

**Food as Medicine 2023 Update –  
Nutrition, Functional Foods, and Supplements for Health Optimization**  
Friday November 17, 2023  
Li Ka Shing Knowledge Institute  
Toronto, ON

<b>Time</b>	<b>Speaker</b>
8:00 – 8:30	<b>REGISTRATION + LIGHT REFRESHMENTS</b>
8:30 – 8:40	<b>WELCOMING REMARKS</b>
8:40 – 9:00	<b>SCIENCE SUPPORTS THE BENEFITS AND SAFETY OF SOYFOODS</b> Dr. Mark Messina
9:00 – 9:20	<b>DIET AND ETHNICITY LINKED TO METABOLIC SYNDROME</b> Dr. Sonia Anand
9:20 – 9:40	<b>FUNCTIONAL FOODS FOR HEALTH</b> Dr. Alison Duncan
9:40 – 10:20	<b>Q&amp;A PANEL # 1</b> Mark Messina, Sonia Anand, Alison Duncan Facilitated by: Dr. Elena Comelli
<b>10:20 – 10:50</b>	<b>BREAK</b>
10:50 – 10:55	<b>PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION</b> Dr. Margaret Rundle and Mr. Stephen Lister
10:55 – 11:40	<b>RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION</b> <b>A UNIFYING THEORY OF LIFESTYLE MEDICINE</b> Dr. Dean Ornish
11:40 – 11:55	<b>KEYNOTE Q&amp;A</b> Dean Ornish Facilitated by: Dr. John Sievenpiper
<b>11:55 – 12:55</b>	<b>LUNCH</b>
12:55 – 1:15	<b>MULTI-INGREDIENT NUTRITIONAL SUPPLEMENTATION FOR OLDER ADULTS AND OBESITY</b> Dr. Mark Tarnopolsky
1:15 – 1:35	<b>NUTRITION AND OLDER ADULTS: WHO IS AT RISK AND HOW CAN I MANAGE THEIR CARE?</b> Dr. Heather Keller
1:35 – 2:15	<b>Q&amp;A PANEL # 2</b> Mark Tarnopolsky, Heather Keller Facilitated by: Dr. Margaret Rundle
<b>2:15 – 2:45</b>	<b>BREAK</b>
2:45 – 3:05	<b>ARFID – MORE THAN PICKY EATING</b> Dr. Debra Katzman
3:05 – 3:25	<b>VITAMIN D RECOMMENDATIONS, INTAKES AND STATUS ACROSS THE LIFE STAGES IN THE CANADIAN CONTEXT</b> Dr. Hope Weiler
3:25 – 4:05	<b>Q&amp;A PANEL # 3</b> Debra Katzman, Hope Weiler Facilitated by: Dr. Viola Antao
4:05 – 4:15	<b>CLOSING REMARKS</b>