

Nutrition Future Foward

Are we Ready for Out-of-the-Box Thinking?

Friday, March 6, 2020

9 am - 4 pm

Driscoll Hall Auditorium, Villanova University

Join the MacDonald Center for Obesity Prevention and Education (COPE) for a contemporary look at targeted nutrition and health topics focused on:

Culinary Literacy
Digestive Wellness
Metabolic Adaptation During Weight Loss

Picky Eaters
Health & Nutrition Implications of Cannabis Use
Craft Beer in Healthy Cooking

CHALLENGE YOURSELF.

Rethink and refine conventional practice while opening doors to forward thinking, transformative ideas that build upon foundational knowledge and equip you with new skills and knowledge to best meet client and patient needs.

LEARNING OBJECTIVES

- Discover practical and specific ways to promote a healthy gut microbiome within the context of the Dietary Guidelines.
- Discuss challenges and opportunities that exist when using cooking interventions to answer research questions.
- Describe methods of assessment used in designing a nutrition and fitness plan that fuels activity and preserves lean body mass.
- Learn about cannabis and various cannabinoids demonstrating clinical relevance in numerous health conditions and their nutritional implications.
- Identify neurological issues in children that can impact sensory and oral motor development and manifest as avoidant and picky food behavior.
- Develop innovative flavor profiles in everyday dishes by using beer as an ingredient to enhance healthful cooking techniques and recipes that will inspire home cooking.

PRICING

- On-Campus Attendee: \$95
- Student Attendee: \$45
- Virtual Attendee: \$65

REGISTER

- http://bit.ly/COPE_FutureFoward2020

VILLANOVA UNIVERSITY
M. LOUISE FITZPATRICK COLLEGE OF NURSING



MacDonald
CENTER FOR OBESITY
PREVENTION AND EDUCATION



6 CPEUs and 6 Contact Hours will be awarded for this conference.

Villanova University M. Louise Fitzpatrick College of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation; Villanova University Fitzpatrick College of Nursing / MacDonald Center for Obesity Prevention and Education (COPE) is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR).



Symposium Sessions



At the Table with Trillions: Evaluating Dietary Recommendations from a Gut Microbiome Perspective

Corrie M. Whisner, PhD

Associate Faculty, Biodesign Center for Fundamental and Applied Microbiomics;
Assistant Professor, School of Nutrition and Health Promotion, Arizona State University



Preventing Metabolic Adaptation During Weight Loss

Todd Miller, PhD, CSCS*D, TSAC-F, FNSCA and

Stephanie Mull, MS, RD, CSSD, CSCS

Milken Institute of Public Health, George Washington University



Culinary Nutrition or Culinary Medicine: A Distinction with a Difference?

Rosemary E. Riley, PhD, LD

President, Straight Talk Nutrition, LLC



Appetite & Weight Management: The Impact of the Endocannabinoid System & Cannabis

Laura Lagano, MS, RDN, CDN

Integrative Clinical Nutritionist



AFRIDS (Avoidant Food/Restrictive Intake Disorder) and the New Picky Eater:

Why repetitive food presentation and hiding does not work and what to do instead

Kelly Dorfman, MS, LDN



Craft Beers: Sustainability in Healthy Kitchens

Libby Mills, MS, RDN, LDN, FAND

Owner, Dig In Eat Up

Dietitian, MacDonald Center for Obesity Prevention and Education

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