

Monday November 30, 2026
Li Ka Shing Knowledge Institute,
209 Victoria St, 2nd Floor, 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

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.

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

**Continuing Professional Development
Accredited Event**

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

**For accreditation information and to register
online: foodasmedicineupdate.ca**



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

Time	Speaker
8:30 - 9:00	WELCOME REMARKS Dr. John Sievenpiper
9:00 - 9:20	THE MICROBIOME EVOLUTION FROM HYPE TO CLINICAL IMPACT
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
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
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