

**Food as Medicine 2023 Update –
Nutrition, Functional Foods, and Supplements for Health Optimization**

Friday November 17, 2023
Li Ka Shing Knowledge Institute
Toronto, ON

Time	Speaker
7:30 – 8:30	REGISTRATION + REFRESHMENTS
8:30 – 8:40	WELCOMING REMARKS
8:40 – 9:00	SCIENCE SUPPORTS THE BENEFITS AND SAFETY OF SOYFOODS Dr. Mark Messina
9:00 – 9:20	DIET AND ETHNICITY LINKED TO METABOLIC SYNDROME Dr. Sonia Anand
9:20 – 9:40	FUNCTIONAL FOODS FOR HEALTH Dr. Alison Duncan
9:40 – 10:20	Q&A PANEL # 1 Mark Messina, Sonia Anand, Alison Duncan Facilitated by: Elena Comelli
10:20 – 10:50	BREAK
10:50 – 11:10	MULTI-INGREDIENT NUTRITIONAL SUPPLEMENTATION FOR OLDER ADULTS AND OBESITY Dr. Mark Tarnopolsky
11:10 – 11:30	NUTRITION AND OLDER ADULTS: WHO IS AT RISK AND HOW CAN I MANAGE THEIR CARE? Dr. Heather Keller
11:30 – 12:10	Q&A PANEL # 2 Mark Tarnopolsky, Heather Keller Facilitated by: Margaret Rundle
12:10 – 1:10	LUNCH
1:10 – 1:15	PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD Dr. Margaret Rundle and Mr. Stephen Lister
1:15 – 2:00	RUNDLE-LISTER LECTURESHIP A UNIFYING THEORY OF LIFESTYLE MEDICINE Dr. Dean Ornish
2:00 – 2:15	KEYNOTE Q&A Dean Ornish Facilitated by: John Sievenpiper
2:15 – 2:45	BREAK
2:45 – 3:05	ARFID – MORE THAN PICKY EATING Dr. Debra Katzman
3:05 – 3:25	VITAMIN D RECOMMENDATIONS, INTAKES AND STATUS ACROSS THE LIFE STAGES IN THE CANADIAN CONTEXT Dr. Hope Weiler
3:25 – 4:05	Q&A PANEL # 3 Debra Katzman, Hope Weiler Facilitated by: Viola Antao
4:05 – 4:15	CLOSING REMARKS