

VDA  
c/o Scott Finney, RD  
VDA Treasurer  
73 Garbrooke Dr.  
Bennington, VT 05201

# Hot Topics in Nutrition: What the public wants to know from **YOU**



Annual  
Vermont Dietetic Association  
Conference

April 29<sup>th</sup>-April 30<sup>th</sup>, 2009  
Doubletree Hotel  
Burlington, VT

## Registration Form:

### Wednesday April 29<sup>th</sup> Program:

**Members    Non-Members    Students**

Evening Networking

Dinner & Presentation:

**COST:                    \$50.00            \$50.00            \$25.00**

A guided tasting of an assortment of local foods.

Please note any special dietary requests.

### Thursday April 30<sup>th</sup> Programs:

Post-marked by

**04/15/09:            \$75.00            \$100.00            \$25.00**

**Late Registration:**

(post-marked after

04/15/09)            **\$100.00            \$115.00            \$50.00**

**I will be attending:**

- Wednesday April 29<sup>th</sup> Evening Program**
- Thursday April 30<sup>th</sup> All Day Program**

**HELP A STUDENT:**

- I would like to help a RD student attend this years program**

**Please add an additional \$25 to your registration fee**

### PLEASE MAKE CHECKS PAYABLE TO:

**Vermont Dietetic Association**

*Send Registration Forms to:*

*Scott Finney    VDA Treasurer*

*73 Garbrooke Dr.    Bennington, VT 05201*

ADA member number: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address:

\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodations:

DoubleTree Hotel & Conference Center

1117 Williston Road South Burlington, VT 05403

Call 1-800-222-TREE to reserve a room for \$139/night



## About the Presenters:

**Robin Edelman MS, RD, CDE** is a registered dietitian and a certified diabetes educator. For the past 5½ years she has been the Diabetes Program Administrator at the Vermont Department of Health. Previously for 17 years she was the clinical nutrition manager and a clinical dietitian at Fletcher Allen Health Care, and for two years she served as a Nutrition Editor for EatingWell Magazine. Robin is a past president of the Vermont Dietetic Association, and she lives in Hinesburg.

**Amy Trubek PhD & Chef:** holds a PhD in cultural anthropology and an advanced chef certificate from the Cordon Bleu Cooking School. She is an Assistant Professor, Department of Nutrition and Food Science, UVM and has worked extensively in the area of contemporary food systems and the relationship between regional agricultural and cuisine. She was the previous Executive Director for the Vermont Fresh Network and has been a core faculty member of the New England Culinary Institute. Copies of her most recent book *The Taste of Place, A Cultural Journey Into Terroir* will be available for purchase following her talk

**Leslie J. Bonci MPH, RD, LDN, CSSD** is adjunct Assistant Professor of nutrition at the University of Pittsburgh, is a Board Certified Specialist in Sports Nutrition and is the current Chair of SCAN. She is has served as a media spokesperson for the ADA for 8 years. She serves as the nutritionist for the Pittsburgh Steelers and is a contributing author to the sports nutrition manual by the ADA. She has lectured extensively at national and state dietetic association meetings.

**Juliana Smith RD** is the Director of State Government Relations for ADA. She works with ADA affiliates on all public policy matters, guiding them on multiple issues, such as grassroots advocacy and visibility, political influence, state legislative day, licensure and lobbyists. She works closely with public policy leaders across the nation to help members promote the profession through proactive grassroots initiatives.

**Robert Dostis RD** is a Registered Dietitian and Vermont State Representative that will discuss the Vermont legislative process.

**Melinda Dennis MS, RD, LDN** is an Outpatient Dietitian, Nutrition Coordinator and Research Investigator of the Celiac Center at Beth Israel Deaconess Medical Center in Boston. She is founder of the Healthy Villi Greater Boston Celiac/DH Support group and is sole proprietor of Delete the Wheat: Nutrition Counseling. Her own diagnoses with celiac disease 18 years ago inspired her to become an RD specializing on the topic. She has lectured and published extensively on the nutritional management of celiac disease.

**Sheila Gauthier RD, CNSD** is Project Manager of Scientific Affairs for Martek Bioscience Corporation in Columbia, MD. She has over 16 years experience in pediatric and specialized practice. She is a CNSD with ASPEN and has been invited to present at symposiums in both the US and United Kingdom.

**Kara Berrini** is Program Manager for the Whole Grains Council of the Oldways Foundation. She will discuss the national and international work of these organizations.

**Dr. Robert Tyzbir** is internationally known for his research on diet-induced, hormone-mediated alterations in intermediary metabolism. His enthusiastic teaching style and his ability to communicate to students the cultural relevance of nutrition research and study has earned him numerous teaching awards.

**Dr. Stephan Pintaro's** scholarly interests focus on examining the effectiveness of information technology in teaching and research applications related to the fields of food science and nutrition. Currently, Dr. Pintaro is involved in research examining the effectiveness of Internet support on weight loss and weight loss maintenance and is heading up a USDA-funded project that includes the development of an educational Internet game designed to teach middle-school students about food safety

**Patsy Catsos MS, RD, LD** understands the physical and emotional toll that awkward and painful IBS symptoms can take. It has been her personal and professional mission for almost 25 years to understand and communicate the relationship between nutrition and gastrointestinal health. She is a dietitian in private practice in Portland, Maine.

**\*DON'T FORGET TO BRING YOUR CHECKBOOKS!\***

There will be a SILENT AUCTION with lots of wonderful baskets and items!

## The Program\*: At a Glance

\*Program has been approved for continuing education credits (4/29-2.0 CEUs, 4/30-6.0 CEUs)

### Wednesday April 29<sup>th</sup>: A Taste of Place: A Celebration & Tasting of Vermont's Local Foods

**5:00-5:30**

**Registration, Cocktail Hour**

**5:30-6:30 pm**

**Humorous Networking Event led by Robin Edelman MS, RD**

**6:30-8:00 pm**

**Amy Trubek PhD-guided meal tastings & discussion**

### Thursday April 30<sup>th</sup>:

**8:00-8:30 am**

**Registration/Breakfast/Exhibits**

**8:30-8:45 am**

**Welcome & Opening Remarks**

**8:45-9:45 am**

**Nutrient Rich Foods Coalition: A New Approach to Value-Added Eating for Our Customers**  
**Leslie Bonci MPH, RD, LDN, CSSD**

**9:45-10:45 am**

**Break/Exhibits/Silent Auction**

**11:00-12:00 pm**

**ADA Public Policy Action Committee-National Overview-Juliana Smith, RD**  
**Vermont Legislative Process-**  
**Robert Dostis, RD**

**12:00-1:30 pm**

**Lunch/Business Meeting/Silent Auction**

**1:30-2:30 pm**

**Recent Breakthroughs in the Nutritional Management of Celiac Disease**  
**Melinda Dennis, MS, RD**

**2:30-3:30 pm**

**The Importance of Omega-3 Fats in Our Diet**  
**Sheila Gauthier RD**

**3:30-4:30 pm**

#### Breakout Sessions:

A. **Debate: High Fructose Corn Syrup**  
**Dr. Tyzbir vs. Dr. Pintaro**

B. **Promoting Healthy Eating with the Whole Grains Council.** Kara Berrini

C. **FODMAPS & Controlling IBS**  
**Patsy Catsos MS, RD, LD**

**4:30 pm**

**Closing Remarks & Silent Auction Results**

