YOU ARE INVITED!

Make your plans now to join your friends and colleagues in Arlington, Texas, April 27-29, 2016 for the Texas Academy of Nutrition and Dietetics Annual Conference & Exhibition. This conference always offers the best in educational opportunities and 2016 is not any different. These educational sessions are offered at affordable prices for dietitians, dietetic technicians, dietetic interns and students from across the state.

This statewide event is open to Texas Academy members and non-members. Managers, supervisors and team leaders are urged to recognize and encourage additional staff members to attend. The annual conference offers a networking opportunity like no other and offers the perfect opportunity for non-members to realize the valuable professional enhancements provided by Texas Academy. If you are involved in the dietetic profession you do not want to miss this conference. Continue reading to find out just what the 2016 Texas Academy Annual Conference & Exhibition has planned for this year!

Sheraton Arlington Hotel: This contemporary hotel is a 13-minute walk from sporting events at Globe Life Park and 2-mile drive from the Six Flags Over Texas theme park. The group rate is $139 single/double occupancy, triple and quadruple occupancy.

Click here for hotel reservations.

Arlington Convention Center: Experience Arlington, Texas, where you can walk outside on a summer day and hear distant screams of park goers who’ve left their stomachs at the top the Titan rollercoaster at Six Flags. You know you’re in town when AT&T Stadium ignites the skyline like a friendly beacon toward a good time. It’s where Rangers Ballpark in Arlington cradles Rangers fans like a catcher’s mitt against the summer sky, fresh with smoke from home run fireworks. Experience Arlington - where the crowd goes wild!
AIRPORTS

Complimentary Airport Shuttle from Dallas-Ft. Worth International Airport
Approximately 9 miles. Transportation from DFW Airport must be arranged individually by the guests by contacting the hotel directly at (817) 261–8200 upon arrival at the airport. Guests Service agent at the hotel will request for the name of the guest, gate, and terminal number. Cell phone number may be requested in case the driver is not able to locate the guests at pick up location. Guest to retrieve his/her luggage from the baggage claim area then proceed down to the lower level via escalator/elevator and stand under the grey Courtesy Van Pick-Up sign. Due to airport construction, Guest service agent may request for the guest to walk to the nearest pick-up location. Guest will need to make their own arrangement with front desk or bellman for shuttle service to DFW Airport.

Love Field Airport will need to call a taxi or Super shuttle for pick-up
Transportation to and from Love Field Airport must be arranged individually by the guest(s). Hotel does not offer complimentary shuttles or transportation service to Love Field Airport. Love Field Airport is approximately 14 miles from the hotel and is approximately 35-40 minutes driving time without traffic. Options for getting to and from the hotel will include Taxi or Super Shuttle. Fees vary based on what form of transportation is chosen. Super Shuttle Van (800)-Blue-Van or go to www.supershuttle.com to make a reservation prior to arrival at the airport. Yellow Cab or Checker Taxi (817) 881–6683 or go to www.texasyellowandcheckertaxi.com for pick up.

Attire
Business Casual is appropriate for all educational sessions. Please bring a sweater or jacket since temperatures in the meeting spaces vary.

Continuing Education
Due to concurrent sessions and individual learning needs, earned hours may vary from attendee to attendee. By attending all educational opportunities, you potentially could earn 2 CPEUs on Wednesday, 8.5 CPEUs on Thursday, 7 CPEUs on Friday. An additional 4 CPEUs may be earned by attending the Pre-Conference Workshop on Wednesday. Total CPEUs earned is up to 17.5 CPEUs without attending the pre-conference.

Exhibition Hall
Exhibiting companies will showcase products and services of interest to Texas Academy members and Annual Conference registrants on Wednesday evening and midday Thursday. The Texas Academy PAC Silent Auction and educational posters will be held in conjunction with the Exhibits within the exhibit hall. Four hours of dedicated exhibit time is included in the program.

REGISTER NOW!

Wednesday, April 27, 2016
Arlington Convention Center
Registration – 10:00 AM – 7:00 PM

Pre-Conference Educational Opportunity 1:00 – 5:00 PM

Nutrition Focused Physical Assessment: A "Hands-on" Skills Workshop
Nutrition Focused Physical Assessment (or Exam), NFPA, is an important component of identifying and assessing degree of malnutrition. It is a part of every dietitians SOP; however, many did not receive adequate training in their didactic programs or internship. This hands on workshop will feature speakers on assessment of body composition (fat and muscle wasting), micronutrient deficiencies, and NCP is applying findings.

Carol Ireton-Jones, PhD, RDN, LD, CNSC
Kathryn Chiles, RD, LD, CNSC
Lora Sandon, MEd, RD, LD
Karen Geismar, MS, RD, LD, CNSC
Lora Day, MA, RD, LD

5:30 – 7:30 PM
Arlington Convention Center
Opening of the Annual Conference Exhibit Hall and Welcome Reception
Exhibits, Texas Academy PAC Silent Auction, Educational Posters, Industry Briefings
OPENING GENERAL SESSION  8:00 – 9:30 AM

Opening Remarks and Welcome: Martha Rew, MS, RD, LD, Texas Academy President
Annual Conference Overview:  Terry Brown, MS, RD, LD, 2016 Annual Conference Co-Chair
Jan Tilley, MS, RD, LD 2016 Annual Conference Co-Chair

Keynote Presentation:  *Emerging Superfood: The Greek Yogurt Revolution*  
Level 2  
Toby Amidor, MS, RD, CDN
Presenting Sponsor: Dairy MAX

Greek yogurt is one of today's most versatile and nourishing ingredients and it is an easy to incorporate superfood for many of the patients and clients registered dietitian nutritionists see every day. Revealing secrets from *The Greek Yogurt Kitchen*, Toby Amidor, MS, RD, CDN will share information about the unique nutrition behind Greek yogurt as well as how Greek yogurt can be used in unexpected ways, providing healthier, tastier and more satisfying recipes to use at home.

GENERAL SESSION  9:45 – 10:45 AM

Level 3

*A Healthy Conversation about Agriculture, Food and GMOs*
Shawna L. Lemke, Ph.D.
Neva Cochran , MS, RDN, LD, FAND
Sponsor: Monsanto Company

Many conversations today about food and agriculture include the topic of GMOs. Which crops are GMOs? Why were they developed and are they really needed? Why do farmers use them? Are they safe for people and the environment? Can't we just avoid them? Should we really be modifying genomes? What about unintended consequences? These and other questions will be explored by Dr. Lemke.

EXHIBITION HALL

10:45 AM – 12:45 PM

Arlington Convention Center
Exhibits, Texas Academy PAC Silent Auction, Educational Posters, Industry Briefings
CONCURRENT SESSIONS 12:50 – 1:50 PM

Athletes and Protein Intake—Where the Research Meets the Road
Chelsea Z. Burkart, MS, RD, CSSD
Sponsor: National Cattlemen’s Beef Association on behalf of the Beef Checkoff

The Role of Obesity and Diabetes in Cancer
Level 3
Joel C. Rush MS, RD, CSO, LD, CNSC, FAND
An in-depth review of the inter-relationships between obesity and diabetes in the development of cancer in adults including epidemiological, clinical, and nutrigenomic perspectives

CONCURRENT SESSION 2:00 – 3:00 PM

Making Healthy Look Delicious: Food Photography and Styling Tips for Dietitians
Level 2
Kara Lydon, RD, LDN, RYT
Tailored for the beginner/intermediate DSLR or iPhone photographer, this session is ideal for food and nutrition bloggers, educators, and anyone interested in making healthy food look beautiful. This session will review core concepts, food styling techniques, image processing, how food photography can elevate your brand, and strategies for sharing content.

Savor the Flavor: New Ways to Think About Latin American Cuisine
Level 2
Joel Barohn, RDN, LD
Diana Romano, MS, RD, LD
Sponsor: Dairy MAX
Eating a meal is much more than simply nutrition. For many of us, it is the experience of bringing in traditional flavors and recipes. Balancing the foods our clients enjoy with the nutrients they need can be a challenge for any registered dietitian nutritionist working with Hispanic clients. Hispanics in the US are at greater risk for a number of nutrition related chronic illnesses and diseases. Knowing the habits and preferences of Hispanics, and the role that acculturation, health literacy, food and family plays in their lives, can help any registered dietitian nutritionist communicate more effectively, offer better solutions, and place their clients on the road to a healthful eating pattern.

CONCURRENT SESSION 3:10 – 4:10 PM

Schools’ Local Wellness Policies: How RDNs Can Affect the Development, Implementation, Evaluation and Future Direction
Level 2
Beth K. Thorson, MS, RDN
Local wellness policies (LWP), required by law for federally-funded school nutrition programs, are an important tool for parents and school districts in promoting student wellness, preventing and reducing childhood obesity, and providing assurance that school meal nutrition guidelines meet standards. LWP guide a school district’s efforts to establish an environment that promotes students’ health, well-being, and ability to learn. This session will focus on how RDNs can influence LWP development, implementation, evaluation and future direction at the local level.

Tube Feeding with a Blenderized Diet: To Blend or Not To Blend
Level 2
Alissa Rumsey MS, RD, CDN, CNSC, CSCS
With a growing interest in natural foods, more and more patients on tube feeds are becoming interested in incorporating a blended diet instead of or in addition to their formula feeding. Blenderized tube feeds are largely used in the pediatric population to manage the gagging, retching, vomiting, and reflux that frequently accompanies gastrostomy tube placement or Nissen fundoplication, but many adult patients are now using these types of feeds to increase overall feeding tolerance and sense of wellbeing. By blenderizing whole, real foods, patients are able to benefit from the fibers and phytochemicals present in these foods. They are also beneficial for those who have intolerances or are allergic to certain ingredients in standard enteral formulas such as soy or casein. This session will cover: Blended diet advantages/disadvantages; Decision tree to use when deciding if patient is appropriate for blended feeds; Choosing the appropriate type of blend; Weaning on to blends and how to progress; Creating recipes for optimal nutrition, including homemade blended food worksheet; Blenderized feeding supply list; and Blended feeding tips and tricks.
Electronic Medical Record for Dietitians in Private Practice: A Method of Collecting and Reporting Outcomes Data  
Level 3  
Karen Kiver Patalano, MBA, RD, LDN, CDE  
Nutrition counseling has a huge impact in changing lifestyle factors, but a lack of documentation limits dietitians from proving their effectiveness. In our study, dietitians saw over 6,395 patients in 17,837 visits. After an average of one visit, patients lost an average of 3.2 pounds, experienced an 11 point drop in cholesterol, 15.9 point decrease in fasting blood sugar, 0.5 drop in A1C, and a 40 point drop in triglycerides. All results were statistically significant. Prevention of lifestyle related diseases is possible if we give dietitians a tool that can improve the nutrition care process while collecting data to strengthen the foundation of nutrition intervention.

Dietary Fiber Is An Essential Nutrient and Still Severely Lacking in The Diet. Why?  
Level 3  
Dr. Dennis Gordon  
Sponsor: ADM/Matsutani LLC  
The quintessential essential properties of dietary fiber (DF) are for laxation and energy for the microbiota. DF fosters intestinal maturation resulting in beneficial morphological, physiological and cell distribution of the intestinal mucosal/epithelial cells, specifically an increased number of goblet cells, which produce mucin. With a normal growth of the microbiota there is an adequate intestinal immune system, 70% of the body’s immune system. Requirement for DF are 25 and 38 g/day for women and men, but all eat only 18 g/day. Why is DF lacking in the diet, but essential?

**TEXAS ACADEMY AND TEXAS ACADEMY FOUNDATION RECOGNITION DINNER & EVENT**  
6:15 – 7:30 PM DINNER  
7:30 – 9:30 PM CASINO NIGHT  
Sheraton Arlington Hotel  
This event is a combination of the presentation of Texas Academy Award Winners and Texas Academy Foundation/Academy Foundation Scholarship recipients. You must have a ticket for dinner but all are welcome for the Casino Night. The dinner ticket price is $40 for dinner only and $60 with $25 of casino chips included. Casino chips also will be available for purchase at the event.

**Friday, April 29, 2016**  
Registration 7:00 AM to Noon  
Fueling Station 7:00 AM – 4:00 PM

**COMPLIMENTARY BREAKFAST BUFFET**  
ARLINGTON CONVENTION CENTER  
7:00 – 8:15 AM

**General Session 7:30 – 9:00 AM**  
Legislative Update with the Texas Academy Public Policy Panel  
Megan McHenry, MS, RD, LD  
State Policy Representative  
Debra King, MS, RD, LD  
Consumer Protection  
Nylia Kreiner, MS, RD, LD  
Public Policy Coordinator  
Kimberly Bandelier, MS, RD, LD  
State Regulatory Specialist

**General Session 9:15 – 10:45 AM**  
Level 2  
Tossed Treasures:  
America’s Wasted Food Problem and How Dietetic Professionals Can Help  
Chris Vogliano, MS, RD, LD

Funding for this session provided by an educational grant from the Academy of Nutrition and Dietetics Foundation.
**CONCURRENT SESSIONS 11:00 AM – NOON**

**Our Microbiome - Little Bugs with Lots of Influence**  
*Level 2*  
**Susan Linke, MBA, MS, RDN, LDN**  
The study of the human microbiome is emerging as one of the major pivotal areas of study on human health and disease. The effects of trillions of microorganisms living in and on us are far reaching. Over 90% of the cells in and on our body are microbial! The microbiome has now been associated with multiple disease states including diabetes, obesity, autoimmune diseases, digestive disorders, osteoporosis and even mental health. It is imperative that we understand how lifestyle factors including diet can alter our microbiome in negative or positive ways.

**Craft the Message: RDs and Communication Careers**  
*Level 3*  
**Milton Stokes, PhD, MPH, RD, FAND**  
**Sponsor: Monsanto Company**  
Name one career or job where communication isn’t required. While you’re thinking about that, let’s also ponder the connection of dietetics to communication. We can all agree dietetics is communication intensive, so much so, that some professionals have branched out to specialize in communication and made it the center piece of their careers. This session strives to explain the importance and relevance of RDs as communicators; showcase the many ways that students and RDs can get involved in “nontraditional” roles as communicators; and highlight a few examples/case studies of dietitian communicators.

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**Lunch and General Session NOON – 1:30 PM**  
*Level 2*  
**Presenting Sponsor: Texas Beef Council**

**Embrace Science and the Pleasures of the Table to Inspire Behavior Change**  
*Cindy Kleckner, RDN, LD, FAND*  
This session will help you move past knowledge, provide new skills, realistic solutions, concrete ideas and delicious recipes while incorporating the DASH, BOLD Study and the 2015 Dietary Guidelines for Americans.

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**CONCURRENT SESSIONS 1:45 – 2:45 PM**

**2015 Dietary Guidelines for Americans – Focus on Child Nutrition**  
*Level 3*  
**Keli Hawthorne, MS, RD, LD**  
The goal of the new 2015 Dietary Guidelines for Americans is to achieve a population-wide culture of health. Find out what the DGA 2015 mean for children and then learn how to assist families to improve food choices within these new guidelines focusing on recommendations for limitations in added sugar and other potentially empty calories.

**Update on Order Writing Practices in Texas**  
*Level 2*  
**Kim Bandelier, MPH, RD, LD**  
**Texas Academy State Regulatory Specialist**

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**Closing General Session 3:00 – 4:00 PM**  
*Level 3*

**It’s Hot to Be Cool: Intervening on Chronic Inflammation through Diet**  
*Michael Wargovich, PhD*  
Chronic inflammation creates a set point for many diseases including cancer, heart disease, obesity, diabetes, and neurodegenerative diseases. However, a varied diet can provide a preventive strategy through selective and judicious use of anti-inflammatory herbs and spices. The science of diet-derived anti-inflammatory foods will be discussed as framed against world-wide acculturation leading to high risk for inflammatory-driven diseases. The results of a clinical trial of a culinary anti-inflammatory intervention in breast cancer survivors will be discussed.
Early Bird Registration (on/prior to March 28, 2016) | Registration (After March 28, 2016)
---|---
**Pre-Conference Workshop**
Members | $85 | $125
Non–Member | $125 | $165

**Members**
Being a member of Academy automatically makes you a member of your State affiliate and qualifies you for the member discounts. Registration prices do not include optional events.

**Academy Member** | $225 | $325
50-Year Academy Member | $50 | $70
One-Day **Thursday or Friday** | $155 | $185

**Non–Member**
Non-member Full Conference | $335 | $435
One-Day **Thursday or Friday** | $215 | $275

**Student/Intern/Retiree**
Fulltime Student/Intern status must be verified. Upload a copy of student ID or letter from professor or internship director with registration form. Your registration cannot be completed without uploading a copy of a student ID or letter. A student, intern or retiree registration must match your membership type with the Academy.

**Academy Members**
Student/Retiree/Intern (fulltime) | $ 125 | $155
One-Day Student/Retiree/Intern | $ 95 | $95
(Thursday or Friday)

**Non Members**
Student/Intern (fulltime) | $ 155 | $185
One-Day Student | $ 110 | $110
(Thursday or Friday)

**Guest**
Guest is defined as an individual outside the dietetic profession. *Children under 16 are not permitted to attend any Annual Conference official activity.* Guest registration covers admission to the Exhibition, Silent Auction
Guest | $70 | $70

**NOTE:** The Wednesday night exhibit hall is included in your Thursday, One Day Only ticket.

**REGISTER NOW!**