



Food as Medicine

2020 Update – Nutrition Myth Busting:
Headlines vs. Evidence

Friday November 20, 2020
Virtual Symposium
Toronto, ON

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. Summarize the evidence of emerging nutrition topics including intermittent fasting, nutrigenomics, the salt controversy, early-life microbiome, and plant-based diets for children.
2. Determine when to recommend vitamin D and omega-3 supplements and probiotics to patients.
3. Compare the effectiveness of different dietary approaches to manage chronic diseases including cardiovascular disease, type 2 diabetes, and adolescent obesity.
4. Identify nutrition myths and strategies to counter nutrition misinformation.

2020 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 2020 Lectureship to Dr. JoAnn E. Manson, the Michael and Lee Bell Professor of Women's Health at Harvard Medical School, Professor in the Department of Epidemiology at Harvard T.H. Chan School of Public Health and Chief of the Division of Preventive Medicine at Brigham and Women's Hospital (BWH).



UNIVERSITY OF TORONTO
FACULTY OF MEDICINE

Continuing Professional Development

Department of Nutritional Sciences

Joannah & Brian Lawson
Centre for Child Nutrition

St. Michael's

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Planning Committee:

John L. Sievenpiper, MD, PhD, FRCPC, *Chair*
Margaret Rundle, MD, CCFP, FCFP, *Advisor*
Viola Antao, MD, CCFP, MHSc, FCFP
Julia Rackal, MD, CCFP, MHSc
Chris Tomlinson, MB, ChB, PhD
Kristie Srichaikul, MD, CCFP, MSc, BSc Hon
Elena Comelli, PhD
Chantal Sorhaindo, MN, NP (PHC-GH), RN-EC, BScN
Vivian Choo, MD, MSc
Rebecca Noseworthy, RD, MPH
Chelsea McPherson, RD, MAN

For accreditation information
and to register online:

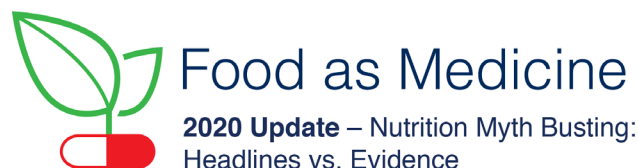
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Dr. JoAnn E. Manson, MD, MPH, DrPH, FACP

Agenda

Friday November 20, 2020
Virtual Symposium (via Zoom)



Time	Speaker
8:15-8:20	WELCOMING REMARKS Dr. John Sievenpiper
8:20-8:50	PASS THE SALT: SHOULD YOU KEEP RECOMMENDING LOW SODIUM TO YOUR PATIENTS? Dr. Andrew Mente
8:50-9:20	ONE SMALL STEP: MANAGEMENT OF OBESITY IN CHILDREN AND ADOLESCENTS Dr. Jill Hamilton
9:20-9:50	INTERMITTENT FASTING: FRIEND OR FOE? Dr. John Sievenpiper
9:50-10:10	PANEL # 1 Q&A Dr. Andrew Mente, Dr. Jill Hamilton, Dr. John Sievenpiper Facilitator: Dr. Julia Rackal
10:10-10:40	BREAK
10:40-11:10	FROM CAFFEINE TO GLUTEN: DO OUR GENETICS INFLUENCE HOW WE RESPOND TO FOOD AND IS THERE A ROLE FOR PERSONALIZED NUTRITION? Dr. Ahmed El -Sohemy
11:10-11:40	YES, DEBUNKING WORKS! LET'S GET TO IT! Dr. Timothy Caulfield
11:40-12:00	PANEL # 2 Q&A Dr. Ahmed El-Sohemy, Dr. Timothy Caulfield Facilitator: Chantal Sorhaindo
12:00-1:00	LUNCH BREAK
1:00-1:45	IS DAILY VITAMIN D AND OMEGA-3 SUPPLEMENTATION NEEDED TO MAINTAIN GOOD HEALTH? Rundle-Lister Lectureship In Transformative Nutritional Medical Education Dr. JoAnn Manson, Keynote Speaker
1:45-2:00	Q&A Dr. JoAnn Manson Facilitator: Dr. John Sievenpiper
2:00-2:05	PRESENTATION OF RUNDLE-LISTER LECTURESHIP AWARD IN TRANSFORMATIVE MEDICINE Dr. Margaret Rundle and Mr. Stephen Lister
2:05-2:35	BREAK
2:35-3:05	BUSTING THE MYTHS ABOUT PLANT-BASED DIETS FOR CHILDREN Dr. Jonathon Maguire
3:05-3:35	LET THEM EAT DIRT: CAN MICROBES IMPACT THE HEALTH OF OUR CHILDREN? Dr. Marie-Claire Arrieta
3:35-3:55	PANEL # 3 Q&A Dr. Jonathon Maguire, Dr. Marie-Claire Arrieta Facilitator: Dr. Elena Comelli
3:55-4:00	CLOSING REMARKS Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit foodasmedicineupdate.ca