The 13th Annual Dietitians of Canada Ontario Family Health Team Registered Dietitians Conference September 13th-14th, 2018

Holiday Inn Kingston Waterfront Hotel
2 Princess Street, Kingston, Ontario, K7L 1A2
Call direct: 613-549-8993 x 2660
Toll Free: 1-800-HOLIDAY
Email: reservations@hikingstonwaterfront.com
Group Code – FHT Conference
# PROGRAM SCHEDULE

**13<sup>th</sup> ANNUAL DIETITIANS OF CANADA FHT RD CONFERENCE**  
**CELEBRATE OUR DIVERSE NUTRITION WORLD**

## Day 1: Thursday, September 13<sup>th</sup>, 2018

<table>
<thead>
<tr>
<th>Time</th>
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| 7:30 – 8:20 am | Registration and Breakfast  
Sponsor Marketplace Set-up                                           |
| 8:20 – 8:30 am | Greetings and Introductions                                          |
| 8:30 – 9:30 am | **Nutrition for the Everyday Athlete**  
Ben Sit, RD, Owner, Founder and President of Evolved Sport and Nutrition |
| 9:30 – 10:30 am| **The Low FODMAP diet in the Dietary Management of IBS: Research Update**  
Caroline Tuck, PhD, BNutrDiet(Hons), Accredited Practising Dietitian  
Post-Doctoral Fellow, Gastrointestinal Diseases Research Unit, Queens University/KGH |
| 10:30 – 11:00 am| Break  
Networking and Sponsor Marketplace                                     |
| 11:00 am – 12:00| **Reducing Cardiometabolic Risk Through The CHANGE Program: Strategies for Implementation**  
Rupinder Dhaliwal, RD, Director of Operations, Metabolic Syndrome Canada  
Carolyn Tereszkowski, RD, MSc, Loyalist Family Health Team  
Jennifer MacTavish, RD, Brockton and Area Family Health Team |
| 12:00 – 1:15 pm| Lunch  
Networking and Sponsor Marketplace                                      |
| 1:15 – 2:15 pm| **Baby Led Weaning**  
Jessica Coll, Registered Dietitian-Nutritionist, Founder of the International Baby Led  
Weaning Network of Registered Dietitians                                  |
| 2:15 – 2:30 pm| Barb Manilla Award Presentation                                       |
| 2:30 – 3:00 pm| Break  
Networking and Sponsor Marketplace                                      |
| 3:00 – 4:30 pm| **Strategies to Manage Pediatric Obesity**  
Anna Aylett, RD, Pediatric Obesity, Children’s Hospital of Eastern Ontario  
Jane Rutherford, Activity Specialist, Children’s Hospital of Eastern Ontario |
| 4:30 – 4:35 pm| Wrap up and Announcements                                              |
| 5:30 – 7:30 pm| Social Event: Sunset Cruise  
***Boarding time is 5:00 pm, boat leaves at 5:30 pm***                  |

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**Holiday Inn Kingston Waterfront Hotel**  
2 Princess Street, Kingston, Ontario, K7L 1A2
# PROGRAM SCHEDULE

**13th Annual Dietitians of Canada FHT RD Conference**

**Celebrate Our Diverse Nutrition World**

## Day 2: Friday, September 14th, 2018

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| 6:00 – 7:00 am | Morning Walk with a View!  
***Meet in the Lobby of the Holiday Inn at 6:00 am*** |
| 7:30 – 8:20 am | Breakfast  
Registration, Networking and Sponsor Marketplace |
| 8:20 – 8:30 am | Greetings and Announcements |
| 8:30 – 9:30 am | Using social media to promote your nutrition practice  
Abbey Sharp, RD, Founder of Abbey’s Kitchen |
| 9:30 – 10:30 am | Mental Health and Nutrition  
Dr. Laura Lachance, Centre for Addiction and Mental Health |
| 10:30 – 11:00 am | Break  
Networking and Sponsor Marketplace |
| 11:00 – 12:15 pm | Speed Networking Sharing (Breakout Session)  
FHT RDs |
| 12:15 – 1:15 pm | Lunch  
Networking and Sponsor Marketplace  
FHT RD Network Meeting and AFHTO Update (Room TBA)  
Marg Alfieri |
| 1:15 – 2:15 pm | 2018 Diabetes Canada Guidelines  
Dr. Robyn Houlden, Endocrinologist |
| 2:15 – 3:15 pm | Update on Revision of Canada’s Food Guide  
Helene Lowell, RD, MPH, Health Canada |
| 3:15 – 3:30 pm | Door Prize Draw  
Closing Remarks |
| 3:30 pm | Wrap-up |

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**Holiday Inn Kingston Waterfront Hotel**

2 Princess Street, Kingston, Ontario, K7L 1A2
SOCIAL EVENT: SUNSET CRUISE

Discover Kingston's historic waterfront, local islands and sights onboard the Island Queen for a two-hour sunset cruise. Just steps away from the Holiday Inn conference centre. Appetizers included. Cash bar and door prizes compliments of Huff Estates, a local winery in Prince Edward County.

DATE: THURSDAY, SEPTEMBER 13TH
LOCATION: 1 Brock Street, Kingston (CLICK FOR GOOGLE MAP LINK)
BOARDING TIME: 5:00 PM
DEPARTURE TIME: 5:30 PM
RETURN: 7:30 PM

Sign up with your conference registration. COST: $60
MORNING WALK: WITH A VIEW!

As Hippocrates said over 2,000 years ago, “walking is a man’s best medicine.” We invite you to join local dietitians for a historic morning walk, or run, while enjoying stunning views of the city of Kingston at the top of Fort Henry Hill or around the peninsula of The Royal Military College of Canada.

**DATE:** FRIDAY SEPTEMBER 14TH  
**TIME:** 6:00 AM 
**LOCATION:** MEET IN THE LOBBY OF THE HOLIDAY INN

If you prefer to go for a leisurely walk on your own and take in Kingston’s scenic waterfront, you can enter the pathway at the Wolfe Island Ferry Dock or Confederation Park. For more information, see [The City of Kingston Waterfront Pathway](#)
BARB MANILLA AWARD

The Barb Manilla Award, is a peer nominated award in memory of Barbara Manilla, (1985 – 2010). This award is handed out every year to a dietitian that has a passion of learning and the foodie spirit that Barb embodied. She was a bright light that left us too soon and this award is intended to keep her love of nutrition alive.

The recipient is a FHT RD that closely exemplifies Barb’s outgoing and unique personality. Barb was a true foodie and her joy came out in the kitchen, by adapting recipes to make them healthier and still tasty! She kept up to date on the latest food products/food trends, and her desire to expand her medical nutrition therapy knowledge shone through in her every day work.

The recipient should meet the following criteria:

- Thirst for knowledge and continuing education
- Passion and love for food
- Experimenting and trying new foods
- Translating the science of nutrients into whole foods
- Excitement for nutrition and food
- Interest in learning

Previous winners have been Jaclyn Dryland ’17, Jasmine Montreuil ’16, Nadine Devin ’15, Stephanie (LeBlanc) Grimm ‘14, Kate Park ’13, Lara Harris '12 and Anneli Kaethler '11, who will be next?

Submissions should be sent to Jaclyn Dryland (j.dryland@dafht.ca) and Jasmine Montreuil (jasminemontreuil@gmail.com) by August 3rd and the winner will be announced at the conference.
BEN SIT

Nutrition for the Everyday Athlete

Ben is the Owner, Founder & President of Evolved Sport and Nutrition, a Registered Dietitian and Sports Dietitian. Ben is also a marathon runner, triathlete, weight lifter, former personal trainer and has trained as a Chef and a Pastry Chef. He received his undergraduate degree from Ryerson University's School of Nutrition and graduated his Dietetic Internship from the Sunnybrook Dietetics Internship Program in 2010. He received a Sports Dietitian Certificate from the Sports Dietitians of Australia and has a background in Personal Training. This combination of the world of Nutrition and Dietetics along with Physical Activity and Exercise is what makes Ben's interventions truly unique and customized.

Ben is also the host and co-creator of a brand-new Television show; ‘Highway to Health’ Premiering on the Bell Fibe Network in the fall of 2018. In this show he travels to explore how people have been able to embrace different approaches to health to change their lives and the lives of those in their communities. He continues to travel the world, studying different cultures, cuisines, cooking styles and different philosophies of health in order to best serve his clients.

DR. CAROLINE TUCK

The Low FODMAP diet in the Dietary Management of IBS: Research Update

Caroline is an Accredited Practising Dietitian from Melbourne, Australia. In 2016 Caroline completed her PhD with the Department of Gastroenterology Monash University, Australia. Her thesis investigated adjunct therapies to the low FODMAP diet for the treatment of irritable bowel syndrome.

In 2017 Caroline moved to Kingston, Canada as a Post-Doctoral Research Fellow in the Gastrointestinal Diseases Research Unit at Queen’s University. Her research focuses on investigating the mechanisms of action of dietary modification on gastrointestinal conditions.

In addition to her research, Caroline has been working as a Dietitian since 2009 in acute clinical and private practice specialising in gastrointestinal disease and food intolerance.

Caroline has published a number of scientific journal articles and received numerous awards. This year, Caroline was awarded a Canadian Institutes of Health Research fellowship under the nutrition priority from the Canadian Nutrition Society.
Rupinder Dhaliwal is the Director of Operations, Metabolic Syndrome Canada, a non-profit organization aimed at improving the health of Canadians with metabolic syndrome. She is currently leading the expansion of a team-based diet and exercise intervention, the CHANGE program, in primary care clinics across Canada.

In her past positions as Manager of Research & Networking at the Clinical Evaluation Research Unit at Queen’s University and Executive Director for the Nutrition and Rehabilitation Investigators Consortium, she played a key role in the implementation of multicenter randomized trials and the development of Clinical Practice Guidelines for Nutrition in the Critically ill. She also facilitated the advancement of research in areas of critical care nutrition and exercise. She is currently assisting researchers in Alberta conduct an international audit of nutrition in patients with foregut cancers.

Rupinder is a Registered Dietitian, she has written numerous scientific publications and presented at many national and international conferences, including the Dietitians of Canada Coast to Coast series. In 2016 she was awarded the “Fellow of Dietitians of Canada” for her professional growth, excellence and achievements throughout her career. She joined the Board of Directors of the Canadian Nutrition Society in 2017.

Carolyn is a dietitian with the Loyalist Family Health Team and lead of the CHANGE program at this site near Kingston, Ontario. She also works with Metabolic Syndrome Canada as a primary care consultant to support ongoing development and expansion of the CHANGE program to other primary care clinics across Canada.

Although empowering individuals to make lifestyle change through primary care is her passion; her background also includes clinical experience with Grand River Hospital in Kitchener, population health and project management experience as a Public Health Nutritionist with the Region of Waterloo, as well as a research background and several scientific publications stemming from a Master of Science in Applied Human Nutrition from the University of Guelph.
**JESSICA COLL**

**Baby Led Weaning**

Founder of the International Baby Led Weaning Network for Registered Dietitians

Jessica Coll is a registered dietitian and lactation consultant certified IBCLC. She is also the mom of 3 kids, 2 of which did Baby Led Weaning and one with whom she plans on doing it this winter. After having worked as a dietitian in Austin Texas in the breastfeeding and nutrition education team for the State Health Department, she returned to her home province of Quebec to start her own business. She strongly believes that babies can feed themselves from their first bite, which is the topic of today’s talk. Her mission is to spread the newest research about Baby Led Weaning to dietitians so can then guide parents in proceeding safely. Jessica founded the International Baby Led Weaning Network of Registered Dietitians about 2 years ago with now more than 130 dietitians in 13 countries, a few of them actually present today. Members of the network learn through her online training and obtain all the material to teach Baby Led Weaning workshops in their own city. More and more parents are opting for this approach so it’s important that they proceed safely and offer the appropriate foods so babies to meet their high nutritional needs. Jessica speaks internationally about this topic and is looking forward to speaking at FNCE (“Fen-cee”), the largest nutrition conference in the world, in Washington DC next month. To learn more about her network or to find Jessica on social media, check out [jessicacoll.com](http://jessicacoll.com).

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**ANNA AYLETT**

**Strategies to Manage Pediatric Obesity**

Anna Aylett is a registered dietitian with the Centre for Healthy Active Living (CHAL) at the Children’s Hospital of Eastern Ontario. Anna studied human kinetics and nutrition at the University of Guelph and completed her dietetic internship with The Ottawa Hospital. Early in her dietetic career Anna developed an interest in pediatric and family nutrition which led her to Ellyn Satter’s Division of Responsibility in Feeding. The parent-child feeding relationship can easily become strained in families and Anna helps parents re-establish and nurture both their own eating competence and that of their children. Anna realized that her best fit was within pediatrics because you don’t need an excuse to wear a costume to work and children are more likely than adults to match her energy levels when talking about food.
Jane Rutherford, after graduating from the University of Guelph with a Masters in Nutrition, Exercise & Metabolism, worked in cardiac rehabilitation and sports medicine at the Ontario Aerobics Centre and was a Fitness Consultant at Guelph's Health and Performance Centre. Since its inception 8 years ago, Jane has been the Exercise Specialist for CHEO’s Centre for Healthy Active Living where she works with families to create a balance between physical activity, sleep and screen time, helping them to achieve their best possible health – both mental and physical.

Abbey Sharp is a Registered Dietitian (RD), food writer and blogger, TV and radio personality, new mom, and the founder of Abbey’s Kitchen Inc. Abbey’s core philosophy is that a pleasurable relationship with food, your body and your self is the fundamental secret to good health. She has infused this outlook into Abbey’s Kitchen Inc., a multi-faceted food, nutrition and motherhood media brand and consulting company developed with the goal of celebrating the pleasurable eating experience. From delicious healthy recipes, digital video content, real mom truths and cheeky nutrition myth busting, the Abbey’s Kitchen blog and Youtube channel have become popular spaces for garnering buzz about nourishing food. Abbey’s channel is an official partner of the number one women’s lifestyle Multi-Channel-Network (MCN), KIN Community. Based on the success of her blog and digital presence, Abbey looks forward to the release of her debut cookbook, Mindful Glow, published by Penguin Random House December 2018.

Abbey has worked as a celebrity Spokesperson for dozens of popular food, health, mom and lifestyle brands such as Electrolux, T-Fal, Panasonic, Pampers, Jamieson Vitamins, Vichy, Vitamin and Dairy Farmers of Canada - to name only a few. She has regular editorial columns in Ricardo Magazine (print), Best Health Magazine (print), and Eating Well Magazine (digital), among countless other print and online publications. Abbey is an expert regular on The Marilyn Denis Show and has made national expert appearances on The Shopping Channel, Breakfast Television, CP24, Global Morning Show, CHCH, Food Network, Newstalk 1010, The Bounce and TEDx.

Abbey can also be found on Celebrity Chef cooking stages at events such as Taste of Toronto, Food & Wine, the Big Feastival, and The Canadian National Exhibition. She has also become the go-to personality for hosting large food activations with top celebrities including Jamie Oliver, Mario Batali, Chuck Hughes, and Tyler Florence.
### DR. LAURA LACHANCE
**Mental Health and Nutrition**

Dr. Laura LaChance is a Clinician-Scientist at the Slaight Family Centre for Youth in Transition at the Centre for Addiction and Mental Health in Toronto and a Lecturer in the Department of Psychiatry at the University of Toronto. Dr. LaChance completed her Psychiatry training in the Clinician Scientist Stream at the University of Toronto in 2017 and completed a research fellowship in the Social Aetiology of Mental Illness (SAMI) at CAMH in 2012.

From a research perspective, Dr. LaChance is interested in nutrition and exercise as both social and biological determinants of mental health. Her work is focused on understanding how diet and exercise impact mental health symptoms as well as developing and testing clinical interventions and tools aimed at improving diet and exercise behaviours in youth suffering from schizophrenia spectrum disorders. Clinically, she works primarily with outpatients in a specialized centre for early psychosis.

### DR. ROBYN HOULDEN
**2018 Diabetes Canada Guidelines**

Dr. Robyn Houlden is Professor and Chair of the Division of Endocrinology at Queen’s University, Kingston, Canada and a consultant in adult endocrinology at the Kingston Health Sciences Centre. She has served as a diabetes advisor for the Canadian Optimal Medication Prescribing and Utilization Service of the Canadian Agency for Drugs and Technologies in Health. She is an investigator in a number of clinical trials of new therapies for diabetes, and has a research interest in innovative models of diabetes health care delivery. Dr. Houlden played a steering role in the 2003, 2008 and 2013 Canadian Diabetes Association Clinical Practice Guidelines for the management of diabetes and was chair of the 2018 Diabetes Canada edition.

### HELENE LOWELL
**Update on Revision of Canada’s Food Guide**

Hélène Lowell is a Registered Dietitian with Health Canada’s Office of Nutrition Policy and Promotion. She obtained her undergraduate degree in nutrition in 1996 at *Université de Moncton* and completed the Ottawa Regional Dietetic Internship Program in 1998. More recently, she completed the Masters of Public Health Program at the University of Waterloo. Hélène has 13 years of experience developing, monitoring and assessing dietary guidance policy, including Canada’s Food Guide, the Prenatal Nutrition Guidelines and Nutrition for Healthy Term Infants. Hélène was also responsible for conceptualizing Evidence Review Cycle for Dietary Guidance, which forms the evidence base for key initiatives under Health Canada’s Healthy Eating Strategy. Prior to joining Health Canada in 2004, Hélène worked as a Public Health Dietitian in the Early Years program at Ottawa Public Health.
# CONFERENCE PRICING

13th Annual Dietitians of Canada FHT RD Conference
Celebrate Our Diverse Nutrition World

## EARLY BIRD RATES (AVAILABLE UNTIL JULY 11th, 2018)

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<td><strong>Full Conference (2 days):</strong></td>
<td>$210.00</td>
<td>$200.00</td>
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<tr>
<td><strong>Thursday, September 13th (1 day):</strong></td>
<td>$130.00</td>
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*Early Bird Deadline is Wednesday, July 11th, 2018

## REGULAR RATES (AFTER JULY 11th, 2018)

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HOLIDAY INN KINGSTON WATERFRONT HOTEL
2 Princess Street, Kingston, Ontario, K7L 1A2
www.hikingstonwaterfront.com

Reserve your room today!

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Email: reservations@hikingstonwaterfront.com
Use the group code: FHT Conference
RESTAURANTS

Recommended Kingston restaurants for our foodie friends and colleagues...

Did you know Kingston has the most restaurants per capita in Canada? Kingston’s culinary scene should not be missed. Be sure to reserve EARLY to avoid disappointment!

Below is a list of our top downtown picks:

1. **Atomica Gourmet Pizza and Wine Bar** – 71 Brock Street  
   Contemporary Italian bistro serving pizza, pasta & Mediterranean dishes
2. **Casa Domenico** – 35 Brock Street  
   Elevated Italian cuisine served in a stylish, modern, upbeat setting
3. **Chez Piggy...aka “the Pig”** – 68 Princess Street  
   A family run, local favorite
4. **Dianne’s Fish Shack and Smokehouse** – 195 Ontario Street  
   Mexican inspired seafood and bbq fare.
5. **Olivea** – 39 Brock Street  
   Family-run Italian trattoria known for their fresh pasta and gnocchi
6. **Le Chien Noir Bistro** – 69 Brock Street  
   French Bistro. Modern Farm to Table Fare
7. **Tango Nuevo** – 331 King Street East  
   Fusion Tapas
8. **Wooden Heads Gourmet Pizza** – 192 Ontario Street  
   Wood fire pizza and Italian eats served in a cool space

And…. no trip to Kingston would be complete without visiting....

1. **Pan Chancho Bakery & Café** – 44 Princess Street
2. **Cards Bakery** – 115 Princess Street
3. **Northside Espresso and Kitchen** – 281 Princess Street
4. **Juniper Café** – 370 King St. West
OUR GENEROUS SPONSORS

GOLD LEVEL

CropLife

SILVER LEVEL

Heart to Home Meals

Loblaws