

Forward Together
Nebraska Academy of Nutrition and Dietetics Virtual Annual Meeting 2021
April 22 Agenda

08:00-08:55

Plant-Based Eating Patterns for Diabetes

Presented by Megan Jardine, MS, MBA, RDN, LD, CDCES

- The interest in plant-based eating patterns has increased dramatically due the accumulating evidence demonstrating its effectiveness in preventing and treating diabetes, as well as other chronic diseases. This presentation will review the evidence on plant-based nutrition looking at observational and interventional studies. Individuals following a plant-based eating pattern typically have a significantly lower risk of developing type 2 diabetes. There have been studies documenting the improvements in body weight, glycemic control, and lipids for individuals with diabetes undergoing a plant-based dietary intervention. Key mechanisms of insulin resistance and inflammation and its effects on multiple body systems as well as beta cell function will be presented. Registered dietitians are in an ideal position to provide education on plant-based nutrition meal planning, shopping, and cooking, and behavioral counseling to their patients with diabetes.
- Learning Objectives:
 - Discuss the health benefits of a plant-based eating pattern based on observational and randomized controlled studies.
 - List the potential mechanisms influencing insulin resistance and diabetes risk.
 - Describe various strategies for success when providing plant-based nutrition education and counseling.

09:00-09:55

Ketogenic Diet: Therapy for Evidence-based Applications

Presented by Beth Zupec-Kania, RDN, CD

Recorded presentation will not be available to non-NAND members. Please watch live to obtain CEU credit.

- The Classic Ketogenic Diet (KD) was initially described in 1921 at the Mayo Clinic. Multiple randomized trials and prospective studies have confirmed its efficacy in people with medication-resistant epilepsy. Liberal versions of the Classic KD have been designed in recent years to make the diet simpler to manage. All variations of KDs are high in fat, moderate in protein, and restricted in carbohydrate. In the absence of significant carbohydrate, beta-oxygenation of fat generates the ketone bodies acetoacetate and beta-hydroxybutyrate which can be readily used as an energy source. New applications of KDs for neurologic, mitochondrial, endocrine disorders and certain cancers have emerged in recent years. As science continues to evolve, clinical and research opportunities for dietetic practitioners in this field will also grow. The American Academy of Nutrition and Dietetics published a practice paper in 2017 describing the role of the registered dietitian in managing KD therapy in epilepsy.
- Learning Objectives:
 - Identify a blood biomarker that is helpful in monitoring ketosis.
 - List the three macronutrients in order of prevalence on all ketogenic diets.
 - Identify potential adverse effects during the initiation phase of ketogenic diet therapy.

10:00-10:15

Movement Break #1

10:15-11:15

Dietary Intervention to Modulate Parkinson's Disease through the Gut-Brain Axis

Presented by Heather Rasmussen, Ph.D., RDN

- The role of the gut microbiota in both gastrointestinal and systemic health has recently been recognized, including its importance in the gut-brain axis. One example of the influence of the gut-brain axis on health is Parkinson's disease; recent evidence suggests that Parkinson's disease may originate in the gut, and microbiota in those with Parkinson's disease may differ from healthy individuals. While MNT for those with Parkinson's disease is established, the role of diet in the etiology of Parkinson's disease is less well known. It is tempting to consider that dietary interventions to modulate gut health, such as prebiotics, may influence Parkinson's risk.
- Learning Objectives:
 - Understand the components that comprise gastrointestinal (gut) health.
 - Describe the relation between gut and brain health.
 - Describe the mechanisms by which gastrointestinal health can impact host health, such as Parkinson's Disease.
 - Identify strategies (prebiotics) to beneficially modify the gut microbiota to influence host health.

11:15-12:15

Unearthing the Evidence on Nutrition and Wound Healing

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Presented by Trisha Furman, MS, RDN, LDN, FAND, FASPEN

Sponsored by Pentec Health

- Learning Objectives:
 - Identify the role of nutrition in wound healing.
 - Examine the impact of malnutrition and non-nutritional factors on wound healing.
 - Discuss nutritional management of acute and chronic wounds.

12:15-01:00 **Awards Presentation and Lunch Break**

01:00-02:30 **Food Dignity®: A New Paradigm to Address Food Insecurity During the COVID-19 Pandemic and Beyond**

Presented by Clancy Cash Harrison

Sponsored by Nebraska Beef Council

- Clancy Cash Harrison dramatically and permanently shifts the conversation around food access, health, and social responsibility. She shares how her journey of self-awareness, vulnerability, and courage transformed her into an internationally recognized thought leader.
- Clancy shows audiences how to reflect on their own assumptions so they can advocate for what she has branded Food Dignity® in their organizations, communities, and families. This interactive keynote integrates research and statistics with Clancy's thought-provoking storytelling to show audience members how to shift from being a "food expert" to being an advocate for healthy food access.
- Audiences will awaken (or reinvigorate) their sense of professional responsibility and gain new knowledge and skills to improve access to healthy food for everyone. Clancy inspires nutrition professionals to initiate effective collaboration, nurture Food Dignity®, improve health outcomes, and bust through the stigma associated with access to healthy food.
- Learning Objectives
 - After this presentation, the attendees should be able to describe the role of Registered Dietitians with food insecurity and demystify the hidden epidemic of food insecurity.
 - After this presentation, attendees should be able to distinguish patients at risk for malnutrition related to food insecurity and explain the connection between food access and overall health.
 - After this presentation, attendees should be able to identify innovated solutions to improve access to healthy food for their patients.

02:30-02:45 **Movement Break #2**

02:45-03:45 **Taste Receptors in the Tongue and Tummy**

Presented by Sunil Sukramaran, Ph.D.

- Taste is a gatekeeper of nutrition that plays an outsized role in regulating feeding habits. Over the last few decades, the receptors and downstream components for taste signaling have been identified, although several open questions remain. Interestingly, taste receptors are also expressed in other tissues involved in nutrient sensing such as those in the intestine, pancreas adipose tissue and brain. In this talk, I will describe the mechanisms of taste signaling and the role of taste receptors in the taste buds and the intestine in regulating appetite and satiation. Loss of taste is one of the major causes of cachexia in head and neck cancer patients and is frequently observed in the aged. A better understanding of the functioning of the taste system will help fight these conditions and prevent lifestyle diseases in the general population.
- Learning Objectives:
 - Food additives such as artificial sweeteners and bitter blockers.
 - Management of Cancer Cachexia and taste loss.

03:45-0:500 **Annual NAND Member Meeting**

Total CEU Hours: 6.50