

EXPLORING NEW AVENUES IN NUTRITION



2021 CONFERENCE WEBINAR SERIES



WELCOME

Welcome to the 2021 Colorado AND Annual Conference. We are excited that you are joining us this year, even if our conference looks and feels a little different from years past. We are fortunate to be featuring an impressive array of speakers and topics.

This year CAND has worked to promote outreach and connection to Colorado dietitians, as well as efforts to increase diversity and inclusion in our profession. We are also continuing our endeavor from the past several years to “Build the Brand” of dietetics.



Planning this year’s conference has been a new challenge in these times. I would like to thank Cindy Dormer, the President-Elect of CAND, as well as the entire CAND Board of Directors for their effort and creativity put forth into delivering this wonderful series of educational and networking events. I hope that you enjoy our speakers, and that you are able to join all of our virtual networking opportunities this year to stay connected with other Colorado dietitians.

Margo Gasta, DCN, RDN, CCH
Colorado AND President

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WEBINAR *series schedule*

18 CEUs

Weekday Presentations, 5:30 to 7:30pm

5:30 to 6:00pm, Networking/CAND Updates | 6:00 to 7:00pm, Presentation
7:00 to 7:30pm, Discussion

Weekend Presentation (April 24), 9:00 to 11:30am

9:00 to 9:15am, Networking | 9:15 to 10:00am, Awards/Public Policy Update
10:00 to 11:00am, Presentation | 11:00 to 11:30am, Discussion

THURSDAY, JANUARY 28

Colorado's Food Justice and Health Equity Efforts: A Panel Discussion of What's Working in Colorado
Sarah Hormachea, MS, RD, CDCES and Stephen Menyhart, RD, SNS

WEDNESDAY, FEBRUARY 3

Academy in Action 2021 • *Ellen Shanley, MBA, RD, CDN, FAND*

THURSDAY, FEBRUARY 11

Evolution and Current Status of Nutrigenetic Testing • *Erica Daniel, MS*

TUESDAY, FEBRUARY 23

Cannabis is so in Your Wheelhouse • *Donna Shields, MS, RD*

TUESDAY, MARCH 9

Alternative Lipid Injectable Emulsions • *Tara Nelson, MS, RD, LDN, CNSC*

MONDAY, MARCH 29

Sports Nutrition for Females: Considerations in a Field of Research on Males • *Kristen Arnold, MS, RD, CSSD*

THURSDAY, APRIL 8

Amyotrophic Lateral Sclerosis: The Essential Role of Functional Nutrition in Healing ALS
Coco Newton, MPH, RD, CNS

SATURDAY, APRIL 24

Awards Presentation/Autoimmune Disorders and the Anti-Inflammatory Diet • *Corinna Ruf, OMS-IV, MS, RD*

TUESDAY, MAY 4

A Zero Waste Kitchen and Lifestyle • *Julie Fathy, MBA*

MONDAY, MAY 17

Journey Through Colorado's Food System: A Scientist's Notes from Farm to Fork • *Michael Carolan, PhD*

TUESDAY, JUNE 8

Dietary Management of Eosinophilic Esophagitis • *Paul Mernard-Katcher, MD*

WEDNESDAY, JUNE 23

Food Matrix: More Than the Sum of Nutrients • *Katie Brown, EdD, RD* • SPONSOR: DairyMAX

SPONSORS

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The **Colorado Beef Council's (CBC)** mission is to connect Coloradoans to our beef community while enhancing the role of beef in a healthy lifestyle. The organization was created as the marketing arm for Colorado's beef industry. The beef industry has made a commitment to communicate accurate information about beef. We take this a step further in the nutrition and health arena with our Statement of Principles Regarding Health and Nutrition. Stating that "we are committed to providing wholesome food and communicating accurate information-which includes accurate information about beef's nutritional qualities and the role of beef in a healthy diet". In addition, we support the Dietary Guidelines for American and recognize there are a number of ways to achieve a healthy lifestyle.



The Infinity Enteral Feeding Pump by **Moog** is the first and only truly 100% mobile nutrition delivery system. It has been used by both pediatric and adult tube fed patients for over 15 years. Its small size, portability, and ease-of-use enable patients of all ages to adhere to recommended feeding regimens and schedules, to get the nutrition they need for living. A complete line of accessories are available that enable use both in the home and the hospital. A variety of carry packs designed specifically for use with the Infinity Pump are available in 4 different styles, and in several colors.

GENERAL SESSION SPONSOR



Dairy MAX is your local dairy council - we represent over 900 dairy farm families across 8 states, including Colorado, Montana, Wyoming, New Mexico, Oklahoma, Kansas, Texas and Louisiana. Dairy MAX, as an affiliate of the National Dairy Council (NDC), has more than 100 years of commitment to nutrition research and education. Today Dairy MAX carries on the tradition of science-based education regarding the nutrition and health benefits of dairy foods, partnering with experts in the field of nutrition to help communicate dairy's essential role in a balanced diet.

MATERIALS DISTRIBUTION SPONSORS

CONTEMPORARY NUTRITION PUBLICATIONS

Contemporary Nutrition Publications provides resources for Nutrition Professionals. These 3 books are essential resources every RDN and Nutrition Professional needs in their business:

Nutrition and Diet Handbook
State of the Art Educational Tool
One-of-a-Kind Guide for Home and Hospice Care

All 3 authors are RDN's

For details see our website:
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Edge Nutrition builds unique online courses for current and future dietitians that are designed to educate and empower. The Nutrition Support Skills course is packed with evidence-based nutrition information and sprinkled with humor.

Visit www.edge-clinical.com to preview the course and learn more.



Eggland's Best Eggs are produced right here in Northern Colorado slightly south of Greeley. Morning Fresh Farms is family owned and operated for past fifty years. We are committed to the care, safety, and overall health of our 1.3 million birds. Eggland's Best birds are fed a strict diet to ensure the eggs are higher in vitamins A, B, D, E, higher in Omega 3 and lower in cholesterol This is also for optimum for health and flavor in our eggs.

We are available at King Soopers, Safeway, Walmart, Sprouts, Royal Crest, and Longmont Dairies. Thank you for supporting our local family farm!