

**2019 Food as Medicine Update:  
Hot Topics in Nutrition Through the Lifespan**

November 15, 2019  
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>WELCOME REMARKS</b> Dr. John Sievenpiper
<b>8:40-9:10</b>	<b>WEEDING THROUGH THE EVIDENCE: MARIJUANA AND BREASTFEEDING</b> Dr. Rebecca Hoban
<b>9:10-9:40</b>	<b>SUGARS AND HEALTH: WHAT IS THE RIGHT DIRECTION FOR PUBLIC HEALTH POLICY?</b> Dr. Vasanti Malik
<b>9:40-10:10</b>	<b>UPDATE ON PEDIATRIC OBESITY MANAGEMENT</b> Dr. Katherine Morrison
<b>10:10-10:30</b>	<b>PANEL # 1 Q&amp;A</b> Dr. Rebecca Hoban, Dr. Vasanti Malik, Dr. Katherine Morrison Facilitator: Dr. Viola Antao
<b>10:30-11:00</b>	<b>BREAK</b>
<b>11:00-11:30</b>	<b>WHAT IS NEW WITH CANADA'S FOOD GUIDE</b> Dr. Alfred Aziz
<b>11:30-12:00</b>	<b>LOW CARB VERSUS HIGH FAT: WHAT DOES THE EVIDENCE SAY?</b> Dr. John Sievenpiper
<b>12:00-12:20</b>	<b>PANEL # 2 Q&amp;A</b> Dr. Alfred Aziz, Dr. John Sievenpiper Facilitator: Dr. Margaret Rundle
<b>12:20-1:20</b>	<b>LUNCH BREAK</b>
<b>1:20-2:05</b>	<b>DIET AND HEALTH ACROSS THE LIFESPAN</b> Rundle-Lister Lectureship In Transformative Nutritional Medical Education Dr. Walter Willett, Key Note Speaker
<b>2:05-2:20</b>	<b>Q&amp;A</b> Dr. Walter Willett Facilitator: Dr. John Sievenpiper

2:20-2:25	<p><b>PRESENTATION OF RUNDLE-LISTER LECTURESHIP AWARD IN TRANSLATIONAL MEDICINE</b>          Dr. Margaret Rundle and Mr. Stephen Lister</p>
2:25-3:00	<p><b>BREAK</b></p>
3:00-3:30	<p><b>FOOD FOR THOUGHT: NUTRITION, COGNITIVE HEALTH AND THE AGING BRAIN</b>          Dr. Aileen Burford – Mason</p>
3:30-4:00	<p><b>THE MICROBIOME QUESTIONS YOU’D LIKE ANSWERED FOR PATIENT ISSUES ACROSS THE LIFESPAN</b>          Dr. Gregor Reid</p>
4:00-4:20	<p><b>PANEL # 3 Q&amp;A</b>          Dr. Aileen Burford –Mason, Dr. Gregor Reid          Facilitator: Dr. John Sievenpiper</p>
4:20-4:30	<p><b>CLOSING REMARKS</b>          Dr. John Sievenpiper</p>