



# Food as Medicine

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



UNIVERSITY OF  
**TORONTO**



UNIVERSITY OF TORONTO  
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.

**Continuing Professional  
Development Accredited Event**

**Tuesday, November 13, 2018**

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

Webcast option available

### 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, MHS, FCFP

Learn More and Register Online:  
**[Foodasmedicineupdate.ca](http://Foodasmedicineupdate.ca)**



**Dr. David Jenkins**

# Agenda



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