

Agenda

Monday November 30, 2026



Food as Medicine

2026 Update - 10 Years of Food as Medicine:
Turning Knowledge into Practice

Time	Speaker
8:30 - 9:00	WELCOME REMARKS Dr. John Sievenpiper
9:00 - 9:20	THE MICROBIOME IN CLINICAL PRACTICE: SEPARATING EVIDENCE FROM ENTHUSIASM Dr. Christine Lee
9:20 - 9:40	THE POWER OF PLANT-BASED PROTEIN IN HUMAN AND PLANETARY HEALTH Dr. Vasanti Malik
9:40 - 10:00	THE LOW-CARB DEBATE IN 2026 - WHAT DOES THE SCIENCE REALLY SAY?
10:00 - 10:30	Q&A PANEL # 1
10:30 - 11:00	BREAK
11:00 - 11:20	NUTRITION MYTH BUSTING IN THE AGE OF SOCIAL MEDIA Dr. Kevin Klatt
11:20 - 11:40	EVALUATING THE EFFICACY OF MICRONUTRIENT SUPPLEMENTATION IN OPTIMIZING HEALTH Dr. Kelsey Cochrane
11:40 - 12:00	CREATINE BEYOND THE GYM
12:00 - 12:30	Q&A PANEL # 2
12:30 - 1:30	LUNCH
1:30 - 1:35	PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD
1:35 - 2:20	RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION FROM PLATE TO BRAIN: DIETARY INTAKE, BRAIN IMAGING AND COGNITIVE FUNCTION IN GLOBAL POPULATIONS Dr. Sonia Anand
2:20 - 2:35	KEYNOTE Q&A
2:35 - 3:00	BREAK
3:00 - 3:20	FUELING MID-LIFE: NUTRITION STRATEGIES FOR MENOPAUSE AND HEALTHY AGING Jamila Kanji
3:20 - 3:40	GLP-1 WEIGHT LOSS AND SARCOPENIA RISK - PROTECTING MUSCLE DURING RAPID WEIGHT LOSS
3:40 - 4:00	PERSONALIZED NUTRITION: AI, BIOMARKERS AND THE END OF ONE-SIZE FITS ALL Dr. Laura Chiavaroli
4:00 - 4:30	Q&A PANEL # 3
4:30 - 4:45	CLOSING REMARKS Dr. John Sievenpiper

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