

## CATEGORY: POWER OF PROTEIN

Many Americans search for the best way to improve their overall health, and one strategy for maintaining a healthy lifestyle may be as simple as re-thinking protein as a food for strength. These sessions highlight the latest research on protein's health benefits and provide strategies to optimize protein intake.

### Protein Distribution, Quantity and Quality

- Building a Better Diet with High-Quality Protein and Produce
- Nutritional Interventions to Improve Muscle Mass and Strength
- Optimal Protein Intake vs. the Recommended Daily Allowances
- Optimizing Protein in a Carbohydrate World
- **Protein and Kids: Translating Research into Practice for Infant and Child Nutrition\***
- Protein - The Old Frontier Becomes New Again
- Who Needs Protein? The New Science behind Dose and Distribution

### The Role of Protein in Weight Management and Satiety

- Exploring the Benefits of Increased Dietary Protein for Improved Appetite Control, Satiety, and Weight Management
- Is Protein the Missing Link in the Obesity Story?
- The Role of Dietary Protein in Appetite Regulation
- **WISE Choices: Lean Beef's Role in a Higher-Protein Diet for Weight Loss\***

### Protein and Healthy Aging

- Protein & Healthy Aging: Challenging Current Recommendations
- Sarcopenia and Aging: Dietary and Exercise Countermeasures

### Speakers Available for this Category

- Donald Layman, PhD
- Doug Paddon-Jones, PhD
- Drew Sayer, PhD
- Georgia Kostas, MPH, RD, LD
- Heather Leidy, PhD
- Keith Ayoob, EdD, RD, FAND
- Keli Hawthorne, MS, RD, LD
- Kevin C. Maki, PhD
- Kim Schwabenbauer, MS, RD
- Nancy Rodriguez, PhD, RD, CSSD, FACSM
- Neva Cochran, MS, RDN, LD, FAND
- Robert Wolfe, PhD
- Stuart Phillips, PhD

## SESSION DESCRIPTIONS

### Protein Distribution, Quantity and Quality

#### **Building a Better Diet with High-Quality Protein and Produce**

New protein studies suggest the amount of protein in each meal is as important as the total amount consumed over the day in order to promote muscle synthesis and satiety. This presentation reviews protein, produce and fiber research and explains how high-quality protein paired with fruits and vegetables can influence nutrient adequacy, satiety and health. Practical tips to help build better meals will be featured.

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

#### **Nutritional Interventions to Improve Muscle Mass and Strength**

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

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

#### **Optimal Protein Intake vs. the Recommended Daily Allowances**

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

- *Possible Learning Needs Codes: 2000, 4000, 9000*

#### **Optimizing Protein in a Carbohydrate World**

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

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

#### **Protein and Kids: Translating Research into Practice for Infant and Child Nutrition\***

Does protein in infancy and early childhood affect later childhood obesity rates? What do the studies behind the media headlines actually report about the impact of protein in infancy and childhood on health, growth, and obesity? This session digs through the current studies for you to understand key research details and how to apply them to your clinical practice. Learning Objectives:

1. Identify current protein recommendations for infants and children.
2. Interpret research on early protein intakes in infancy and impact on childhood obesity risk.
3. Discuss influence of protein source in starting solid foods.

- *Possible Learning Needs Codes: 2070, 4150, 5070*

**Protein - The Old Frontier Becomes New Again**

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

- *Possible Learning Needs Codes: 2000, 4000, 9000*

**Who needs Protein? The New Science of Dose and Distribution**

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

- *Possible Learning Needs Codes: 2000, 4000, 9000*

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

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

This presentation will address the following objectives/questions:

- Does increased dietary protein improve appetite control, satiety, and weight management?
- How much protein is needed to elicit these responses and is this practical/do-able in real life?
- Does the timing of protein consumption, particularly at breakfast and in afternoon snacks, influence these responses?
  - *Possible Learning Needs Codes: 2000, 4000, 6000, 9000*

**Is Protein the Missing Link in the Obesity Story?**

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

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

**The Role of Dietary Protein in Appetite Regulation**

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

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

**WISE Choices: Lean Beef's Role in a Higher-Protein Diet for Weight Loss\*****(Alternate Title: Exploring Protein's Role in Weight Loss and Body Composition)**

Higher protein diets continue to grow in popularity because scientific evidence shows they can improve weight loss and help preserve lean muscle mass, which are essential for enjoying an active lifestyle and reducing risk for disease. There are a variety of high-quality protein sources, and new research is building to understand how different animal proteins, particularly meat, can be incorporated into an effective higher-protein diet that also supports dietary flexibility for improved adherence. This session will focus on the latest evidence supporting the positive health outcomes of higher protein diets, including recently published research that shows lean beef can be enjoyed in a healthy, higher protein diet that promotes weight and fat mass loss, while supporting lean muscle maintenance and heart health.

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

**Protein and Healthy Aging****Protein & Healthy Aging: Challenging Current Recommendations**

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

- *Possible Learning Needs Codes: 2000, 4000, 5000, 9000*

**Sarcopenia and Aging: Dietary and Exercise Countermeasures**

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

- *Possible Learning Needs Codes: 2000, 4000, 9000*