

**Forward Together**  
**Nebraska Academy of Nutrition and Dietetics Virtual Annual Meeting 2021**  
**March 18 Agenda**

08:00-08:55

**Dairy Myth Busting and Science Trusting**

Presented by Amber Pankonin, MS, RD, LMNT

*Sponsored by the Midwest Dairy Council*

*\*This presentation will not be recorded. Please watch live to obtain CEU credit.\**

- National Dairy Council surveyed fitness professionals and sports dietitians regarding the most common questions they receive related to milk, cheese, and yogurt. This presentation will separate fact from fiction and equip attendees with information to answer common questions and clear up misinformation related to recovery beverages, antibiotics, hormones, inflammation and more.
- Learning Objectives
  - Utilize sound science to address common food and nutrition myths and misperceptions.
  - Describe how three daily servings of dairy foods – like milk, cheese, and yogurt – fit into healthy, sustainable eating patterns.
  - Summarize on-farm practices and technologies that farmers use to help ensure milk quality, optimal animal care and environmental sustainability.

09:00-09:55

**Navigating Plant-Based Diets for Athletes and Active People**

Presented by Angie Asche, MS, RD, CSSD, LMNT

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

- Plant-based diets have grown in popularity, with several elite athletes adopting a plant-based lifestyle. Throughout this presentation, we will discuss the evidence-based pros and cons of plant-based diets on athletic performance, recommended supplementation for both male and female athletes, and how to best support the athletes you work with when discussing misinformation in the media.
- Learning Objectives:
  - Identify the different types of plant-based diets and potential micronutrients of concern for athletes or active people with high training volumes.
  - Identify methods and screening tools to minimize risk of low energy availability (RED-S), and discuss recommended supplementation to support the plant-based athlete.
  - Develop a nutrition plan and encourage realistic changes that support the health and performance goals of the athlete.

10:00-10:15

**Movement Break #1**

10:15-11:45

**An Integrative and Functional Nutrition Approach to Hashimoto's Thyroiditis**

Presented by Mary Purdy, MS, RDN

- The incidence of the autoimmune condition "Hashimoto's Thyroiditis", which accounts for the majority of hypothyroidism cases, is fast growing. Not only is this condition potentially preventable, but it can be addressed, well-managed and improved with dietary and lifestyle shifts. This "food and lifestyle as medicine" themed presentation will provide insights into thyroid and immune function, discuss signs, symptoms, and labs values, and provide guidance on resolving nutrient insufficiencies and tackling intestinal dysbiosis with food and potentially helpful supplementation. It will also incorporate ideas around tackling ways to reduce stress, enhance physical activity, improve sleep and manage environmental factors that exemplify a whole-person approach to wellness.
- Learning Objectives:
  - Describe the role of thyroid on metabolic health and its connection to numerous chronic conditions.
  - Identify diet, lifestyle and environmental factors that contribute to the onset, progression and exacerbation of hypothyroidism and Hashimoto's Thyroiditis.
  - Discuss common blood labs for assessment as well as medications and possible interactions.
  - Implement dietary, supplemental lifestyle strategies that help support both thyroid function and the immune system to address health issues commonly associated with poor thyroid function.

11:45-12:30

**Lunch Break**

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12:30-1:25:

**Beyond Fads: Supporting Detoxification with Therapeutic Diet and Lifestyle Interventions**

Presented by Mary Purdy, MS, RDN

- For many, the word “detox” conjures up images of snake oil and flashy websites with unsubstantiated claims. However, the biochemical process of supporting detoxification in the liver and kidneys for example, is a vital part of the body’s ability to eliminate toxicants effectively and neutralize oxidative stress from internal and external forces. RDNs need to be equipped with accurate information about sources of environmental chemical exposure and what undermines or supports our detoxification organs, so they can help patients differentiate fad from fact, and provide evidenced-based tools patients can use to optimize their health.
- Learning Objectives:
  - Define and discuss the process of detoxification and its role in human health.
  - Identify impediments to detoxification function including both external and endogenously produced toxins as well as several genetic variants.
  - Describe ways to minimize exposure to common environmental toxins and replace with alternatives when possible.
  - Implement dietary and lifestyle strategies for supporting detoxification organs and pathways.

01:30-02:30

**Plant Based Diets: Research and Resources for Supporting Kidney Health**

Presented by Lindsey Zirker, MS, RD, CSR

- Whether people are on dialysis or hoping to slow the progression of CKD, there are lots of opinions about what people with kidney disease should and should not eat. This presentation reviews the evidence for the traditional renal diet, looks at the evidence for plant-based diets in CKD to preserve kidney health as well as if it meets the needs for those on dialysis, considers the possible benefits, concerns, and FAQs of implementing plant-based diet in the CKD population (including supplements that may or may not be helpful), and evidence-based recommendations for when and how to actually use plant-based diets in the CKD population to improve outcomes.
- Learning Objectives:
  - Be able to explain what a plant-based diet is to patients/other healthcare providers.
  - Review, analyze and evaluate evidence for using a plant-based diet to slow progression of CKD and/ or use in dialysis patients.
  - Utilize evidence-based recommendations in implementing plant-based diets in the CKD population as appropriate.

02:30- 2:45

**Movement Break #2**

02:45-03:45

**What’s New in the ICU: 2016 SCCM/ASPEN & 2019 ESPEN Guidelines for Nutrition Support in the Critically Ill**

Presented by Tara Nelson, MS, RD, LDN, CNSC

*Presented by Fresenius-Kabi*

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- This continuing education program provides a brief overview of the evolution of critical care nutrition guidelines. A review of the most up to date SCCM/ASPEN and ESPEN critical care guidelines and levels of evidence are then discussed. Stages of critical illness, critical care nutritional assessments and calculating needs in the ICU are reviewed in parallel with a case study. Parenteral nutrition in the ICU, including protein and lipid needs, are also identified. Lastly, updated COVID-19 nutrition recommendations in the critically ill will be provided.
- Learning Objectives:
  - Describe the purpose of 2016 SCCM/ASPEN and ESPEN 2019 Critical Care Guidelines
  - Review the metabolic effects of critical illness.
  - Compare and contrast ASPEN/SCCM and ESPEN recommendations
  - Review recent literature supporting guideline recommendations.

Total Hours: 6.50