Minnesota Academy of Nutrition and Dietetics
Annual Meeting and Birthday Celebration

A Celebration of Food and Nutrition
April 18-20, 2018

April 18th – Evening Workshop: Translating Lab Data into Practice
April 19th - Main Program and 100th Birthday Gala Dinner
April 20th - Current Trends in Gut Health

Minneapolis Marriott Northwest
7025 Northland Drive North, Brooklyn Park, MN 55428

For more information and to register: https://www.eatrightmn.org/annual-meeting/
Don’t miss the opportunity to be a part of MAND’s Centennial: A Celebration of Food and Nutrition! We kick off on Wednesday, April 18th with an evening workshop featuring acclaimed author Dr. Mary Litchford, PhD, RDN. The Main Conference takes place on Thursday, April 19th with dynamic and diverse sessions and an expo to maximize your experience. These sessions include topics on plant based eating, addressing food insecurity, an agricultural panel and many more! Thursday evening, we host The Party of the Century! Seriously, Happy 100th MAND Gala! Come to celebrate 100 years as the food and nutrition experts. The sessions on Friday, April 20th address the emerging research on gut health and the microbiome.

On behalf of the 2017-2018 MAND Board, we look forward to hosting you at the conference and celebrating 100 years of MAND!

Sincerely,
Dan Greenwood, MS, RDN, LD, CNSC
President, 2017-2018

2017-18 MAND Board

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Lisa Brown
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Meghan Rector
Monica Foster
Ranelle Kirchner
Renee Korczak
Sue Moores
Tanya Christopherson
## Agenda at a Glance

### Pre-Conference - Wednesday, April 18th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>5:30 - 6:00 pm</td>
<td>Registration &amp; Networking. Light meal.</td>
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<tr>
<td>6:00 – 8:45</td>
<td>Mary Litchford – Translating lab data into practice</td>
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### Annual Conference - Thursday, April 19th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>7:00-7:45 am</td>
<td>Registration &amp; Networking. Continental Breakfast. Exhibits.</td>
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<tr>
<td>7:45-8:30</td>
<td>Welcome / President’s Business Presentation / Awards</td>
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<tr>
<td>8:30-9:30</td>
<td>General Session</td>
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<td></td>
<td>Academy Representative: Lucille Beseler - Academy Update</td>
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<tr>
<td>9:30-9:45</td>
<td>Break / Exhibits</td>
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<tr>
<td>9:45-10:45</td>
<td>General Session or Student and Intern Breakout</td>
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<td></td>
<td>Alex Larson - Perspectives from MN Farmers on Advances in Agriculture Technology and Sustainability Practices</td>
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<td>Student and Intern Breakout - Looking Ahead: The Road to Becoming an RD/DTR</td>
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<tr>
<td>10:45-10:55</td>
<td>Transition to breakouts</td>
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<td>Suzy Sorensen – Plant-Based Eating: Helping Clients Succeed</td>
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<td></td>
<td>Sharon Lehrman – Intermittent Fasting 101</td>
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<tr>
<td>11:55-1:25 pm</td>
<td>Exhibits / Posters / Lunch</td>
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<tr>
<td>1:30-2:30</td>
<td>Erin Gonzalez: Binge Eating Disorder</td>
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<td>Kimberly Bisanz: Flexible intensive insulin therapy in people with type 2 diabetes: A viable option</td>
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<td>Nuala Bebowski: Development of Taste and Flavor preferences: Learning to like a healthy diet</td>
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<tr>
<td>2:30-2:40</td>
<td>Break / Exhibits</td>
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<td>2:40-3:40</td>
<td>Kristin Williamson: The intersection of hunger and health – addressing food insecurity in the clinical setting</td>
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<td>Anne Bechtel: Bariatric Surgery for the non-bariatric RD: What you need to know</td>
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<td>Anne Kisch/Gail Anderson/Marna Canturbury/Terri Swartout: School Wellness: YOU have the ability to create change!</td>
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<tr>
<td>3:45-4:45</td>
<td>Closing Session</td>
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<td></td>
<td>Michele Redmond - Taste Literacy Tools for Making Vegetables Center of the Plate</td>
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Thursday Evening Birthday Celebration: Please join us for the Party of the Century: Seriously, Happy 100th Birthday MAND celebration reception and dinner following the meeting!

5:00 Reception (All meeting attendees welcome/First drink is ‘on the house’)
6:00 Dinner (Tickets can be purchased through registration)
7:00 Special guests/Entertainment/Door prizes

Post-Conference –Friday, April 20th – Current Trends in Gut Health

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:15-8:00 am</td>
<td>Registration &amp; Networking. Continental Breakfast. Exhibits.</td>
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<tr>
<td>8:00 – 8:55</td>
<td>Health Benefits of different prebiotics/fibers</td>
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<td>Dr. Jennifer Erickson</td>
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<tr>
<td>9:00 – 9:55</td>
<td>Microbiome 101: Understanding the human gut</td>
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<td>Dr. Andres Gomez, PhD</td>
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<td>9:55 – 10:15</td>
<td>Break/Exhibits</td>
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<tr>
<td>10:15 – 11:10</td>
<td>About FPIES &amp; A Parent Perspective</td>
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<td>Joy Meyer, DTR</td>
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<td>11:10 – 12:10</td>
<td>Is Your Food Making You Sick? A discussion of food sensitivity, Elimination diets and FODMAPs</td>
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<td>Laurie Meyer, MS, RDN, CD</td>
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<td>12:10 – 1:15</td>
<td>Lunch/Exhibits</td>
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<td>1:15 - 2:10</td>
<td>Digestive health in children: What’s fiber got to do with it?</td>
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<td>Dr. Renee Korczak, PhD</td>
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<tr>
<td>2:10 – 2:25</td>
<td>Break</td>
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<td></td>
<td>Dr. Holly Willis, PhD</td>
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<tr>
<td>3:25 –3:30</td>
<td>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 15th. 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, 2018. 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 18th. Cancellations after April 18th will not be refunded. Registrations are for individuals only and may not be shared.

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 March 28, 2018. 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](https://www.eatrightmn.org/annual-meeting/)
MAND Centennial: A Celebration of Food and Nutrition

**WEDNESDAY, April 18th**

6:00 – 8:00 pm  
Pre-Conference  
5:30*pm - 8:00pm  
2 CEU

**Translating Lab Data Into Practice**  
Mary Litchford, PhD, RDN, LDN

*This session is supported by a grant from Martin Bros. Distributing Co. Inc.*

Learn the latest on lab assessment as a predictor of nutritional status. Changes in laboratory values reflect changes in medical condition, but not always nutritional status. Be alert to all the factors that contribute to changes in laboratory values. Look for physical signs and symptoms of nutrient deficiencies or toxicities to support your nutrition diagnoses. Changes in nutritional status often mean the plan of care is achieving the expected outcomes or it is not achieving the expected outcomes. Improving nutritional status usually means shorter hospital stays, fewer complications and speedier wound healing after surgery. Using laboratory assessment to document the positive impact of the MNT demonstrates the benefits of our professional expertise to the medical team.

Topics include hydration status, inflammatory biomarkers, nutrition-related anemia, micronutrient deficiencies, and risk markers for chronic diseases. Learn how to interpret commonly ordered labs and strengthen your critical thinking skills in nutrition assessment. Information nutrition professionals need to JUSTIFY requests for lab tests. Upon completion of this program, the successful participant will be able to:

- Interpret and integrate evidence-based research and literature relevant to inflammatory biomarkers as it relates to declining nutritional status.
- Integrate relevant information on laboratory test results for hydration status, nutrition-related anemia, micronutrient deficiencies, and other nutrition related disorders with previous learning, experience, and current practice models.
- Apply principles of Nutrition Care Process in the laboratory assessment of nutritional status.

**LNC: 3060 Laboratory tests, 3020 Assessment of target group, 5000; Medical nutrition therapy**

**EPC: 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. 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

**Dr. Mary Litchford, PhD, RDN, LDN** is an acclaimed speaker, author, and consultant to health care providers. She received her PhD in human nutrition from the University of North Carolina-Greensboro. Her professional career has included clinical practice, university teaching, and business consulting. She is president of CASE Software & Books, a professional and educational resource company. She is a member of the Academy of Nutrition & Dietetics and Academy of Nutrition and was a participant on the Dietetics Evidence Analysis Work Group on Wound Care. She is currently President of the National Pressure Ulcer Advisory Panel and serves as one of the NPUAP representatives on the International Clinical Practice Guidelines Governance Group.

*Networking, dinner and registration starting at 5:30. Program and dinner begin at 6:00 pm.*

**THURSDAY, April 19th, 2018**

7:00am - 4:45pm

7:00 – 7:45 a.m.  
Registration  
Networking, Exhibits & 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**

**Academy Update 2018**

*Lucille Beseler MS, RDN, LDN, CDE, FAND*

Academy of Nutrition and Dietetics Immediate Past President

The primary objective is to highlight current activities and recent developments at the Academy of Nutrition and Dietetics and the Foundation. Academy Update 2018 spotlights new and continuing benefits of Academy membership, such as resources available to assist members in their personal and professional growth; emphasizes the value of the Academy and members to our profession and challenges we face; contains information on the Academy’s new Mission, Vision and Principles; and updates members on the progress of the Second Century initiative. The Academy’s activities and successes in such areas as public policy and advocacy, media outreach and scientific research are addressed.

LNC: 1000 Professional Skills, 1080 Legislative and Public Policy, 4100 Social Marketing
EPC: 1 Accepts responsibility and accountability for providing competent, ethical, customer-centered nutrition and dietetics services. 12 Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations. 3 Assumes leadership and advocacy responsibilities to promote and enhance nutrition and dietetics services, and to guide change to impact political, social, and commercial environments.

*Lucille Beseler MS, RDN, LDN, CDE, FAND* is the president and owner of the Family Nutrition Center of South Florida, which she established in 1991 as one of the first nutrition practices pioneering HMO coverage of nutrition services dedicated to pediatrics. Since that time, Family Nutrition Center has developed into a comprehensive practice providing a variety of services in multiple locations throughout Florida. As an expert on insurance reimbursement, Beseler created a billing and practice management company created specifically to advance reimbursement for nutrition services. Beseler is a consultant to various programs at Joe DiMaggio Children’s Hospital and author of *Nurturing with Nutrition: The Essential Guide for Feeding Infants and Toddlers* (Bazarte and Beseler 2003), as well as many articles and publications Beseler served as the Academy’s president in 2016-2017. She is a past chair of the Academy’s Political Action Committee and a member of its Childhood Obesity Coalition.

9:30 – 9:45 a.m.  
**Break**

9:45 – 10:45 a.m.  
**A. Perspectives from Minnesota Farmers on Advances in Agriculture Technology and Sustainability Practices**

*Panel discussion led by Alexandra Larson, MS, RDN, LD*

This session will explore advances in today’s farming practices from a panel of Minnesota farmers representing the dairy, beef, pork and crop industry. Hear directly from local farmers in their respected areas on why advances in modern agriculture technology are used in farming as a powerful tool for improved sustainability practices and environmental, livestock and consumer benefits. Participants will be able to:

- Identify why advances in modern agriculture technology may be used as a powerful tool for sustainable agriculture with environmental benefits.
- Discuss sustainability practices from the dairy, beef, pork and crop industry and how they allow farmers to produce wholesome, safe and nutritious food more efficiently for a growing population.
- Communicate advances in on-farm practices to promote animal and consumer safety, including animal health and nutrition.
LNC: 8018 Environmental, agricultural and technologic influences on food systems, 1130 Verbal communication skills, presentations
EPC: 13 Applies foodservice systems management principles in safe delivery of food and water. Communicates and collaborates with others to achieve common goals and enhance relationships in the provision of nutrition and dietetics services.

Alexandra Larson, MS, RDN, LD is a Registered Dietitian and Health and Wellness Program Manager for the Midwest Dairy Council where she serves as a liaison to nutrition professionals in Minnesota. She provides accurate, scientific and practical information on the benefits of dairy nutrition to help parents and children establish lifelong healthy eating habits. Alex is a spokesperson for Midwest Dairy Council conducting television, print and radio interviews across the state of Minnesota. Prior to joining Midwest Dairy Council, Alex was a supermarket dietitian with Hy-Vee, Inc. in Winona, MN where she gained a unique insight into consumer food trends and behaviors.

B. Student and Intern Breakout
Looking Ahead: The Road to Becoming an RD/DTR
Moderator: Holly Willis, PhD, RD

Are you a student, intern, or newly credentialed RD? Do you want to meet and hear from experienced dietitians working in a variety of professional settings? If you answered yes to both, this session is for you! Attendees will have the chance to hear about the educational and professional pathways that led several RDs to their current positions. The rotating roundtable set-up will allow for fast-paced networking. Significant time will be devoted to open Q & As with each RD. Bring your questions! Participants will be able to:

- Identify the past and present experiences of RDs working in various professional settings
- Describe at least three ways to best position oneself for success as a developing RD
- Identify networking skills that may help provide new professional contacts and opportunities

LNC: 1010 Career planning, job search, goal setting
EPC: 1 Accepts responsibility and accountability for providing competent, ethical, customer-centered nutrition and dietetics services.

10:55 – 11:55 a.m

Breakout Sessions A – C

A. Baby-Led Weaning – A Practical Approach to Starting Solids
   Andrea Potashnick MS, RD, LDN

Baby-led weaning is fast emerging as the recommended way to introduce solid foods to babies. It is a safe and practical method of feeding without the use of traditional pureed foods. Parents and babies enjoy the same food at mealtimes, facilitating a healthy relationship with food right from the start. This workshop will cover the basic concepts and benefits of baby-led weaning, including how to help parents get started and know what to expect along the way. Participants will be able to:

- Identify how to ensure babies have a healthy relationship with food right from the start
- Understand the benefits and basic concepts of the baby-led weaning method
- Obtain practical tips for advising parents on when and how to initiate baby-led weaning

LNC: 4150 Infancy and Childhood, 5070 Pediatrics
EPC: 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.
Andrea Potashnick MS, RD, LDN is a Registered Dietitian and mom of three young children. As Your Family RD, Andrea’s vision is to be a valued, trusted and reliable resource on how to best ensure children grow up having a healthy relationship with food. She has worked with over a thousand families to create a healthier home environment and has a private practice in the Twin Cities area called Your Family RD. Please visit Andrea’s website to learn more about her! www.YourFamilyRD.com

B. Plant-Based Eating: Helping Clients Succeed
Suzy Sorensen RD, LD, CDE
Statistics show the number of people choosing plant-based meal plans is increasing! As health care providers and nutrition experts, we must be able to meet their expectations for support and guidance in vegetarian and vegan diets. This presentation will highlight priority points for counseling these clients to optimize their nutritional health. We will look at nutrition assessment, intervention, and education to assure our patients meet their macro- and micro-nutrient needs. We will also review the AND Position Paper on Vegetarian Diets and discuss the potential health benefits that our clients may experience through plant-based eating. Participants will be able to:
- Identify 3 key priorities of nutrition assessment in plant-based clientele
- List 3 resources that can be helpful teaching tools for clients
- Describe 2 instances when recommending plant-based eating would be appropriate in your practice

LNC: 4110 Vegetarianism, 8090 Menu planning and development, 4040 Disease prevention
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.

Suzy Sorensen RD, LD, CDE is a Certified Diabetes Educator who is passionate about plant-based eating. As a dietitian moving to veganism for compassionate reasons, she soon learned about the significant benefits to health and the environment too. Suzy is a Diabetes Education Specialist for Fairview Health Services.

C. Intermittent Fasting 101
Sharon Lehrman MPH, RDN, LD
Intermittent fasting, alternate day fasting, and other forms of caloric desistance are gaining popularity with consumers. Come learn about whether the clinical evidence supports the use of such regimens as health interventions and how to discuss this with your clients and patients. Participants will be able to:
- Understand the differences between caloric restriction (CR) and caloric desistance (TCD: i.e., intermittent fasting, alternate-day fasting (ADF), routine periodic fasting, or intermittent energy restrictions)
- Be familiar with recent research on use of CR and TCD for longevity, disease management, or weight loss

LNC: 5370 Weight management, 5090 Adults
EPC: 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

Sharon Lehrman MPH, RDN, LD is the owner of Nutrition Health and Wellness consulting firm that provides nutrition services to individuals and businesses. She has over thirty years of progressive responsibility in program management and nutrition education with a proven track record in guiding and executing program improvement to produce bottom line business results.
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)

Breakout Sessions D – F

D. Binge Eating Disorder
Erin Gonzalez RD, LD

BED is the most common eating disorder in the United States yet 57% of people with BED report never receiving treatment. As RDs it is vital to differentiate between overeating and BED. Long-term outcomes show traditional weight-loss approaches are not successful for patients with BED. Treating a patient with BED the same way we would an overeater could worsen rather than improve their progress. Gain an insider's understanding of the complexity that goes into the use of food for reasons other than fuel and learn effective tools and counseling skills to help clients re-heal their relationship with food. Participants will be able to:
- Define Binge Eating Disorder and DSM-5 Diagnostic Criteria.
- Differentiate between overeating and Binge Eating Disorder (BED) to determine effective nutrition therapy techniques.
- Understand the complex relationship of food and BED.
- Identify 6 core steps to help patients reestablish a healthy relationship with food.

LNC: 5200 Disordered eating
EPC: 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

Erin Gonzalez RD, LD is an adjunct professor and Minnesota State University, Mankato and Rasmussen College in Mankato. She is an outpatient/community dietitian at the Mankato Clinic. Her clinical interests include weight management and disordered eating.

E. Flexible intensive insulin therapy in people with type 2 diabetes: A viable option
Kimberly Bisanz MFCS, RDN, LDN, CDE

As the prevalence of type 2 diabetes increases, so does the use of insulin therapy. Flexible intensive insulin therapy (FIIT) is a strategy for patient-managed insulin therapy that relies on accurate carbohydrate counting and application of an insulin-to-carbohydrate ratio. FIIT has long been used with type 1 diabetes and has demonstrated favorable results on quality of life and glycemic control. But is there a place for FIIT for people with type 2 diabetes who have progressed to basal-bolus insulin? Existing research, patient experiences, and the role of the dietitian in the multidisciplinary diabetes team will be discussed. Participants will be able to:
- Identify 2 potential beneficial clinical outcomes of using FIIT in people with type 2 diabetes who have progressed to basal-bolus insulin
- Specify 2 patient characteristics that are likely to improve the FIIT experience.

LNC: 5190 Diabetes mellitus
EPC: 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.
Kim Bisanz MFCS, RDN, LDN, CDE is a clinical dietitian who has been working at Mayo Clinic in Rochester Minnesota for the past 9 years. Earning her CDE in 2012, Kim specializes in diabetes as the inpatient Diabetes Consulting Service Dietitian. She also covers two medical ICU’s, is a primary preceptor for the Mayo School of Health Sciences Dietetic Internship, and has earned the title of Instructor in Nutrition at Mayo Clinic College of Medicine.

F. Development of Taste and Flavor Preferences: Learning to like a healthy diet
Nuala Bebowski, PhD
This presentation will focus on the biological and experiential factors that shape the development of taste and flavor preferences early in life, including how learning about the taste of healthy foods can improve acceptance among children. The role of taste and flavor in food choice and intake will be discussed, with an emphasis on translating this information into useful strategies to improve dietary intake of pediatric populations. Participants will be able to:

- Understand the role of basic biology in the development of taste and flavor preferences.
- Explain the plasticity of taste and flavor preferences and the influence of sensory exposure on dietary intake.
- Gain an appreciation for evidence-based strategies focused on taste to improve dietary health beginning at a young age.

LNC: 5070 Pediatrics, 8110 School foodservice, 8130 Sensory perception and evaluation of food and ingredients
EPC: 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.

Nuala Bebowski, PhD is a sensory scientist broadly interested in 1) the biological and environmental determinants of taste preferences and how an understanding of these determinants can be used to develop strategies to promote a healthy diet across the lifespan, and 2) the influence of government policy on food choice and intake. Nuala is an assistant professor at St. Kate’s, has completed a PhD in Food Science at the University of Minnesota and followed this with a 3-year Postdoctoral Fellowship at the Monell Chemical Senses Center.

2:30 – 2:40 p.m. Break / Exhibits
2:40 - 3:40 p.m. Breakout Sessions G - I

G. The Intersection of Hunger and Health – addressing food insecurity in the clinical setting
Kristin Williamson RD, LDN, MBA
Access to food and proper nutrition play an important role in prevention, treatment, and recovery for many health conditions, which can be challenging for food-insecure patients. Households who are facing both food insecurity and poor health must overcome multiple challenges, including maintaining a good diet to manage disease and lack of access to sufficient medical coverage. Throughout this session, we will define food insecurity and social determinants of health, share information on ways to implement food insecurity screening at the clinic level and share some of Second Harvest Heartland’s learnings so far on healthcare partnerships and program implementation. Participants will be able to:

- Define food insecurity and social determinants of health
- Implement food insecurity screening in the clinical setting
- Discover the emerging evidence base that supports sustainable, patient centered approaches to addressing food insecurity in patients with chronic disease
Kristin Williamson RD, LDN, MBA recently presented at the Second Harvest Heartland Food Partner Conference on the Intersection of Hunger and Health and currently working on partnerships between Second Harvest and healthcare providers. Her previous experiences include working with diabetic food insecure populations at John H. Stroger Hospital.

H. Bariatric Surgery for the Non-bariatric RD: What you need to know

Anne Bechtel RD, CSOWM, LD

Weight loss surgery is a valuable tool to treat the disease of obesity, prevent chronic disease, improve quality of life and extend life. In 2018 surgery is safer and patients are more comprehensively prepared than ever before. You will see patients in all areas of nutrition and dietetics that could potentially benefit from this treatment. Additionally you will have patients, clients and residents in your line of work that will have had weight loss surgery and it is important to understand the specific dietary and behavioral needs to provide appropriate care. Participants will be able to:

- Recognize the safety and efficacy of bariatric surgery 2018.
- Identify and referring candidates.
- Recognize and treat former bariatric patients in your dietetics practice

Anne Bechtel RD, CSOWM, LD received her Bachelor of Science in Dietetics from the University of Minnesota, Twin Cities. She is board certified in Obesity and Weight Management by the Commission on Dietetic Registration. Her background includes a Dietetic Internship at the Minneapolis Veterans Administration hospital and providing nutrition assessment and education for patients at Ridgeview Medical Center. She specializes in working with patients seeking bariatric surgery, including one-on-one counseling, nutrition education and leading our support group. She has a keen interest in partnering with patients interested in improving their health and well-being through weight loss.

I. School Wellness: YOU have the ability to create change!

Anne Kisch, Gail Anderson, Terri Swartout

Did you know that school wellness has changed significantly in recent years? Students, administrators, staff, parents, and community members all play a role in a positive school environment. Learn about the policies and practices that Minnesota schools have been working hard to implement and discover tips for supporting schools. New resources and highlights of outstanding programs will also be shared. Participants will be able to:

- Discuss ways to engage in wellness activities in the school setting.
- Learn about the requirements that schools must follow related to local school wellness policies.
- Understand how to find resources on school wellness initiatives.

LNC: 8110 School foodservice, 4150 Pediatrics, 4160 Adolescence

EPC: 12 Provides nutrition and dietetics services to promote health and wellness, and to prevent disease in communities and populations. 8 Uses current knowledge and skills to convey the specific application of food and nutrition sciences and physical activity in the dietetics profession.
Taste and flavor perceptions of vegetables can keep them from being center of the plate options for meat-centric eaters. Savory flavor development strategies are practical tools to highlight flavor qualities of meat to increase vegetable intake. This session focuses on applying culinary science and taste sensory foundations to use savory taste and flavor compounds such as umami, sulfur-based amino acids and non-enzymatic browning to create delicious vegetable dishes. We’ll explore why people like meat flavors and how culinary nutrition professionals can prepare and use ingredients to create vegetable dishes that meat lovers, as well as veggie lovers, will want on their plate. Participants will be able to:

- Identify why meat-centric eaters may prefer meats and potential taste sensory limitations relative to vegetable intake.
- Apply taste sensory considerations and culinary techniques to make plant-centric foods more pleasing and palatable to meat-centric eaters.
- Identify multiple opportunities to develop or revise recipes that utilize umami and other savory flavor building options in vegetable preparation or vegetarian meals.

Participants will be able to:

LNC: 8130 Sensory perception and evaluation of foods and ingredients, 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. 13 Applies foodservice systems management principles in safe delivery of food and water.

Michele Redmond is a Dietitian, French-trained chef and Food Enjoyment Activist. She specializes in culinary nutrition; taste literacy and helping people create positive food cultures. Michele has worked as a caterer, research chef and food consultant. She’s taught culinary nutrition through corporate wellness programs, Arizona State University, the Cordon Bleu in Paris, a hospital diabetes center and her home-based cooking school. Her healthcare background includes directing a medical school’s clinical operations and running cardiac and diabetes education programs and corporate wellness programs. Michele recently presented and conducted tasting events on vegetable-focused diets for the School Nutrition Association of Arizona, FNCE, the Cordon Bleu in Paris and via an American Heart Association grant. She’s a graduate of ASU, U of A, FSU, the HEG Gastronomy Program (Advanced Studies of Taste) in France and Le Cordon Bleu, Paris. Lastly, Michele loves veggies but can’t live without cheese.

Continuing Education Hours for the Day = 7 CEU, includes one hour for exhibits/posters

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Party of the Century: Happy 100th Birthday MAND

5:00 – 8:00 p.m.  Reception followed by dinner and entertainment

Please join us for a cocktail hour, historical exhibits, dinner, door prizes and entertainment to celebrate 100 years of MAND! The first 150 guests to register for the dinner will receive an amazing birthday ‘swag bag’ filled with ‘party favors’. Tickets can be purchased with your Annual Meeting registration. You do not need to attend the conference to attend the birthday gala. The cocktail hour is open to all meeting attendees – as in prior years the first beverage is on MAND.

FRIDAY, April 20th, 2018  CURRENT TRENDS IN GUT HEALTH  7:15 am – 4:00 pm

Gut health has always been at the center of nutrition care. However, the understanding of just how much the gut influences the role of overall health is a growing and evolving area. This day will present an overview of what we know, what we think we know and where the science is heading. Six subject matter experts will present information on gut health as it applies across ages and specific conditions of the GI tract.

LNC: 2050 Genetics, 2100 Nutritional biochemistry, 5220 Gastrointestinal disorders, 5400 Case management EPC: 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.

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

8:00 – 8:55 a.m.  Health Benefits of Prebiotics Dietary Fibers  
Jennifer Erickson, PhD, RD

The health effects of dietary fiber have been extensively reviewed and accepted worldwide; however, the health effects of prebiotic dietary fibers have not been as well defined. Prebiotic dietary fibers are specific fibers that function as an energy source for the growth of beneficial bacteria, thus delivering a selective change to host health related to its metabolism. Health effects for the host include change in hind gut bacteria composition, SCFA production, improved mineral absorption, and improved gut barrier integrity. Sources of prebiotic dietary fibers will be discussed. Participants will be able to:

✓ To define the term “prebiotic dietary fiber”
✓ To discuss potential health effects of prebiotic dietary fibers
✓ To identify major sources of prebiotic dietary fibers

Jennifer Erickson, PhD, RD obtained her B.A. in nutrition from the College of Saint Benedict in St Joseph, MN and completed her dietetic internship at The Ohio State University in Columbus, OH. She received her Ph.D. in Human Nutrition from the University of Minnesota, where she is currently continuing her research in the Department of Food Science and Nutrition. Dr. Erickson’s research focuses on the physiologic response to various carbohydrate sources in humans. She has published several papers related to gastrointestinal health, including research assessing the prebiotic capacities of various fibers and resistant starches.
Microbiome 101: Understanding the human gut
Andres Gomez, PhD

This session will present a basic view of the microbiome research field, starting with the concept of the microbiome as a community of microorganisms that strongly influence human physiology and health. Explanations will include the factors that shape the human microbiome from a nutritional and evolutionary perspective, to understand how humans have evolved current microbiome configurations in the context of diverse diets, lifestyles and disease. The session will conclude with identifying areas in which microbiome researchers, nutritionists, and the academic community in general should converge to address critical issues in nutrition and health today. Participants will be able to:
- Understand the concept of the microbiome
- Describe the factors that shape the microbiome: Nutrition, genetics
- Understand the reach, limitations and opportunities of microbiome research in nutrition

Andres Gomez, PhD obtained a Bachelor of Science degree in animal sciences from the National University of Colombia (Medellin), and a Masters of Science in Biotechnology (Microbial ecology) from the same university. After an internship at the USDA working with soil microbial ecology and bioremediation, he did his PhD in the University of Illinois Urbana-Champaign under supervision of Dr. Bryan White, studying gastrointestinal microbial communities of humans and nonhuman primates in the context of host ecology and health. He did his postdoctoral work at the University of Minnesota, Twin Cities, where he worked with Dr. Ran Blekhman studying the host genetic and dietary factors shaping the gut microbiome of nonhuman primates and diverse human populations worldwide. Before joining the Department of Animal Science he worked as a staff scientist at the J. Craig Venter institute in San Diego California, where he focused on using genomics to keep exploring human and animal microbiomes.

At the University of Minnesota, Dr. Gomez's research focuses on understanding the intrinsic and extrinsic factors that shape animal and human microbiomes, in the context of physiology, nutrition, health, ecology and evolution. To that end, he uses traditional and high-throughput molecular techniques, along with bioinformatics and statistics tools to characterize single microbes and microbial communities, and employs an integral view of host-microbe systems.

9:55 – 10:15 a.m. Break/Exhibits

About FPIES & A Parent Perspective
Joy Meyer, DTR

This session will introduce attendees to FPIES, a rare type of food allergy that affects the gastrointestinal tract. Classic FPIES reactions typically occur two or more hours after ingesting the "trigger" food and involve profuse vomiting, diarrhea, and can progress to shock. Reactions can be severe and require immediate medical attention.

Participants will be able to:
- Understand what FPIES is; how is it diagnosed and managed
- Recognize the parent perspective of having a child diagnosed with FPIES
- Learn ways you can help a family living with FPIES

Joy Meyer, DTR lives in Minnesota with her husband and their four boys; their youngest has FPIES. Joy has an AAS degree in Nutrition and is a Registered Dietetic Technician (DTR) where she is responsible for providing normal and therapeutic medical nutrition therapy to patients as part of a multidisciplinary team; as well as collaborating with the clinical dietitians in nutrition services and activities. Joy’s past dietetics experiences includes both Assistant Food Service Director and Clinical Dietetics roles and includes chairing a nutrition subcommittee in clinical dietetics practice at the hospital where she
currently is employed. Joy has a love for Nutrition and a passion for helping others. Joy is a Foundation Founding Member and Executive Co-Director, currently serving as Co-Chair and Treasurer of The FPIES Foundation.

11:10 – 12:10 a.m.  Is Your Food Making You Sick?  
A discussion of food sensitivity, Elimination diets and FODMAPs  
Laurie Meyer, MS, RDN, CD  
Learn about the current rise in food sensitivities, what they are, how to determine if you have one, and how to incorporate elimination diets and low FODMAP diets. Participants will be able to:  
✓ Identify what a food sensitivity is, the various types and potential causes and learn to identify symptoms associated with food sensitivities  
✓ Understand the efficacy of food sensitivity testing and the use of elimination diets  
✓ Describe what FODMAPs are and how and when to incorporate low FODMAP diets in treating GI disorders  

Laurie Meyer is a Registered Dietitian Nutritionist, Certified Dietitian, Functional Diagnostic Nutritionist and Certified LEAP Therapist in the state of Wisconsin. Meyer earned Bachelor of Science Degrees in Dietetics and Food Service Administration from the University of Wisconsin-Stout and a Master’s Degree in Nutrition from Chicago Medical School. She is a past recipient of the Young Dietitian of the Year Award, and a former national spokesperson for the Academy of Nutrition and Dietetics. Meyer is president of Laurie Meyer Nutrition, a Functional Nutrition Private Practice in Milwaukee, WI since 1991. She authored nutrition chapters for several medical-oriented books and coauthored 5 Ingredients for Healthy Living cookbook with her sister and fellow dietitian Chere Bork.

12:10 – 1:15 p.m.  Lunch / Exhibits  

1:15 – 2:10 p.m.  Digestive Health in Children: What’s Fiber got to do with it?  
Renee Korczak, PhD, RD  
The health benefits of dietary fiber are well documented, yet it remains to be one of the nutrients that is under consumed in the diets of most U.S. adults and children. Recent data from the National Health and Nutrition Examination Survey (NHANES), show that children between the ages of 6-11 years consume between 14-15 g of fiber per day, but this is still below the dietary reference intake recommendations for this age group, along with other published fiber recommendations for children. Having adequate amounts of fiber in the diet can help children who experience common digestive health problems such as constipation. The purpose of this presentation is to review common digestive health problems in children and to discuss the current state of the scientific evidence on various food sources of fiber and how they may help children who suffer from common digestive health problems. Participants will be able to:  
✓ To describe common digestive health problems in children  
✓ To compare and contrast current fiber recommendations for children  
✓ To discuss common fiber sources in the diet and how they may improve digestive problems in children  

Renee Korczak, PhD, RD  After graduating college, Renee worked for Kraft Foods in East Hanover, NJ in a product development role. Renee pursued her Master’s degree at Boston University and studied epidemiology. Renee then took on a Regulatory Scientist position at Nestle Nutrition in New Jersey, while simultaneously taking extra courses to prepare for a dietetic internship. She moved to Minnesota in 2011 and worked under Dr. Joanne Slavin on fiber and satiety research. Renee completed a Post-Doctoral Fellowship at Nestle Health Science after graduating and now teaches Sports Nutrition and Principles of Nutrition at the undergraduate level. Renee is also the Communications Director for the
Minnesota Academy of Nutrition and Dietetics (MAND) and a frequent media source for nutrition topics on Kare 11.

2:10 – 2:25 p.m.  Break

2:25 – 3:25 p.m.  Personalized Nutrition: Opportunities and Challenges  

Holly Willis, PhD, RD

Personalized nutrition guidance is what many RDs offer every day. But, it’s also becoming a big business opportunity and many companies are selling their products and services directly to consumers and clients. This session will help participants consider the state of personalized nutrition, as well as opportunities and challenges for RDs. A case study using diet recommendations from a company providing personalized nutrition advice based on gut microbiome profile will be presented.

Participants will be able to:

- Describe multiple aspects of personalized nutrition
- Identify strengths and limitations of products and companies that sell/offer personalized nutrition to consumers
- Apply critical thinking skills to a personalized nutrition case study

Holly Willis, PhD, RD research interests pique when talking about appetite and food intake, but she is truly a generalist at heart. With a passion for everything related to food and nutrition, Holly often explores 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’s University and she also teaches several nutrition courses.

3:25 – 3:30 p.m.  Closing Comments

*Continuing Education Hours for the Day = 6.0

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