



California Academy of Nutrition and Dietetics  
**2016 Annual Conference**  
**April 21-23, 2016**  
Riverside Convention Center | Riverside, CA

# TODAY'S FOOD & NUTRITION CONVERSATION



No matter where we practice nutrition, we are engaged in daily conversations about food and nutrition. From outpatient clinics to university classrooms we're faced with tough issues and tough questions. How and what we communicate can set Registered Dietitian Nutritionists and Dietetic Technicians-Registered apart from the competition and distinguish us as **the leaders** in food and nutrition.

But we must recognize that **TODAY'S FOOD & NUTRITION CONVERSATION** is becoming increasingly complex as we strive to stay abreast of emerging science while dealing with consumer myths and misperceptions. When we have the answers, we eagerly share them. But when faced with doubt, we often keep silent.

To be leaders in **TODAY'S FOOD & NUTRITION CONVERSATION**, we need to review the science, communicate in appropriate and captivating ways for various audiences, and be prepared to address questions from those who disagree with us.

Is local the most sustainable choice? How much protein do I need for optimal health and healthy aging? Which is better, grass-fed or grain-fed beef? Is coconut oil better than other plant-based oils? Should I be buying organic? What sweeteners are best for people with diabetes? What are the benefits of the Paleo Diet? What are the healthiest choices on this menu? Are genetically modified foods safe for consumers and the environment? These are questions our patients and clients ask us, but they are also questions we may be asking ourselves.

The [California Academy of Nutrition and Dietetics 2016 Annual Conference](#) will focus on these issues, and prepare attendees to be more informed, knowledgeable, and confident in addressing complex issues with our peers, patients, clients, family members, friends, other healthcare professionals, policy makers, even the media.

In addition to cutting-edge research presentations by leading scientists, we'll look at how we can apply the 2015 Dietary Guidelines for American to our mission of optimizing the health of Californians through food and nutrition. We'll also explore consumer insights that can help us more powerfully communicate science in compelling and motivating ways. For students and interns, we'll include sessions on unique careers in dietetics that rely on science expertise combined with communications savvy. And for all the "foodies" in our ranks, we'll include sessions that focus on flavors, cultures, and stories that make healthful eating more appealing.

Join us in Riverside April 21-23, 2016 as we focus on **TODAY'S FOOD & NUTRITION CONVERSATION.**



# PROGRAM HIGHLIGHTS

*The California Academy of Nutrition and Dietetics 2016 Annual Conference Program Planning Committee is currently working to confirm sessions and speakers focused on a wide variety of topics related to TODAY'S FOOD AND NUTRITION CONVERSATION. Sessions will feature some but not all of the following issues and topics.*

## **Sustainability**

- Animal and Marine Protein Production
- Agriculture Methods from Conventional to GMO and Organic

## **Environmental Nutrition**

- The Built Environment & Public Health in California
- Food Waste
- Food Production, Environmental Impact, and the California Drought

## **2015 Dietary Guidelines for Americans**

- Making Science-Based Recommendations for Dietary Protein
- The Impact of Snacking on American's Health

## **Culinary Nutrition & Sensory Science**

- Cooking with Specialty Produce
- Making Plant-Based Foods Delicious and Craveable
- The RDNs Role in Healthy Menu Development at Restaurants
- The Role of Sensory Science in New Food Product Development

## **Clinical Nutrition**

- Motivational Interviewing & Change Talk
- Inflammatory Bowel Disease
- Physical Nutrition Assessment Training
- Dietary Interventions to Enhance Cognitive Function
- Nutrition Management of Patients Using Medical Marijuana
- Dietary Interventions to Enhance Male Fertility

### **Professional Communication Skills**

- The Professional Use of Social Media, Including Disclosure Guidelines
- Salary and Compensation Negotiation Skills
- Dealing with Disagreement and Controversy
- How to Communicate Effectively in 6 Minutes or Less In-Patient Settings
- Communicating with Confidence via the Media

### **Cultural Food Ways**

- Cultural Foods & Diabetes: Clinical and Culinary Perspectives
- Cultural Sensitivity in Dietetics

### **Sports Nutrition**

- The Paleo Diet for Athletes
- Optimal Protein for Athletes and Active Aging

### **Food Security**

- Hunger in California's Central Valley
- Self-Sustaining, Social Enterprises: Reducing Hunger in California

### **Student-focused Sessions**

- Non-Traditional Career Paths in Dietetics
- Five Things You Should Know When Starting a Career in Dietetics

### **Hot Topics**

- The Influence of Industry Sponsorship on Research, Professional Education, and Conflicts of Interest