

Nutrition Update from the

American Dietetic Association Food and Nutrition Conference and Expo 2009

Our registered dietitian, Kimberly Petersen, RD, LDN, recently had the privilege of attending the national meeting of the American Dietetic Association held in Denver, CO. It was a well attended conference with finance guru Suzy Orman delivering the opening session and CNN's insightful Soledad O'Brien closing in the final session. In spite of the tempting sunny weather, Kimberly still managed to learn some of the latest research in the field of food and nutrition. Here are some highlights and topics of interest:

- New Omega-3 and Omega-6 fatty acid guidelines. After years of pushing Omega-3 fatty acids, we learn the new research indicating the benefit of Omega-6 fatty acids. For more information visit:
<http://www.americanheart.org/presenter.jhtml?identifier=3063253>
- Dr. Ira Byock, the director of palliative care medicine at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire, delivered an excellent presentation on advanced chronic disease and nutrition. He is an excellent storyteller and truly cares for his patients. Learn about his role in cancer at: <http://www.dyingwell.org/>
- Prebiotics and Probiotics are emerging as functional foods. Gail Cresci, MS, RD, has taken this area and made it her own by researching it for her PhD. For more information on pre and probiotics visit:
<http://www.eatright.org/ada/files/FunctionalFnp.pdf>
<http://www.eatright.org/docs/fnce/2009/CresciHandout.pdf>
- Michael Roizen, MD, of The Cleveland Clinic delivered a very compelling presentation about the future of our nation in the current state of our lack of health promotion and wellness initiatives. He has changed the health environment by leaps and bounds at The Cleveland Clinic by banishing smoking (including not hiring smokers), overhauling what is offered in vending machines, and changing what is served in all the cafeterias to limit sugar and eliminate trans fats. For more information, please visit:
http://my.clevelandclinic.org/staff_directory/7/staff_6161.aspx
http://www.realage.com/corporate/Roizen_bio.aspx