



# Food as Medicine

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

**Monday November 30, 2026**  
**Li Ka Shing Knowledge Institute,**  
**209 Victoria St, 2<sup>nd</sup> Floor, Toronto, ON**

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## Target Audience

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

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## Objectives

**After active engagement in this symposium, participants will be better able to:**

1. Evaluate the efficacy, safety and clinical relevance of emerging therapies and interventions, including GLP-1 receptor agonists, creatine supplementation and micronutrients.
2. Apply evidence-based nutrition including the microbiome, dietary patterns and supplementation into clinical practice.
3. Communicate effectively with patients to address nutrition misinformation, support behaviour change, and promote health across the lifespan.
4. Integrate individualized nutrition strategies into patient-centered care plans.

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## 2026 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. The 2026 Lectureship is presented to **Dr. Sonia Anand**, a distinguished physician-scientist and global health leader and Professor of Medicine and Epidemiology at McMaster University whose work has transformed Canada's approach to cardiovascular health, health equity and population health research. She serves as Associate Vice-President of Global Health, founded and leads the Mary Heersink School of Global Health and Social Medicine, directs the Global-Glocal Research Centre and is a Senior Scientist at the Population Health Research Institute.



TEMERTY FACULTY OF MEDICINE  
UNIVERSITY OF TORONTO

**Joannah & Brian Lawson Centre for Child Nutrition**

**Department of Nutritional Sciences**

**Continuing Professional Development**

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**Continuing Professional Development  
Accredited Event**

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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  
Vivian Choo, MD, CCFP, MSc  
Sheila Lakhoo, MD, CCFP, MScCH  
Yuliya Rackal, MD, CCFP, MHSc  
Chris Tomlinson, MB, ChB, PhD  
Shazmah Hussein, NP-PHC, MScN  
Elena Comelli, PhD  
Chinwe Nwebube, MD  
Samantha Cheng  
Chelsea McPherson, MAN, RD  
Annette Blais, MSc

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**For accreditation information and to register  
online: [foodasmedicineupdate.ca](https://foodasmedicineupdate.ca)**

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**Dr. Sonia Anand, MD, PhD, FRCP (C),  
FCAHS FRSC**

# Agenda

Monday November 30, 2026



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

To learn more about the speakers and their talk objectives visit [foodasmedicineupdate.ca](https://foodasmedicineupdate.ca)