



# Food as Medicine

**2023 Update** - Nutrition, Functional Foods,  
and Supplements for Health Optimization

Friday November 17, 2023  
Li Ka Shing Knowledge Institute  
209 Victoria Street, 2<sup>nd</sup> Floor, Toronto, ON

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## Target audience

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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

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**By the end of the symposium, participants will be better able to:**

1. Describe the appropriate use of dietary supplements and functional foods to optimize health and manage and prevent chronic diseases including cardiovascular disease.
2. Identify dietary patterns and supplements to optimize health throughout the lifespan.
3. Consider the evidence of the safety and effectiveness of dietary supplements and natural health products.
4. Describe when and what foods and supplements should be recommended to their patients.

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## 2023 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

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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 2023 Lectureship to **Dr. Dean Ornish**, the founder and president of the non-profit Preventative Medicine Research Institute and Clinical Professor of Medicine at the University of California San Francisco and University of California San Diego. For over 45 years, he has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery.



TEMERTY FACULTY OF MEDICINE  
UNIVERSITY OF TORONTO

**Continuing Professional Development**

**Department of Nutritional Sciences**

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



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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

Yuliya Rackal, MD, CCFP, MHSc

Chris Tomlinson, MB, ChB, PhD

Sheila Lakhoo, MD, CCFP, MScCH

Elena Comelli, PhD

Chantal Sorhaindo, MN, NP (PHC-GH), RN-EC, BScN

Vivian Choo, MD, MSc

Rebecca Noseworthy, MPH, RD

Chelsea McPherson, MAN, RD

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**For accreditation information  
and to register online:**

**[foodasmedicineupdate.ca](http://foodasmedicineupdate.ca)**

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**Dr. Dean Ornish, MD**

# Agenda

Friday November 17, 2023 – 8:30 a.m. – 4:15 p.m. EST  
Li Ka Shing Knowledge Institute – 209 Victoria Street, 2<sup>nd</sup> Floor, Toronto, ON



Time	Speaker
8:30–8:40	<b>WELCOMING REMARKS</b> Dr. John Sievenpiper
8:40–9:00	<b>SCIENCE SUPPORTS THE BENEFITS AND SAFETY OF SOYFOODS</b> Dr. Mark Messina
9:00–9:20	<b>DIET AND ETHNICITY LINKED TO METABOLIC SYNDROME</b> Dr. Sonia Anand
9:20–9:40	<b>FUNCTIONAL FOODS FOR HEALTH</b> Dr. Alison Duncan
9:40–10:20	<b>Q&amp; A PANEL # 1</b> Dr. Mark Messina, Dr. Sonia Anand, Dr. Alison Duncan Facilitated by: Dr. Elena Comelli
10:20–10:50	<b>BREAK</b>
10:50–10:55	<b>PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION</b> Dr. Margaret Rundle and Mr. Stephen Lister
10:55–11:40	<b>RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION A UNIFYING THEORY OF LIFESTYLE MEDICINE</b> Dr. Dean Ornish
11:40–11:55	<b>KEYNOTE Q&amp;A</b> Dean Ornish Facilitated by: Dr. John Sievenpiper
11:55–12:55	<b>LUNCH</b>
12:55–1:15	<b>MULTI-INGREDIENT NUTRITIONAL SUPPLEMENTATION FOR OLDER ADULTS AND OBESITY</b> Dr. Mark Tarnopolsky
1:15–2:35	<b>NUTRITION AND OLDER ADULTS: WHO IS AT RISK AND HOW CAN I MANAGE THEIR CARE?</b> Dr. Heather Keller
1:35–2:15	<b>Q&amp;A PANEL # 2</b> Dr. Mark Tarnopolsky, Dr. Heather Keller Facilitated by: Dr. Margaret Rundle
2:15–2:45	<b>BREAK</b>
2:45–3:05	<b>ARFID – MORE THAN PICKY EATING</b> Dr. Debra Katzman
3:05–3:25	<b>VITAMIN D RECOMMENDATIONS, INTAKES AND STATUS ACROSS THE LIFE STAGES IN THE CANADIAN CONTEXT</b> Dr. Hope Weiler
3:25–4:05	<b>Q&amp;A PANEL # 3</b> Dr. Debra Katzman, Dr. Hope Weiler Facilitated by: Dr. Viola Antao
4:05–4:15	<b>CLOSING REMARKS</b> Dr. John Sievenpiper

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