

CATEGORY: TRENDING TOPICS IN THE NUTRITION ENVIRONMENT

Sessions within this category cover trending nutrition topics, including sustainable diets and infant nutrition.

Dietary Guidelines

- An In-Depth Look at the New Dietary Guidelines
- Examine the Evidence: Making Sense of the Science Supporting the Dietary Guidelines
- **New Dietary Guidelines for Americans: Where do Kids Fit In?***

Food and Nutrition Trends

- Beef in a Balanced Diet - A Perfect Match!
- Fad Diets: Dissecting the Hype and the Science
- From the Supermarket to the Kitchen: Unraveling the Clutter at the Market In Order to Prepare Healthy Meals
- It's All About Trends: What the Future Holds for Food, Health and Healthy Lifestyles
- Red and Processed Meats in the American Diet: How Much Do We Really Eat?
- Tick-Tock – Does Timing of Food Consumption Matter?
- The Hottest Food and Nutrition Trends
- **Today's Food Conversation***

Food Production and Environmental Nutrition

- **Beef's Role in a Sustainable Diet***
- No Food Fights! A Courteous Discourse Making a Case for Sustainable Agricultural Co-existence
- Organic, Natural, and Grass-Fed Beef: Perception vs. Reality
- The (Re)Purpose of Food, Reducing Food Waste at Home
- **The Savvy Dietitian's Guide to Modern Agriculture***

Nutrition Research and Mass Media

- Eating Beyond the Headlines: Sorting Evidence from Emotion
- Going Behind the Provocative Headlines when Food and Facts Collide
- Nutrition in the News: Science Fact or Fiction
- Social Media in Dietetics Practice: Ethical and Legal Considerations

Speakers Available for this Category

- Amy Mydral Miller, MS, RD, FAND
- Donald Layman, PhD
- Heather Leidy, PhD
- James Swain, PhD, RD, LD, FAND
- Judy Barbe, MS, RDN
- Keith Ayoob, EdD, RD, FAND
- Keith Belk, PhD
- Keli Hawthorne, MS, RD, LD
- Kevin Maki,
- Mary Lee Chin, MS, RD
- Melissa Joy Dobbins, MS, RD, CDE
- Nancy Rodriguez, PhD, RD
- Neva Cochran, MS, RDN, LD, FAND
- Sara Place, PhD
- Toby Amidor, MS, RD, CDN

SESSION DESCRIPTIONS

Dietary Guidelines

An In-Depth Look at the New Dietary Guidelines

This session will help familiarize nutrition professionals with additions and modifications made in this latest update of the Dietary Guidelines. A review of scientific research leading to these changes will be presented. Additionally, tactics on communicating the Dietary Guidelines to the public through various mediums (one-on-one counseling, media) will be discussed.

- *Possible Learning Codes: 4030, 4100, 9050*

Examine the Evidence: Making Sense of the Science Supporting the Dietary Guidelines*

How often have you heard these complaints, “Why do scientists keep changing their minds? Who can you trust for accurate information about diets and nutrition?” This session will help you answer these questions and understand the evolving nature of scientific inquiry. Be prepared to examine the evidence and put findings into context so you can help others understand nutrition research. You will also learn how to evaluate sources of nutrition information on the Internet and separate the questionable from the credible.

- *Possible Learning Needs Codes: 1000, 3000, 4000, 9000*

New Dietary Guidelines for Americans: Where do Kids Fit In?*

The Dietary Guidelines for Americans are used to develop national food and nutrition programs that impact 40 million children every year through school lunch programs and WIC. This session will discuss the DGA process and the latest recommendations, including differences between the Dietary Guidelines Advisory Committee Report and final DGA 2015, especially for added sugars, sodium, and sustainability. It concludes with future directions for children under 2 years old as part of DGA 2020. Learning Objectives:

1. Identify specific differences from Dietary Guidelines Advisory Committee Report and what was in the final version of the DGA.
2. Review new guidelines for added sugar, sodium, and sustainability.
3. Discuss future directions for children under 2 years old.
 - *Possible Learning Needs Codes: 4030, 4000, 4080, 4150, 5070*

Food and Nutrition Trends

Beef in a Balanced Diet - A Perfect Match!

Detailed information regarding the nutritional profile of beef and how consuming beef within a mixed diet enhances the absorption of a variety of nutrients, thereby increasing the nutritive value of entire meal.

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

Fad Diets: Dissecting the Hype and the Science

New fad diets come around each year and nutrition professionals need to be prepared to answer client questions. The most popular fad diets will be discussed, along with the pros and cons of each. The presenter will also discuss effective ways to deal with clients who are insistent on following fad diets.

- *Possible Learning Needs Codes: 4000, 5370, 9050*

From the Supermarket to the Kitchen: Unraveling the Clutter at the Market In Order to Prepare Healthy Meals

The supermarket is filled with confusing choices, especially when it comes to foods like beef, yogurt, and eggs. Although consumers have more choices than ever, they are confused on how to purchase healthful foods at the market and create a healthy meal. An overview of cuts of beef, certifications on labels, and other consumer mystifying foods will be given, along with tips that can be shared with clients in order to help create healthy and tasty meals.

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

It's All About Trends: What the Future Holds for Food, Health and Healthy Lifestyles

Trends in food, health, and family lifestyles have a profound impact on the daily work of nutrition communicators. The current crop of trends presents both unique challenges and incredible opportunities for those who seek to shape the future food choices of American consumers. In this fast-paced session, you'll discover how to stay current on what's hot and what's not, while learning how to creatively use trends to make your work more satisfying and effective.

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

Red and Processed Meats in the American Diet: How Much Do We Really Eat?

Several agencies and entities have taken public positions on the role of beef in the diet; some are based on scientific facts while others are not. For example, the 2015 IARC report suggesting that meat (and beef) causes cancer and the recommendations of the USDA Dietary Guidelines Advisory Committee this past year both were controversial. This presentation attempts to set the record straight with respect to meat consumption and casual linkages with diet/health outcomes. What is meat? What has happened over time relative to meat consumption? How does consumption tie together with recommendations? And, how could 'healthy dietary patterns' relate to meat consumption? These all are questions to be addressed in this presentation.

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

Tick-Tock – Does Timing of Food Consumption Matter?

The media/lay press strongly encourages Americans to consume 'mini-meals' throughout the day for optimal weight management by curbing appetite and increasing satiety. However, there is surprisingly very little evidence supporting these claims. Alternately, there is increasing evidence that skipping meals is detrimental. This presentation will address the following objectives/questions:

- Does the scientific evidence support the lay press statements that eating more frequently (in smaller portions) is beneficial for improved appetite control, satiety, and weight management?
- Are there benefits of eating more frequently/snacking on other meaningful outcomes-including energy, mood, and cognitive function?
- Is there an interaction between increased eating frequency and increased dietary protein?
 - *Possible Learning Needs Codes: 2000, 3000, 4000, 6000, 9000*

The Hottest Food and Nutrition Trends

Nutrition professionals must stay abreast of the latest nutrition trends in order to help educate clients and the public. As a nutrition expert from FoodNetwork.com Healthy Eats and writer for numerous national publications, the presented will provide an insight into the latest trends, explain why these trends become popular, and provide insight on how nutrition professions can build their practice by staying abreast of current cultural food and nutrition trends.

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

Today's Food Conversation*

Every day in this country our food conversations are becoming more interesting, intense, and challenging. We're striving for health and wellness. We're passionate about local and artisan. We're thoughtful about seasonal and organic. We're working to figure out sustainable. And we're nervous about genetically modified. This presentation takes a deep-dive into 11 commonly used terms related to food, agriculture, and nutrition – from healthy and fresh to processed, natural, and sustainable – providing insights into the science that supports or refutes claims, reviewing federal regulations that govern marketing, and shedding light on consumer understanding of these terms. Attendees will walk away with a better understanding not only of the terms but how to engage in meaningful conversations about these issues that are as affected by research and science as they are by values and opinions. After attending this session, nutrition professionals should be better able to:

- Distinguish which food claims are marketing hype versus federally regulated terms;
- Identify federal agencies that oversee various marketing terms;
- Question the validity of claims on a variety of food and beverage products;
- Provide science-based guidance to patients and clients regarding the nutrition and health as well as lifestyle benefits of a variety of foods and beverages; and
- Cite consumer research regarding consumer perception of various marketing claims.
 - *Possible Learning Needs Codes: 2030, 2040, 7120, 8018*

Food Production and Environmental Nutrition**Beef's Role in a Sustainable Diet***

Ensuring a sustainable food system is one of the greatest social challenges today. The agricultural community, including cattle farmers and ranchers, recognize their important role in contributing to a more sustainable food supply and are committed to balancing efficiency with their social, economic, and environmental impacts. A sustainable food system must pay attention to these three pillars of sustainability (social, economic, and environmental), which means balancing issues as important as food access, nutritional quality, and environmental impacts. Current discussions of sustainability and diet often focus narrowly on single environmental metrics or footprints such as the carbon footprints of individual food items. Consequently, there is a need for more nuanced assessments of the whole food system that account for the relationships between the three pillars of sustainability and the integration across agricultural production systems that provide individual food items to consumers' plates. Learning Objectives:

- Explain how animal agriculture fits into a sustainable food system
- Identify ways that the animal agriculture community aims to meet the growing global protein demand while balancing environmental stewardship, economic viability, and social responsibility throughout the supply chain
- Provide context to existing data on beef's carbon footprint and the nexuses of economic, social, and environmental components of sustainability including the tradeoffs between environmental footprints of food and nutrient density
 - *Possible Learning Needs Codes: 2000, 8000, 8018*

No Food Fights! A Courteous Discourse Making a Case for Sustainable Agricultural Co-existence

One of the significant developments over the last two decades is a national conversation about food and how it is grown. Problem is that it hasn't been much of a conversation, but instead, a rancorous food fight. Consumer attentiveness to environmental sustainability, nutrition and safety fuel movements such as local and organic, urban farming, and community supported agriculture. Meanwhile farmers, who are less than 2% of the population, are challenged to produce affordable food for the rest of the 98% in a tough agricultural climate, utilizing modern conventional and innovative technologies often little understood or accepted by the public. Examine consumer's food philosophies and compare conventional, organic and GMO food production by nutritional, economic and environmental measures, and weigh the necessity for co-existence to meet current and future food needs.

Objectives:

- Understand the impact of eco-friendly, sustainability, environmental concerns and food sourcing trends that affect consumer behavior on food purchases.
- Contrast the benefits, claims and realities of local, organic, small-scale, family-owned, natural foods, and large, conventional, biotechnology and global foods and each method's ability to deliver nutrition for the consumer and sustainability for the national and global environment.
- Provide practical consumer guidance regarding economic impact, efficiency and food mile costs, and nutrient composition of foods from local, regional, and national origins, food sourcing and production methods.
 - *Possible Learning Needs Codes: 2000, 8000, 9000*

Organic, Natural, and Grass-Fed Beef: Perception vs. Reality

Many supermarkets across the U.S. now feature fresh beef products that are described as "Organic," "Natural" or "Grass Fed." The presenter will discuss the science of differences--chemical, physical, microbiological and organoleptic--among these, and "Conventional," beef products.

- *Possible Learning Needs Codes: 2000, 8000, 9000*

The (Re)Purpose of Food, Reducing Food Waste at Home

Food waste stems from a variety of reasons: we bought food for a specific recipe, we ate out rather than cooked, we forgot we had it or can't think of a way to use it - or repurpose it. Regardless of why, the loss in dollars and the impact on the environment add up. From purchase to cooking, this session will provide ideas to implement at home to be part of the solution to this global concern. Session Outline:

- Explain how food waste is generated throughout the food chain from agricultural production, manufacturing and processing, transportation, in retail and restaurants, and at home.
- Develop strategies to reduce food waste at home.
- Provide food solutions for the home cook by using food on hand to reduce waste.
 - *Possible Learning Needs Codes: 2000, 8000, 9000*

The Savvy Dietitian's Guide to Modern Agriculture*

Many people love the romanticized "red barn" view of agriculture where a farmer and his wife stand with their beautiful children near their perfect red barn with docile cows grazing in a lush, green pasture in the background. But this view of agriculture doesn't fit with the realities of modern agriculture, much of which relies on technology-driven tools and tough business decisions to successfully compete in a global marketplace. This talk is designed to help dietitians address complex issues related to food production with a better understanding of the business of modern agriculture, and a greater appreciation of the pressures farmers and ranchers are facing from consumer demands that may have

significant consequences on the availability and affordability of food in this country. After attending this session, nutrition professionals should be better able to:

- Discuss how soil and climate impact a farmer's choices of crops and production methods;
- Compare and contrast modern agricultural production practices used in the U.S.;
- List three challenges facing farmers and ranchers; and
- Describe four modern farming practices that enhance production while protecting the environment.
 - *Possible Learning Needs Codes: 1070, 2040, 8018*

Nutrition Research and Mass Media

Eating Beyond the Headlines: Sorting Evidence from Emotion

Alarming food and nutrition headlines not only confuse consumers but may also result in the exclusion of nutrient-rich foods from the diet. As health professionals, we know that nutrition and health recommendations we make must be based on the preponderance of scientific evidence and not the results of a single study trumpeted in the media. This can be a daunting task especially for topics that evoke strongly held and emotional beliefs that often defy scientific reality. This presentation will examine some of the current popular nutrition topics in the news and the real scientific facts behind them.

- *Possible Learning Needs Codes: 4000, 5370, 9050*

Going Behind the Provocative Headlines when Food and Facts Collide

In an ideal world, journal articles, press releases, social media and news stories would all accurately reflect the results of health, food and nutrition research. The newest food and nutrition studies however, are too often trumpeted in provocative headlines that are misleading and inaccurate, and gain traction through social media as consumers get news in multiple formats on multiple platforms on a myriad of devices. Activists and self-styled health and nutrition experts adept at social media drive the food conversation, making it difficult to separate the truth from the falsehoods. And science is not rated as high as it should be, with one observer calling it "The War on Science." It is essential that dietitians go behind the headlines that inform so much of the food environment of today, and to stand up and effectively speak out on behalf of sound science. But science literacy isn't the only issue: real communicators must understand of how people today make decisions, engage audiences and create trust, and adjust how we communicate. Objectives:

- Identify the significant who's, what, where, and why's driving the current food and nutrition controversies.
- Recognize the impact of activism, cultural cognition, cultural bias, and tribal communication barriers that shape consumer food attitudes and acceptance.
- Employ science communication principles to advance effective communications, based first on cultivating consumer engagement and trust, and then on facts and science.
 - *Possible Learning Needs Codes: 4000, 5370, 9050*

Nutrition in the News: Science Fact or Science Fiction

Nutrition, and the science behind it, seems to be getting more complicated from farm to fork. People are hungrier than ever for realistic options that empower them to make healthier choices, while bringing back the enjoyment of food. Registered Dietitians are uniquely qualified to help people separate science fiction from science fact and come away with meaningful steps toward better health. This session

provides some food for thought about challenges and solutions for RD communicators to help the people digest food and nutrition information and make their own, well-informed decisions based on facts, not fear.

- *Possible Learning Needs Codes: 1000, 9000*

Social Media in Dietetics Practice: Ethical and Legal Considerations

The growth and prevalent use of social media provides the perfect avenue to share our nutrition expertise with consumers but poses unique challenges of the legal and ethical behavior of students, educators and practitioners in dietetics. Learn how to identify the appropriate application of federal regulations and the Code of Ethics for the Profession of Dietetics to avoid compromising your current and future professional career.

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