

**2018 Food as Medicine Update:  
What to tell your patients about diet and chronic disease prevention**

November 13, 2018  
Li Ka Shing Knowledge Institute, Toronto, ON.

<b>Time</b>	<b>Speaker</b>
<b>7:30-8:30</b>	<b>REGISTRATION + REFRESHMENTS</b>
<b>8:30-8:40</b>	<b>WELCOMING REMARKS</b> Dr. John Sievenpiper
<b>8:40-9:00</b>	<b>NUTRITION AND THE AGING BRAIN</b> Dr. Aileen Burford-Mason
<b>9:05-9:25</b>	<b>NUTRITION GUIDELINES FOR OSTEOPOROSIS</b> Dr. Robert Josse
<b>9:30-9:50</b>	<b>PANEL # 1 Q&amp;A</b> Dr. Aileen Burford-Mason, Dr. Robert Josse Facilitator: Dr. John Sievenpiper
<b>9:50-10:20</b>	<b>BREAK</b>
<b>10:20-10:40</b>	<b>IS BUTTER BACK? DIETARY INTAKE OF SATURATED AND TRANS FAT AND CHRONIC DISEASE</b> Dr. Russel D'Souza, RD, PhD
<b>10:40 -11:00</b>	<b>FROM INTERMITTENT FASTING TO KETOGENIC DIETS: EMERGING TRENDS IN NUTRITION</b> Jennifer Sygo, RD
<b>11:00 – 11:20</b>	<b>NOT SO SWEET? A REVIEW OF THE EVIDENCE OF SUGARS IN CARDIOMETABOLIC HEALTH</b> Dr. John Sievenpiper
<b>11:20-11:50</b>	<b>PANEL # 2 Q&amp;A</b> Russel D'Souza, RD, PhD, Jennifer Sygo, RD, Dr. John Sievenpiper Facilitator: TBD
<b>11:50 – 1:00</b>	<b>LUNCH BREAK</b>
<b>1:00-1:30</b>	<b>PLANT FOODS FOR HUMAN HEALTH AND PLANETARY HEALTH (<i>Key Note</i>)</b> Dr. David Jenkins
<b>1:30-1:40</b>	<b>PRESENTATION OF RUNDLE-LISTER LECTURESHIP AWARD IN TRANSLATIONAL MEDICINE</b> Dr. Molly Rundle and Mr. Stephen Lister
<b>1:40 – 2:00</b>	<b>LOW GLYCEMIC INDEX DIET AND CHRONIC DISEASE PREVENTION</b>

	Dr. Thomas Wolever
<b>2:00 – 2:30</b>	<b>PANEL # 3 Q&amp;A</b> Dr. David Jenkins, Dr. Thomas Wolever Facilitator: Dr. John Sievenpiper
<b>2:30 – 2:50</b>	<b>BREAK</b>
<b>3:00 – 3:20</b>	<b>NUTRITION RECOMMENDATIONS FOR PATIENTS WITH GLUTEN SENSITIVITY</b> Dr. Elena Verdu, PhD
<b>3:25 – 3: 45</b>	<b>LOW FODMAP DIET IN IRRITABLE BOWEL SYNDROME</b> Stephanie Clairmont, RD
<b>3:50 – 4:20</b>	<b>PANEL # 4 Q&amp;A</b> Dr. Elena Verdu, Stephanie Clairmont, RD Facilitator: Dr. Viola Antao
<b>4:20 – 4:30</b>	<b>CLOSING REMARKS</b> Dr. John Sievenpiper