

***2020 Vision: Focusing on the Future of Nutrition & Dietetics***

**Friday, April 24th**

7:50-8:00 Welcome & Announcements

8:00-9:00 **Stop Forking Around! Straight Answers on Eating for Performance, Nutrition, and Health,**  
Michele Tuttle, MPH, RD, CSSD

*Sponsored by Nebraska Wheat Commission & Wheat Foods Council*

(1.0 CPE)

We live in a world where Instagram, Twitter & Facebook are considered “accurate” and “credible” sources of nutrition information and where YouTube ratings trump science. Dietitians must constantly compete with social media celebrities, personal trainers and others to be heard above the noise which, lately, has been all about keto, paleo and gluten-free. Is there any substance there? What do these “diets” mean for athletes? What do they mean for everyone else? Dietitians can establish their expertise, credibility by providing clear messages about what is truth (and the science behind it), and what is nonsense when it comes to diets of all types. More importantly, we can translate our knowledge into food, a language that all people speak and enjoy.

- Examine the short and long term nutrient implications of keto, paleo and gluten-free diets in terms of missing vitamins and minerals
- Explain the consequences of following any type of “diet” in terms of athletic performance
- Explore the psychological implications of carbohydrate restricting on performance
- Discuss the ways that RDNs can establish themselves as THE nutrition experts by using social and traditional media and regularly reminding themselves and others that our training, experience and understanding of food is what sets us apart from others
- Translate the science of nutrition into meals that athletes can eat despite a busy training schedule

9:00-9:10 Break

9:10-10:25 **Nourished: A New Model for Childhood Nutrition,** Jill Castle, MS, RDN

*Sponsored by Nebraska Beef Council*

(1.5 CPE, 1.5 LMNT)

U.S. children are not getting healthier, they’re getting sicker. Despite ongoing efforts to change this, the growing burden on our nation’s families and healthcare systems is undeniable. Simultaneously, more families fear food and look to popular diets and trendy foods as a guarantee to raising a healthy child. What if we’ve been focusing too much on food and nutrition and not enough on nourishing the whole child? This presentation will challenge you to shift the focus from food solutions to a more modern whole-child approach, including the interaction of food, feeding and childhood development. Attendees will see a clear path to child health through a comprehensive whole child approach to nourishing children of all ages.

- Facilitate nutrition interventions by using a holistic approach, including food and nutrients, positive feeding strategies, and child developmental considerations
- Strategize fresh approaches highlighting nutritious food, positive feeding, and autonomy with developmentally-sensitive instruction around nutrition at different ages and stages
- Utilize modern, evidence-based, commonsense techniques to help families raise healthy kids, inside and out

10:25-10:35 Break

- 10:35-11:50     **The Food Matrix: More Than the Sum of Nutrients**, Matthew Pikosky, PhD, RDN, FACN  
*Sponsored by Midwest Dairy*  
(1.5 CPE, 1.5 LMNT)  
It is commonly accepted that we eat foods, not nutrients; however, until recently the relationship between diet and health has focused on individual nutrients. Today, the focus is shifting toward the impact of whole foods. The food matrix is an emerging concept that looks at the physical structure of foods and the nutrients and bioactive factors within them may impact digestion, absorption and health beyond the impact of individual nutrients. This session will provide a foundation on the food matrix concept and highlight research that suggest further exploration could impact the future of nutrition guidance.
- Describe the emerging concept of the food matrix and how unique combinations of nutrients and bioactives work together in synergy to impact health
  - Discuss the unique components of the dairy matrix
  - Provide examples of scientific research that supports that the consumption of dairy foods (e.g. milk, cheese, yogurt) is linked to lower risk of cardiovascular disease and type 2 diabetes, as well as improved bone health
- 11:50-12:00     Break
- 12:00-1:15     **MNT and DSMES: Meeting People Where They Are**, Sacha Uelmen, RDN, CDCES  
*Sponsored by Nebraska Department of Health and Human Services*  
(1.5 CPE, 1.5 LMNT)  
This presentation will provide an overview of integrating MNT and DSMES as complementary services in the diabetes care setting while maximizing reimbursement for sustainability in an ever-changing healthcare landscape. Dietitians play a unique and expanding role on the diabetes care team helping people connect the dots between food, activity, and medication in addition to supporting diabetes self-care activities. As quality coordinators, dietitians have the skills and training to succeed. Current hot topics in diabetes clinical care will be also be covered including Covid-19 and the increased role of telehealth.
- Participants will learn how to apply for accreditation and implement diabetes self-management education and support in a variety of care settings.
  - Participants will learn key differences between nutrition education as part of DSMES and MNT as related to billing and reimbursement.
  - Participants will gain an understanding of the ever changing landscape in DSMES and MNT as a result of the Covid-19 pandemic.
- 1:15             Thank You & Adjourn/Evaluation Link Available  
  
(5.5 CPE, 4.5 LMNT)