



Food as Medicine

2018 Update: What to tell your patients about diet and chronic disease prevention



UNIVERSITY OF
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FACULTY OF MEDICINE
Continuing Professional Development



Nutritional Sciences
UNIVERSITY OF TORONTO

St. Michael's

Inspired Care. Inspiring Science.



Joannah & Brian Lawson Centre for Child Nutrition
UNIVERSITY OF TORONTO

Target audience

Family doctors, medical trainees, and other healthcare professionals with an interest in the relationship between diet and chronic disease prevention.

Objectives

Participants will be able to:

1. Describe the evidence behind emerging nutrition trends
2. Identify nutrition strategies to prevent and manage chronic diseases such as type 2 diabetes, dyslipidemia, IBS, and dementia.
3. Describe the paradigm shift from nutrient-centric recommendations to food and dietary-pattern based recommendations
4. Identify the benefits of prescribing diet in addition to pharmacological intervention in medical practice.

2018 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

The Rundle-Lister Lectureship in Transformative Nutritional Medical Education is awarded annually to a preeminent clinician researcher in recognition of their outstanding contributions to the role of nutrition in patient care. We are pleased to present the 2018 Lectureship to Dr. David J.A. Jenkins, University Professor and Canada Research Chair, in the Departments of Nutritional Sciences, staff physician, Division of Endocrinology and Metabolism, Director of the Clinical Nutrition and Risk Factor Modification Center, Scientist, Li Ka Shing Knowledge Institute, St. Michael's Hospital.

Webcast option available

Tuesday, November 13, 2018

**Li Ka Shing Knowledge Institute,
209 Victoria Street, 2nd Floor, Toronto**

Planning Committee:

John L. Sievenpiper, MD, PhD, FRCPC, *Chair*

Margaret Rundle, MD, CCFP, FCFP, *Advisor*

Rebecca Noseworthy, RD, MPH

Elena Comelli, PhD

Chris Tomlinson, MB, ChB, PhD, FRCPC

Kristie Srichaikul, MD, CCFP, MSc

Viola Antao, MD, CCFP, MHSc, FCFP

Learn More and Register Online:
Foodasmedicineupdate.ca



Dr. David Jenkins

Agenda



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Time	Speaker
7:30 – 8:30	RECEPTION & REGISTRATION
8:30 – 8:40	WELCOMING REMARKS Dr. John Sievenpiper
8:40 – 9:00	NUTRITION AND THE AGING BRAIN Dr. Aileen Burford-Mason
9:05 – 9:25	NUTRITION GUIDELINES FOR OSTEOPOROSIS Dr. Robert Josse
9:30 – 9:50	PANEL #1 Q&A Dr. Aileen Burford-Mason, Dr. Robert Josse – <i>Facilitator:</i> Dr. John Sievenpiper
9:50 – 10:20	BREAK
10:20 – 10:40	IS BUTTER BACK? DIETARY INTAKE OF SATURATED AND TRANS FAT AND CHRONIC DISEASE Dr. Russel D'Souza, RD
10:40 – 11:00	FROM INTERMITTENT FASTING TO KETOGENIC DIETS: EMERGING TRENDS IN NUTRITION Jennifer Sygo, RD
11:00 – 11:20	NOT SO SWEET? A REVIEW OF THE EVIDENCE OF SUGARS IN CARDIOMETABOLIC HEALTH Dr. John Sievenpiper
11:20 – 11:50	PANEL #2 Q&A Dr. Russel D'Souza, RD, Jennifer Sygo, RD, Dr. John Sievenpiper – <i>Facilitator:</i> TBD
11:50 – 1:00	LUNCH BREAK
1:00 – 1:30	PLANT FOODS FOR HUMAN HEALTH AND PLANETARY HEALTH (Key Note) Dr. David Jenkins
1:30 – 1:40	PRESENTATION OF RUNDLE-LISTER LECTURESHIP AWARD IN TRANSLATIONAL MEDICINE Dr. Molly Rundle and Mr. Stephen Lister
1:40 – 2:00	LOW GLYCEMIC INDEX DIET AND CHRONIC DISEASE PREVENTION Dr. Thomas Wolever
2:00 – 2:30	PANEL #3 Q&A Dr. David Jenkins, Dr. Thomas Wolever – <i>Facilitator:</i> Dr. John Sievenpiper
2:30 – 2:50	BREAK
3:00 – 3:20	NUTRITION RECOMMENDATIONS FOR PATIENTS WITH GLUTEN SENSITIVITY Dr. Elena Verdu
3:25 – 3:45	LOW FODMAP DIET IN IRRITABLE BOWEL SYNDROME Stephanie Clairmont, RD
3:50 – 4:20	PANEL #4 Q&A Dr. Elena Verdu, Stephanie Clairmont, RD – <i>Facilitator:</i> Dr. Viola Antao
4:20 – 4:30	CLOSING REMARKS – Dr. John Sievenpiper