](http://www.mndot.org).
**Ready, Set, Go Nutrition! The Next 100 Years**

**WEDNESDAY, April 26th**  

**Pre-Conference**  
6:00 – 7:30 pm  

**Part 1: Intravenous Lipid Emulsions**  
*Carol Ireton-Jones, PhD, RDN, LD, FAND, FSPEN*  
This session is supported by Fresenius Kabi USA

Need a review on lipids and a refresher on PN? Helpful for any dietitian and student, the session gives an overview on the structure, function and metabolism of lipids with a focus on essential fatty acids adequacy and recognizing deficiencies. The program will discuss IV lipid emulsions and what you need to know about IV lipid management in the world of recent shortages and introductions of new products. Participants will be able to:  
- Discuss the essential fatty acids, their importance, diagnosis of deficiency, and guidelines to meet nutrition needs  
- Discuss the role of intravenous lipid emulsions (IVLE) in glucose management of the PN patient  
- Describe the new generation of IVLE available globally

**Carol S. Ireton-Jones, PhD, RD, CNSC, FASPEN, FAND** is a national recognized expert in managing nutrition support and gastrointestinal diseases. She received her Master's and PhD in Nutrition from Texas Woman’s University in Denton, Texas and her undergraduate degree from Texas Tech University in Lubbock Texas where she also completed her clinical training. Dr. Ireton-Jones has published in various books and journals, on many topics in nutrition including enteral and parenteral nutrition, the role of nutrition in GI disease, and nutritional care for burn victims. She has received many awards including the Academy of Nutrition and Dietetics’s Medallion Award. She has published including two books – Practice Oriented Nutrition Research and The Handbook of Home Nutrition Support published in 2007 ([www jbpub com](http://www.jbpub.com)).

**7:45 – 8:45**  

**Part 2: Clinical RD Panel – Implementation of PN Order Writing**  
*Panel Moderator: Heidi Greenwaldt, MS, RDN, LD, CNSC*

Minnesota licensure and scope of practice affords MN dietitians an opportunity not found in all states across the US. Learn from our panel about what it takes to make the case for and implement order writing in your facility. Panel Experts:  
* Juble Blomberg, RD, LD, CNSC ICU Dietitian, North Memorial Medical Center  
* Ellen Brateng, RD, LD BMT Inpatient/Outpatient Dietitian, University of Minnesota Medical Center  
* Lana Hogan, RD, LD Pediatric Home Care Dietitian, Pediatric Home Services

Participants will be able to:  
- Understand the dietitian’s role in parenteral nutrition order writing  
- List barriers that dietitians face with parenteral nutrition order writing  
- Explain how dietitians work with interdisciplinary team members to ensure parenteral nutrition is managed appropriately

LNC: 3005 Nutrition diagnosis, 5280 Nutrient deficiencies, 5440 EN/PN nutrition support  
EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

*Networking and registration starting at 5:30. Program and dinner begin at 6:00 pm.*
THURSDAY, April 27th, 2017

7:00 – 7:45 a.m.  Registration
Networking & Continental Breakfast

7:45 – 8:30 a.m.  Welcome / President’s Annual Business Meeting / Award Presentations / Announcements

8:30 – 9:30 a.m.  Opening Keynote Speaker
Bringing Dietary Patterns to Life
*Toby Amidor, MS, RDN, CDN*

*This session is supported by Midwest Dairy Council.*

Color, flavor, texture, culture. Meal planning is something every dietitian does daily – whether with our patients, for facilities & schools, or our own families. Many years of research suggest several dietary patterns to be helpful in supporting an individual’s health. In this session, Toby will use those dietary patterns and personal life examples to bring translating the science of meal planning to life.

Participants will be able to:
- Understand the three recommended dietary patterns
- Create a healthy meal plan using any of the dietary patterns
- Identify healthy recipes fitting into any of the dietary patterns

LNC: 4030 Dietary guidelines, 8090 Menu planning and development, 8100 Food and recipe development and modification
EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

**Toby Amidor, MS, RDN, CDN** With over 15 years of experience in the food and nutrition industry, Toby is a leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. Toby is the founder of Toby Amidor Nutrition, where she provides nutrition and food safety consulting services for individuals, restaurants and food brands. She is a nutrition expert for FoodNetwork.com, writing for their Healthy Eats, a regular contributor to U.S. News and World Report Eat + Run blog, Shape.com, MensFitness.com and an adjunct professor at Teachers College, Columbia University. She also has her own “Ask the Expert” column in Today’s Dietitian Magazine. Toby earned a Bachelor of Arts degree from Binghamton University and trained as a clinical dietitian earning her Master of Science degree at New York University. Over the past three years, Toby has been an ambassador of the National Dairy Council. She has also teamed up with various companies and organizations as their media spokesperson.

9:30 – 9:45 a.m.  Break - featuring recipes from Toby Amidor's latest book

9:45 – 10:45 a.m.  Finding Truth in Failed Theories of Heart Disease
*Jim Painter, PhD, RD*

Emerging research and dietary advice on fat, saturated fat, cholesterol and sodium has been rapidly changing and it can be difficult for RDNs and consumers alike to keep straight which guidelines are backed by sound research. Dr. Jim Painter has extensively reviewed cutting edge research on lipid metabolism and corresponding with leading experts on dietary fats. This review will explain his findings from his research including: saturated fats –which are atherogenic and which are not, why the cholesterol guidelines should be dropped, and why total fat intake is no longer important for heart disease interventions.

Participants will be able to:
- Define misconceptions associated with heart disease etiology
- Identify which dietary fats are still relevant for heart disease education
Explain which foods actually reduce the risk of heart disease
LNC: 5160, Cardiovascular disease, 9020 Evaluation and application of research
EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession. 6. Integrates research methodology, evidence-informed practice, evaluation, and quality principles to maintain, improve and advance nutrition and dietetics practice and services.

Jim Painter earned his Ph.D. from the University of Illinois and is currently an Adjunct Professor at University of Texas, School of Public Health. His current areas of research include reducing risk of heart disease through phyto-nutrient and dietary intervention, mindless eating and stealthy calorie intake to control calorie intake. Jim has been a Registered Dietitian since 1980 and has served as the Director of Nutrition research for the California Raisin Marketing Board, nutrition advisor for Sun-Maid Raisin Growers of California and Paramount Farms Wonderful Pistachios. He consults for the Davison’s Safest Choice Eggs and the National Dairy Council. He currently serves on the American Heart Association’s Products and Services Eat Well Task Force.

About the ‘Head Shot’ Photo Sessions. A professional photo is an asset for to your LinkedIn page, your website or anywhere that you might be asked to provide a photo. If it has been a while (or never) since you have had a professional photo taken this is your chance!

Our photographer for the meeting, Steve Foley, will be taking the head shots. You can see examples of what to expect by viewing Steve’s FB page Steve Foley Photography. Your photo will be ready (emailed to you) about 1-2 weeks after the meeting.

A limited number of sessions will be available for the very reasonable cost of $40.00. You can sign up for a session when you register for the meeting. Day-of appointments will be taken only if open slots are available so we suggest you pre-register.

10:55 – 11:55 A.M. Breakout Sessions A – C

A. 10 Foods to Reduce the Risk of Heart Disease
Jim Painter, PhD, RD

Dietary advice on preventing heart disease seems to change daily. The emphasis of this session will be on 10 foods, and their efficacy based on controlled trial research, that reduces the risk of heart disease by: lower blood lipid levels, managing blood pressure, controlling vasodilation and vasoconstriction and decreasing inflammation in the body.

Participants will be able to:
- Recognize misconceptions associated with heart disease etiology
- Identify foods that reduce the risk of developing heart disease.
- Discuss the mechanisms that make the foods effective.

LNC: 5160, Cardiovascular disease, 9020 Evaluation and application of research
EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession. 6. Integrates research methodology, evidence-informed practice, evaluation, and quality principles to maintain, improve and advance nutrition and dietetics practice and services.
B. Food Label Remodel: What Every RDN Needs to Know
Annette Maggi, MS, RDN, LD, FAND

We are at a historic juncture as it relates to food labeling. Restaurants and grocery stores must now label prepared foods, a new food label will appear on packages in 2018, and national genetic engineering labeling regulations are imminent. During this session, regulatory expert Annette Maggi will dig beneath the surface and provide the rationale behind and details of these regulations. Attendees will gain an understanding how this impacts their work, education for consumers, and messaging in all food environments and communication venues.

Participants will be able to:

- Educate clients and consumers on new food labels in restaurants and grocery stores, on packaged foods, and related to genetic engineering of foods.
- Communicate messages that are consistent with the new food regulations.
- Ensure food companies, retailers and restaurants understand the detail of, and comply with, all new food labeling regulations.

LNC: 4030 Dietary guidelines, food labeling, 4020 Community program development
EPC: 13.2.1 Adheres to and communicates relevant regulations, dietary guidelines and organization policies in menu development and implementation. 12. Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations

Annette Maggi, MS, RDN, LD, FAND is an award winning dietitian and published author with extensive experience in nutrition strategy and regulatory affairs management in the food and grocery retail industries. She is currently the president of Annette Maggi & Associates Inc., a strategic nutrition marketing and communications consulting firm specializing in the interface between food manufacturers and retail grocers, and nutrition and regulatory issues. She has over fifteen years of people and project management experience at companies such as General Mills and Target. Annette earned a bachelor of science degree in dietetics from the College of Saint Benedict and a masters in nutrition form Rutgers University.

C. Lab Values and Monitoring When Initiating Nutrition Therapy – the Critical Care Perspective
Dr. Loren Bach, MD, MS

This session is supported by MNSPEN

Hear from the perspective of a physician how non-RD practitioners view the assessment of nutrition, some of the guiding principles regarding initiation of enteral/parenteral nutrition, and the labs most commonly monitored by physicians (who are not specifically trained in nutrition). Physicians rely on the dietitian to assess a patient’s nutritional status and keep the team on track with providing adequate support. Collaboration sometimes suffers from a lack of understanding on the part of MD’s who don’t “get” what is and isn’t useful in monitoring nutritional status, and RDs who may not understand why initiation of feeds isn’t happening as planned. Yes, there are some ‘fallacies’ of MD thinking (like the use of albumin or prealbumin as guides to nutritional status). Hear about some of the ways in which guidance can be provided to physicians in a way that they’d understand.

Participants will be able to:

- Apply the most useful biomarkers in the assessment of nutrition therapy
- Understand the process of monitoring and repletion of electrolytes in refeeding syndrome
- Identify tips for improved communication with the medical team

LNC: 3010 Assessment methodology, 3060 Laboratory tests, 5170 Critical care, 1130 Verbal communication skills
EPC: 2. Communicates and collaborates with others to achieve common goals and enhance relationships in the provision of nutrition and dietetics services. 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession. 10. Provides safe, effective and ethical medical nutrition therapy to assist the client in establishing and
achieving individual health and nutrition goals tailored to prevent and/or manage disease, injury or condition.

Dr. Loren Bach is a surgeon affiliated with University of Minnesota Medical Center where he is in the process of completing his surgical residency and surgical critical care fellowship. Dr. Bach received a masters degree in Human Nutrition from the Institute of Human Nutrition at Columbia University College of Physicians and Surgeons and his medical degree from University of Minnesota Medical School.

11:55- 1:25 p.m.  
Network: Visit our Exhibitors  
Learn: Check out the Posters and Chat with the Presenters  
Eat: Buffet Lunch (11:55 Group 1 Seating / 12:40 Group 2 Seating)

1:30- 2:30 p.m.  
Breakout Sessions D – F

D. Honoring the Harvest: Practical Strategies to Improve Nutrition while Reducing Food Waste  
Alex Larson, MS, RD, LD  
This session is supported by Midwest Dairy Council.

This session will provide an overview of the current and future trends affecting our food system, and provide strategies and tools that can help RDNs promote a reduction in wasted food, while also maximizing the nutrition benefits for both the average and food insecure consumer. In addition, this session will recognize and appreciate the many contributions of farmers and their impact on people’s lives, and share resources that can help RDNs educate their audiences to learn more about wasted food and get involved in their community.

Participants will be able to:

✓ Share information regarding the realities of wasted food in America, including the economic, environmental, and social implications.
✓ Describe how the agricultural community impacts animals and the land, as well as the role that agricultural farmers play in reducing wasted food.
✓ Explain nutrition-relevant benefits of strategies to reduce wasted food to a variety of audiences, such as portion control, purchasing behaviors, meal planning and preparation, as well as food donation.

LNC: 4020 Community program development, 4070 Food security and hunger  
EPC: 12. Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations

Alexandra Larson, MS, RD, LD is a registered and licensed dietitian nutritionist working as a Health and Wellness program manager for Midwest Dairy Council. She represents dairy farmers by serving as a liaison and providing nutrition resources to nutrition and health professionals working in government, health care, food access and public health organizations.

E. Battling Midlife Weight Gain: The “Perfect” Problem  
Val Schonberg, MS, RD, CSSD, LS, NCMP

“My old tricks don’t work anymore” is a common sentiment among midlife women experiencing weight gain and the quest for the “perfect” diet or exercise program ensues. This presentation will build on the presentation at the 2016 MAND Annual Meeting. Whereas the previous presentation provided information about the effect of the menopause transition on weight gain, this presentation will provide case-studies and discussion to effectively illustrate the complexities of working with this population. When weight loss is a response to emotional stress, or the message “eat less and exercise more” doesn’t provide results women are looking for, they may become susceptible to diet cycling and disordered
eating. Participants will leave this presentation with knowledge and tools necessary to provide appropriate nutrition therapy to lead our clients to a healthy approach to weight management and optimal health in midlife and beyond.

Participants will be able to:

- Describe three contributing factors to midlife weight gain.
- Differentiate between disordered eating and appropriate healthy eating for the midlife woman.
- Recommend treatment strategies for healthy weight management.

LNC: 4180 Women’s health, 5200 Disordered eating, 5370 Weight management, obesity
EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

Val Schonberg, MS, RD, CSSD, LS, NCMP is the owner and founder of EnlightenU Nutrition Consulting located in Lakeville, MN. She is a Registered and Licensed Dietitian, Board Certified as a Specialist in Sports Dietetics, and the only dietitian in Minnesota certified as a menopause practitioner by the North American Menopause Society. Val has an extensive background in treating all types of eating disorders while also specializing in sports nutrition and women’s health. She is the consulting dietitian for the University of Minnesota Women’s Gymnastics team; an active member of the Minnesota Dance Medicine Foundation; a member of the United States Olympic Committee Sport Dietitian Registry; and, has worked with the nutrition team from Woman’s Day magazine on their Live Longer and Stronger Heart Health Challenge.

F. Nutrition Jobs: Oh the places you can go!
Panel Moderator: Holly Willis, PhD, RDN, LD

Are you ready for a first job, or maybe looking for a job change, but wondering what the options are and where to find them? Come listen to the experiences of our panelists who share their career paths and interesting or unique jobs. This session will inspire you to consider the diverse opportunities within our field. Emphasis will be placed on tips for networking and connecting, as well as strategies for making smart career moves.

Panelists:
* Lisa Dierks MFCS, RDN, LD, Mayo Clinic Healthy Living Program, Nutrition Manager
* Andrew Doherty, RDN, U of M Extension Wright County, SNAP-Ed Educator
* Mary Brunner, MS, RDN, LD, Oakdale Hy-Vee, Retail Dietitian
* Jamie LaRocque, RDN, Buffalo Wild Wings, Senior Regulatory Affairs Specialist & Food Safety Manager
* Shelia Packwood, RDN, MN Dept. of Corrections, Food Program Director

Participants will be able to:

- Explain at least four diverse and unique career paths for a registered dietitian nutritionist
- Describe strategies for gaining meaningful experience in various areas of nutrition
- Apply networking skills that may help further career opportunities

LNC: 1010 Career planning, job search, goal setting, 1130 Verbal communication skills
EPC: 3.1 Demonstrates and applies leadership skills. 2.1 Utilizes appropriate communication methods and skills to meet the needs of various audiences.

Panel Moderator Holly Willis, PhD, RDN, LD holds a Ph.D. in nutrition and is a registered dietitian. Her research interests pique when talking about appetite and food intake, but she is a generalist at heart. With a passion for everything related to food and nutrition, Holly often explores carbohydrate research, sports nutrition, food justice, and weight management topics. She also holds an M.S. in nutrition communication and enjoys teasing apart the studies behind popular health writings. Holly is the director of the nutrition and dietetics program at St. Catherine University and she teaches several nutrition courses.
G. Breaking Through a Brick Wall: Working with Clients Who Fear Change  
*Aida Miles, MMSc, RDN, LD, LMNT, FAND*

Ever feel like you are constantly hitting your own brick wall? You want to make a change... but you don’t want to make the sacrifice. Individual challenges vary greatly, what is easy for one person is hard for another. The same goes for our clients. What is the secret of helping people make positive changes when they are caught in indecision? Come to this session to find out how you can help clients make changes that have seemed insurmountable in the past. Motivational Interviewing strategies can help your clients break through their own brick walls, and help you feel more satisfied as a clinician and facilitator of positive lifestyle behaviors.

Participants will be able to:
- Describe client characteristics that make them reluctant to integrate positive health behavior changes
- Describe counseling strategies that exacerbate resistance to change among clients
- Practice one motivational interviewing strategy that can assist clients move from ambivalence to action

LNC: 6010 Behavior change theories, techniques, 6020 Counseling, therapy, and facilitation skills  
EPC: 9. Provides education and counseling to meet the learning needs of students and customers.

*Aida Miles, MMSc, RDN, LD, LMNT, FAND* is a registered and licensed dietitian with over 20 years of experience working in pediatric nutrition, particularly with children with special needs. Aida joined the University of Minnesota in the fall of 2008 and is the current Director of the Coordinated Masters Program, which is one of the tracks within the Public Health Nutrition major. Aida has expertise in working with children with severe feeding disorders as well as children with autism spectrum disorders. As such, she is often invited to speak at local and national events on topics related to nutrition, feeding problems and autism. Aida also has advanced training in client-centered counseling and is a frequent facilitator and instructor at Motivational Interviewing workshops across the U.S.

H. Why Diets Fail: The Myth of Willpower and Strategies for Surviving Without It  
*Tracie Mann, PhD*

Learn about the innovative research going on in the Health & Eating Lab at the University of Minnesota as well as Tracie’s really big lab called the ‘real world’. Her lab studies people in their normal routines, kids at school, and virtually anyone found ‘out and about’ – anywhere, even space! What Tracie and her students have uncovered about dieting, eating and body weight, and more will lead to information that you can put into practice.

Participants will be able to:
- Recognize the evidence on long-term effects of dieting
- Identify three physiological reasons why diets fail to lead to long-term weight loss
- Recommend two strategies to increase vegetable eating among children in school cafeterias

LNC: 5370 Weight management, 8090 Menu planning ad development, 8110 School foodservice  
EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession. 12. Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations.

*Tracie Mann, PhD* is a Professor of Social and Health Psychology at the University of Minnesota. Her research aims to identify and understand the behaviors associated with eating regulation and body image as well as the process of self-control during health behavior changes. Traci is principal investigator of the Health and Eating Laboratory, which uses diverse research methods to study interesting topics.
such as increasing food consumption in NASA astronauts, increasing vegetable intake in elementary school children, and the ability of foods to reduce social and physical pain.

I. Food and the Health of the Aging Brain

Angela Lunde, MA

Forget where you left that important document, set your morning coffee or parked your car? Moments of forgetfulness happen to everyone—even the young. But as we get older, forgetfulness can leave us more worried and concerned, the possibility of Alzheimer’s disease may even loom in our mind. Surveys suggest that cognitive loss is among the most feared health problems of older adults. Our genes may play a role in our risk for Alzheimer’s disease, but we now have more evidence than ever that our lifestyle choices and behaviors make a significant difference in the health of our brain. This presentation will point out the common myths associated with the aging brain and then highlight the growing body of scientific research supporting what we can do to improve brain health and reduce risk factors that can contribute to cognitive decline. A special focus will be on the role that diet and nutrition play and the emerging evidence the surrounds it.

Participants will be able to:

✓ Identify cognitive changes that occur with typical aging.
✓ Understand 4 common myths associated with brain aging.
✓ Learn 5 research supported lifestyle behaviors that contribute to overall brain health.
✓ Describe 3 main elements of a diet that supports optimal brain health.

LNC: 4040 Disease prevention, 5300 Neurological: stroke, Alzheimer’s, dementia, Parkinson’s

EPC: 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession. 12. Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations.

Angela Lunde, MA is an Associate in the Department of Neurology at Mayo Clinic. She currently holds a duo appointment as the Outreach Education Coordinator in the Alzheimer’s Disease Research Center and is the Cognitive Health and Wellness Director at Charter House, a Mayo Clinic Retirement Community. Angela has designed and implemented innovative programs that range from maintaining cognitive health to therapeutic interventions aimed at improving the lives of caregivers and people living with dementia. She writes content on dementia, caregiving and healthy aging for the Mayo Clinic website and has contributed to articles, books, and research publications. Angela is involved in numerous community and State partnerships focused on reducing stigma and supporting the inclusion of persons living with dementia into everyday community life.

3:45- 4:45 p.m. Food of the Future

Mary Lee Chin, MS, RDN

This session is supported by Academy of Nutrition and Dietetics Foundation through an educational grant from National Dairy Council.

With the growing world population, the focus of this presentation will include emerging trends in agriculture. After a brief overview of the history of food production, examples will be shared regarding how foods might be produced in the future, like poultry in petri dishes! A discussion of the role of GMOs as well as the pros and cons of new technologies will be presented. Attendees will leave this session with a new appreciation for how and why food is grown/raised, and will gain practical tips for evidence-based application of new information. Participants of this session will be able to communicate sound information with credible resources to consumers.

Participants will be able to:
Identify at least one new food production technique on the horizon and discern its safety
Describe the benefits of advancements in foods of the future
Respond to the latest foods of the future with confidence to colleagues and consumers, appropriately address their concerns, and explain pros & cons in a clear and understandable way

LNC: 2040 Food science, genetically modified food, 8018 Environmental, agriculture and technologic influences on food systems, 4070 Food security and hunger
EPC: 7. Applies risk management and safety principles for the protection of the public

Mary Lee Chin, MS, RDN specializes in significant food issues and nutrition trends, working with commodity food groups, food industry and nonprofits on nutrition trends and education initiatives. She addresses some of the most provocative food topics of today, including genetically modified foods, environmental and sustainability issues and alternative sweeteners, exploring the science while respecting individual philosophies. She has presented to 40 plus state Academy of Nutrition and Dietetics affiliates on topics ranging from agricultural sustainability to the Future of Food. Aware that many divisive and emotional food issues ignite a firestorm of debate, she advocates moving from polarizing rhetoric to open, value-based and professional dialogue.

Continuing Education Hours for the Day = 7CEU

* LNC = Learning Need Codes: Suggested codes are listed, but you may use other appropriate codes that address your portfolio requirements.
**EPC = Essential Practice Competency: Suggested competency is listed, but you may use other appropriate competencies that address your learning goals.

MOCK Interviews will be offered for students, interns and anyone attending the meeting who would like to practice and hone their interviewing skills. Each ‘job applicant’ should leave the practice session with a better understanding of their personal strengths and areas for improvement with interviewing. Resources will be provided. Four different types of job positions will be available to practice interview for. Plan to pre-send your resume when requested and allow 20 minutes for the session. Slots are limited so be sure to pre-register on line.

THURSDAY, April 27th  Evening Workshop  5:45pm* - 8:30pm  2 CEU
6:30 – 8:30 pm  Nutrition Focused Physical Exam – Hands On
Britta Brown, MS, RD, LD, CNSC
This workshop explains the science and art of doing the nutrition-focused assessment. It is a continuation of last year’s popular NFPE session that will put the focus on the hands-on aspect of the assessment process. Dietitians providing nutrition care for individuals of any age will find this session helpful whether at the “how-to” stage or looking for more hints and tips. Participants will be able to:
✓ Learn how to apply information found on the physical assessment
✓ Describe signs & symptoms of both macro- and micronutrient deficiencies
✓ Practice the hands on examinations that dietitians can do within their scope of practice
LNC: 3010 Assessment methodology, 3060 Laboratory tests, 3080 Physical: BP, pulse, bowel sounds
Britta Brown, MS, RD, LD, CNSC is a Critical Care Dietitian at the Hennepin County Medical Center. Britta has been a certified nutrition support dietitian since 2002. She currently works in medical intensive care and is called upon to place feeding tubes for not only the medical ICU but also surgical, pediatric, and burn ICUs. She earned her BS from Concordia College and her Master’s in Clinical Nutrition from the University of Medicine and Dentistry in New Jersey. Being the expert she is, Britta is often tapped to speak on the topic of nutrition assessment.

*Networking and registration starting at 5:45. Buffet dinner at 6:00. Program starts at 6:30pm

**FRIDAY, April 28th, 2017**  
**CURRENT TRENDS IN SPORTS NUTRITION**  
7:15 am – 4:00 pm

The area of sports nutrition has grown tremendously in the past couple of decades and it has opened professional doors for many RDN’s. Whether it’s the school team, a weekend warrior or an elite athlete, the right nutrition plays a master role in the health and performance of the individual. *Current Trends in Sports Nutrition* will separate fact from fiction and deliver relevant, science-based information that is needed by today’s professionals working with recreational, elite, or competitive athletes across all ages. Come with questions and curiosity and leave with answers and practical solutions. Learn what it takes to be a Sports Nutritionist.

Friday's program aligns with the following learning need codes and practice competencies for nutrition professionals for meeting CDR certification and the State of Minnesota licensure requirements.

LNC: 2110 Physiology, exercise physiology, 3020 Assessment of target groups, populations, 4060 Exercise, fitness, and sports nutrition, 5200 Disordered eating

EPC: 2. Communicates and collaborates with others to achieve common goals and enhance relationships in the provision of nutrition and dietetics services. 8. Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession. 12. Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations.

**7:15 – 8:00 a.m.**  
Registration, Networking & Continental Breakfast

**8:00 – 9:15 a.m.**  
**The Evolving Demands of a Sports RD in High Performance Settings**  
*Dave Ellis, RD, CSCS*

The skill set demands being placed on Sports Dietitians has changed dramatically over the last three decades and the trajectory is more dramatic now than at any point in history with the emergence of High Performance Directors (HPD’s)! HPD’s are responsible for coordinating support services around teams and making sure they work in a collaborative manner (strength, medicine, nutrition, psych, sleep, vision, travel...). HPD’s prioritize innovation concepts put forth by each department annually, manage budgets and have the capacity to hire and fire all the personnel in the HPD equation. In the past Sports RDs typically reported to Sports Medicine or Strength & Conditioning which subordinated their income to something below support service department director status. The good news is that HPD’s see Sports RDs as a department with significant budgetary and personnel responsibilities that have driven salaries over 6 figures in some team sport settings! Make no mistake; the expectations are high for a Director of Sports Nutrition under a veteran HPD and the hours long!

Participants will be able to:

- Learn about the skill sets that historically have helped Sports RDs gain traction working in sports.
✔️ Understand the emerging skill sets Sports RDs are being asked to acquire by High Performance Directors.
✔️ Compare and contrast emerging skill set demands with emerging Precision Medicine models.

**Dave Ellis, RD, CSCS** is the President of Sports Alliance Inc. and creator of the Fueling Tactics® system. Dave’s three step Fueling Tactics® system is simply the widest used and copied fueling system in sports and one could argue that Dave is simply the most prolific influencer in the world of sports nutrition! With over thirty years of work and counting in the trenches of big time athletics, few can measure up when it comes to the variety of exposures of Dave's career. It’s why Dave’s credibility routinely puts him in front of teams that are exclusively reserved forums for head coaches to message. Dave is recognized as an innovator for his training table designs and approach to body composition and frame assessment of athletes. A dedicated educator, Dave speaks and blogs non-stop annually to help Sports RDs (registered dietitians) stay ahead of the curve on hot topics like adulteration that could result in a positive doping test for drug tested athletes. It’s why Dave’s vision for the field of Sports Dietetics is valued by Sports RDs who elected him the first President of the Collegiate and Professional Sports Dietitians Assn. (www.sportsrd.org) and why he continues to play a strong advocacy role for the welfare of athletes that only appropriate fueling can deliver! Some look at experienced health professionals from the field of sports with dual credentialing in nutrition and exercise as “high performance” coaches, but Dave prefers to stay focused on the massive topics that are pertinent to the applied fields of adaptation, fueling and body composition.

9:30 – 10:30 a.m.  
**The Unique Demands of Working with Professional and Collegiate Athletes**  
*Rasa Troup, MS, RD, CSSD, LD*  
*This session is supported by the Minnesota Beef Council*

Sports nutrition is a fairly young field and is going through rapid growth and development. Sports RDs are working in various settings in sports: collegiate, NFL, NBA, WNBA, NHL, MLB, USOC, military, tactical, eating disorders, clinical, entertainment. This conversation will explore the demands, challenges, and victories of working in professional and collegiate athletics settings. Participants will be able to:

✔️ Name 2-3 challenges working with professional and college athletes
✔️ Work in groups to create team approach to solve challenges related to RD work with athletes
✔️ Share challenges and brainstorm solutions

**Rasa Troup, MS, RD, CSSD, LD** Olympian Rasa Troup (nee Michniovaite) is a registered dietitian (RD) and licensed (LD) dietitian, who specializes in nutrition for health, well-being, performance, exercise, disordered eating and eating disorders. She is a board certified as a specialist in sports dietetics (CSSD). Rasa has experience in many different areas of nutrition, including clinical nutrition, eating disorders, and sports nutrition. She has worked with many fitness exercisers, high school, collegiate, and professional athletes, including All-American college athletes and Olympic/Paralympic Medalists. Her services include nutrition assessments, individualized meal planning, meals for home and travel, grocery shopping trips, and one-on-one consultations. She also gives presentations to sports teams, organizations at nutrition, athletic training, coaching conferences, and sports camps.

10:40 – 12:10 p.m.

The physical and emotional demands placed on athletes in today's culture are great. Gaining a competitive edge can often drive individuals of all ages and abilities to push themselves to train harder and "to win at all costs." While this intensity is often admired by coaches, parents and fellow athletes, inadequate nutrition may contribute to an increased risk of injury and keeping the athlete sidelined. Nutrition cannot prevent all injuries, but adequate fueling is intricately tied to every part of an athlete's physiological health, recovery and keeping them in the game.
In part one of this two-part presentation, we will explore specific nutrition strategies for injury prevention and healing and discuss a condition known as “relative energy deficiency in sport” or RED-S. Part two will build on these concepts and address when “healthy” goes too far and the complexities of working with disordered eating and eating disorders in athletes. Together, these presentations will consider exercise and nutrition across the life-span and the health provider’s role in leading athletes to find a lasting and sustainable relationship with their sport and eating well.

**Part I. Nutrition for Injury Prevention and Recovery**  
*Val Schonberg, MS, RD, CSSD, LD*

Participants will be able to:
- Explain the role of nutrition in injury prevention and for promoting recovery in the injured athlete.
- Delineate between the Female Athlete Triad and Relative Energy Deficiency in Sport and describe symptoms of an athlete suffering from relative energy deficiency.
- Utilize science-based nutrition recommendations for counseling athletes about recovery and injury prevention and incorporate the information learned into practical interventions.

**Part 2. Eating Disorders and Athletes: When “Healthy” Goes Too Far**  
*Lisa Diers, RD, LD, E-RYT*

Participants will be able to:
- Successfully identify helpful and unhelpful messages about eating and activity
- Gain knowledge in how to identify potentially dangerous and disordered eating and movement behaviors in athletes
- Learn key strategies in supporting and treating athletes struggling with eating disorders

Lisa Diers, RD, LD, E-RYT is national director of nutrition and yoga at The Emily Program, an eating disorder treatment program located in MN, WA, OH and PA. Lisa oversees the national operations of both nutrition and yoga departments, which includes the direction and oversight of the clinical practices for 65+ nutrition staff and 20+ yoga instructors. She has over 10 years of eating disorder specific: yoga instruction, clinical nutrition counseling and program development experience. Lisa draws from her deep knowledge base of nutrition, yoga, body image and eating disorder treatment to meet client’s physical and emotional needs. She developed and conducts national eating disorder & body image sensitive yoga trainings as well as is a regular blogger on nutrition, yoga and body image, a published author (articles, book chapters and published research), and continues to conduct research to better understand the role of yoga and nutrition in eating disorder recovery.

12:10 – 1:15 p.m.  
Lunch / Exhibits

1:15 – 2:15 p.m.  
**Nutrition Recommendation for Young Athletes**  
*Susan Kundrat, MS, RD, CSSD, LDN*

This session is supported by Gatorade Sports Science Institute.

Involvement in sports offers a wide range of positive benefits to youth, including emotional, physical, social, and cognitive benefits. It is estimated that 25% of children ages 6 to 12 and 39% of teens ages 13 to 17 are active in sport in the U.S. Consuming a healthy, balanced diet that fosters ample energy and critical nutrients is important for young athletes both for supporting growth and optimizing success on the field. Pre-workout nutrition, post-workout nutrition, hydration, and appropriate supplementation are all cornerstones to a successful sport nutrition plan for young athletes.

Participants will be able to:
- Understand the macronutrient recommendations for teen athletes
- Calculate fluid needs for the teen athlete
- Implement energy recommendations for the teen athlete
Susan Kundrat, MS, RD, CSSD, LDN  Susan’s major focus is undergraduate education related to nutrition. A Registered Dietitian and Certified Specialist in Sports Dietetics, her expertise includes sports nutrition, wellness nutrition, integrative nutrition, nutrition communications, corporate nutrition, health promotion and weight management. She has a strong interest in the local foods movement, natural foods, community nutrition and farm-to-table nutrition. Kundrat integrates practical, hands-on nutrition education into her classrooms and facilitates community nutrition education and service learning within the nutrition program.

2:30 – 3:45  Panel: Athletes, Coaches and Nutrition Learned
Moderator: Lucas Duppler, MS, CISSN

There is no one-size-fits-all approach to nutrition. Athletes must keep many aspects of nutrition in perspective and this varies across sports and abilities. Well-meaning advice may work well for one athlete, while offer no support or even be detrimental to another athlete's success. Our expert panel of athletes and coaches offers an important opportunity to engage with and learn from the personal experiences of each of these athletes.

Participants will be able to:
- Discuss the practical application of sports nutrition principles in various athletics fields and from different points of view
- Communicate with health professionals, athletes, and coaches about effective approaches to implementing nutrition for optimal performance and recovery
- Discuss real world strategies and solutions for using nutrition science in exercise and sport

Panel Moderator Lucas Duppler, MS, CISSN joined the Whey Protein Institute in 2016 as Director of Nutrition to enhance awareness of the benefits of whey protein. He graduated with a Master’s Degree in Nutrition Sciences – Sports Nutrition Emphasis from George Mason University. He received his B.S. in Nutrition Sciences from the University of Minnesota. The Appleton, Wisconsin, native specializes in sports hydration and sports recovery. As a former football player at the University of Minnesota, Duppler understands the needs of elite athletes firsthand and also has advanced nutritional knowledge that can benefit people of all backgrounds. Duppler is a Certified Sports Nutritionist with the International Society of Sports Nutrition (ISSN), a member of the Collegiate and Professional Sports Dietitians Association (CPSDA), Minnesota Academy of Dietetics (MAND) and a sitting board member of the Whey Protein Research Consortium (WPRC).

Continuing Education Hours for the Day = 6.0

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