

**SCHEDULE** (continued from the previous page)

sensitivity and will show how Mediator Release Testing (MRT) and the Lifestyle Eating and Performance (LEAP) diet protocols can help clients get well.

Sponsored by Signet Diagnostic Corporation

**Expect the Best: Update on Preconception, Pregnancy, and Post-Partum Nutrition and Exercise Advice**

**Elizabeth M. Ward, MS, RD**

Suggested LNC: 4120, 4130, 4140, 4180, 4060

1 CPE

Preconception, pregnancy, and post-partum lifestyle habits influence maternal health, pregnancy outcome, and a child's future well-being. Registered dietitians play a critical role in maximizing health during the childbearing years. This session highlights the latest recommendations for body weight, exercise, and nutrients such as folate, iron, choline, caffeine, protein, and fat. This presentation will also explore the influence of diet and lifestyle on infertility and the risk for allergies, diabetes, and other chronic diseases in children.

Sponsored by The National Cattlemen's Beef Association

**Going Green in Foodservice**

**Susan Adams, MS, RD, LDN**

Suggested LNC: 8000, 8018

1 CPE

What exactly does "Going Green in Foodservice" mean? This lecture will explore the aspects of the motto "Reduce, Reuse, Recycle and Rethink." Attendees will learn about systems that Foodservice Directors can develop and implement to reduce waste of all kinds in the foodservice department. Best practices of various foodservice departments will be presented in order to highlight these practices and encourage the audience to try "going green" in their own operations.

**It's About Practice: Helping Interstitial Cystitis Patients Make Confident Dietary Choices**

**Julie Beyer, MA, RD, CWPC**

Suggested LNC : 5000, 5390, 5460, 6020

1 CPE

Interstitial cystitis (IC) is a painful and often disabling bladder condition affecting up to 12% of women in the United States. Emerging research has confirmed that dietary modification is by far the most effective treatment, and dietitians can play

a key role in helping IC patients. This presentation will review previous and emerging research regarding IC and dietary modification. Learn about food triggers, the elimination diet process, and how to sort out nutrition supplements that are advertised to relieve symptoms.

**4:30 – 5:30 pm**

**Healthy, Local School Nutrition: It Can Happen!**

**Anne Cody**

Suggested LNC: 4000, 8000, 8110

1 CPE

The Massachusetts Farm to School Project connects Massachusetts schools and local farmers. This session will explain how school nutrition directors statewide use local foods to revolutionize the nutrition and sustainability of their school food programs. Participants will hear about The Kindergarten Initiative in Worcester, which teaches it's youngest students and their families about farm-fresh nutrition both in the classroom and in the fields.

**Supersize Me: Social and Biological Determinants of America's Obesity Epidemic**

**Elizabeth Goodman, MD**

Suggested LNC: 4000, 4010, 4160, 8110

1 CPE

The "obesity epidemic" has captivated the American public. What created the "epidemic?" Is it a social phenomenon, or do biologic factors explain why two-thirds of American adults are overweight today? This presentation will address these questions and explore how interactions between the social and biological environments in which we live influence health.

**Parenteral Lipid Emulsions – Nutrition or Drug – A Changing Paradigm**

**Kathleen M. Gura, PharmD, BCNSP, FASHP**

Suggested LNCs: 5000, 5440, 3100

1 CPE

This presentation will provide an overview of the evolution of parenteral lipid emulsions and how those derived from fish oils may have significant benefits in the critically ill patient. Participants will hear how the ratio of omega-6 and omega-3 fatty acids can alter the clinical course. Latest research findings in this area and how it may apply to clinical practice will be discussed.

massachusetts



**DIETETIC**  
ASSOCIATION

PO Box 68

Medway, MA 02053

[www.eatrightma.org](http://www.eatrightma.org)

**HURRY!**

**Advanced Registration**

**Postmarked by March 5, 2010**

**ANCE 2010 will be paperless!**

**See inside for details.**

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2010 ANNUAL

# Nutrition Convention & Exposition

massachusetts



**DIETETIC**  
ASSOCIATION

**Friday, March 26th, 2010**  
**Four Points by Sheraton • Norwood, MA**

We Thank Our Sponsors  
Chobani Greek Yogurt &  
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This program was printed using soy-based inks, which are beneficial during the paper recycling process. Soy ink waste poses no threat to the environment and can be easily treated using modern methods. The stock is Novalth Satin, a Forest Stewardship Council certified recycled paper stock.



**\*Materials may not be available online for all sessions – speakers may choose to provide handouts at the event.**

**Presentations materials will be available online and can be printed ahead of time from the MDA web site ([www.eatrightma.org](http://www.eatrightma.org)). \*The hotel business center will be open during the event for those attendees who need to print presentation materials (\$0.25/copy).**

**ANCE 2010**  
**WILL BE PAPERLESS!**

# REGISTRATION FORM

**Please register early to avoid disappointment as previous conventions have filled to capacity.**

Please call the hotel at 781.769.7900 by February 25 to make your hotel room reservations. Mention "MDA" to receive a special block rate of \$109.00/night.

Please contact Maureen Gonsalves, MEd, RD, MDA Administrative Director at admin@eatrightma.org or 617-501-7083 with any questions about the convention.

## FEE CHART

Please circle your designation and fee. Note reduced fees for first-year members, students, retirees and poster presenters!

	Early Bird (before 3-5-10)	Regular fee (after 3-5-10)
Active MDA Member	\$130	\$165
1st Year Active MDA Member	\$117	\$149
FT Student or Retired member	\$75	\$115
Student Volunteer	\$25	\$25
Poster Presenter	\$110	\$110
Student Poster Presenter	\$50	\$50
Non Member	\$215	\$250
Non Member Student	\$125	\$160

Registration fee includes continental breakfast, lunch, one attendee program, and the Welcome Reception.

There will be a 25% administrative fee applied to all cancelled registrations and no refunds for any cancellations after the date of the convention.

**Please indicate all information for registration verification and your name badge:**

Name \_\_\_\_\_

Credentials you would like listed \_\_\_\_\_

Employer \_\_\_\_\_

ADA # \_\_\_\_\_

Your CDR # is not valid proof of membership in ADA. In order to receive a member discount, you must be a member of ADA.

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**LUNCH SELECTION** (please note the event is on a Friday.)  Chicken  Fish  Vegan

MDA will not send a confirmation receipt of your registration.

Check enclosed  Visa  MasterCard

**Credit Card Payment** (MasterCard or Visa only)

Name as it appears on the credit card: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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Signature: \_\_\_\_\_

REGISTRATION FEE: \$ \_\_\_\_\_

Voluntary Donation to Massachusetts Dietitian's Education Foundation \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

# SCHEDULE

**7:30 – 8:30 am**

**Registration & Breakfast**

**8:30 – 9:30 am**

**Food Allergy and Intolerance: A Culinary Challenge**

**Ellen Karlin, MMSc, RD, LDN, FADA**

Suggested LNC: 5110, 8060, 8130

1 CPE

Food allergy is a growing health problem that afflicts approximately 12 million Americans. This session will be a potpourri of the most recent research about food allergies, sensitivities, and the many ways dietitians can help provide safe and delicious meals to food allergic patients. Learn effective communication strategies to help patients and their families manage food allergies.

**Americans Don't Know Beans About Beans**

**Robyn Flipse, MS, RD**

Suggested LNC: 8100, 8060, 4110

1 CPE

Inconsistent terminology used for beans and legumes in dietary guidance materials has had an impact on Americans' understanding of their identification and use. Is consumer confusion to blame for low intake of this valuable food group? This presentation will review the nutritional attributes of beans and the basis for their placement in food grouping systems and menu plans. Research will be presented to suggest how dietitians can better communicate about beans to achieve greater compliance with food intake recommendations.

*Fully sponsored by Bush Brothers and Company*

**Low Glycemic Load Diets for Treating Childhood Obesity**

**Cara B. Ebbeling, PhD**

Suggested LNC: 4150, 5370

1 CPE

Is a low-glycemic index diet efficacious for treating childhood obesity? Plausible physiological mechanisms suggest so, but more research is warranted to resolve ongoing debate. This timely presentation will explore the latest research and explain how to decipher conflicting evidence on this topic. Participants will learn why careful attention to treatment adherence and biological differences among study participants is important when evaluating efficacy of low-glycemic diets.

**Nuts, Berries, and Brain Health:**

**Do the Forest Animals Actually Have it Right?**

**James Joseph, PhD**

Suggested LNC: 4190, 5000

1 CPE

Research suggests that motor and cognitive deficits in aging arise as a result of an increasing inability of the aging organism to protect itself against inflammation and oxidative stress (INF/OS). This lack of protection provides "fertile ground" for the development of neurodegenerative diseases. Come hear how compounds found in fruits and walnuts may provide the necessary protection to prevent the decline of cognitive and motor function, and therefore enhance the "health span" in aging.

**9:40 – 10:40 am**

**Detox Diets from Dangerous to Safe:**

**What the RD Needs to Know**

**Christine Gerbstadt, MD, MPH, RD, CDE, CSSD, ACE CPT, LDN**

Suggested LNC: 4000, 5370, 5420

1 CPE

Detox diets, popularized by celebrities losing extreme amounts of weight quickly, range from safe and healthy to dangerous and fatal. Learn the hazards of detox, the pseudo-science behind the toxin theories, and how the registered dietitian can transform a dangerous detox diet into a healthy eating plan.

**Autism Spectrum Disorders and Dietetics:**

**Professional Competencies**

**Elizabeth Strickland, MS, RD, LD**

Suggested LNC: 5180, 5320, 6000, 6060

1 CPE

As the nutrition expert, the registered dietitian must be prepared to handle the unique nutritional needs of children with autism, such as food refusal, gastrointestinal problems, and food allergies. This workshop is designed to enhance the registered dietitian's ability to provide comprehensive nutrition therapy to children with autism spectrum disorders.

**You Should Write a Book!**

**Julie Beyer, MA, RD, CWPC**

Suggested LNC: 1000, 1140

1 CPE

Do you dream about being an author? Are you tired of seeing random celebrities becoming "nutrition experts" just because

their name and face are on the latest diet book? Then this program is for you! Participants will learn how to recognize an area of personal expertise, find resources for editing and graphic design, navigate online self-publishing tools, and identify opportunities for selling publications. Get ready for a whirlwind lesson on the emerging world of self-publishing.

**Nutrition and Prostate Health**

**Paulette Chandler, MD, MPH**

Suggested LNC: 3000, 4170

1 CPE

Prostate cancer flourishes with the rich Western diet. How can the registered dietitian help men change their diet to prevent and delay the progression of this prominent disease? Learn how to implement a plant-based, whole foods diet that fights prostate cancer and builds strong bones and muscles. The impact of carcinogens on the development and progression of the disease will also be discussed.

**10:40 – 11:00 am**

**Break, Exhibit, and Posters**

.5 CPE

**11:10 am – 12:00 pm**

**Many With One Voice**

**Lucille Beseler, MS, RD, LDN, CDE**

Suggested LNC: 4000, 4080

1 CPE

This presentation centers on the premise that Public Policy starts with each member. "Many with one voice" creates a strong and motivated membership with a clear vision of ourselves and the people we serve. Creating a membership that is not only engaged but highly motivated will lead to the development of an effective Public Policy. This presentation will serve as a springboard to get members motivated and excited about themselves, their colleagues, and the work we can do together to further the profession of Dietetics.

**12:00 am – 12:55 pm**

**Lunch**

**12:55 – 1:10 pm**

**President's Welcome**

**1:10 – 2:10 pm**



**Keynote Speaker**

**Cynthia D'Amour, MBA**

**Embrace Your Lazy Leaders for Outrageous Results**

Suggested LNC: 1000, 1070, 1120

1 CPE

If you want to get ahead you need to give 110% - or do you? What if working extremely hard got in the way of getting

ahead? If being a Lazy Leader was the real secret to success?

Leading in a constantly changing world demands TEAMS give 110% - but doesn't mean YOU personally have to do it all. Cynthia D'Amour, MBA, will lead you through an exploration of a new approach to leadership.

You'll learn specific, how-to strategies you can use right away to:

- Get more done with less effort.
- Speak the language of others.
- Frame producing high-quality work as personally irresistible.

Leadership strategist Cynthia D'Amour, MBA is the president of People Power Unlimited, LLC. She's the author of seven books including *The Lazy Leader's Guide to Outrageous Results*. Cynthia works with leaders who want to achieve greater success. She is a frequent speaker at leadership events – including the ADA Leadership Institute.

**2:10 – 3:20 pm**

**Break, Exhibit, and Posters**

.5 CPE

**3:20 - 4:20 pm**

**Breakthrough Diet Therapy for IBS, Migraines, & Fibromyalgia using MRT and the LEAP Diet Protocol**

**Jan Pateraude, RD, CLT**

Suggested LNC: 5000, 5220, 5300, 3090

1 CPE

Food sensitivities play a prominent role in triggering many common medical conditions, such as irritable bowel syndrome, migraine, fibromyalgia, and arthritis. This presentation will help nutrition professionals understand the spectrum of immune and non-immune food allergy and

(continued on the next page)