



Food as Medicine

2022 Update – Nutrition Around the World:
Best Practices and Clinical Integrations

Friday November 25, 2022

Virtual Symposium

Toronto, ON

Target audience

Family doctors, medical trainees and other healthcare professionals with an interest in the relationship between diet and chronic disease prevention

Objectives

By the end of the symposium, participants will be better able to:

1. Compare and describe the key components of several dietary patterns including the Mediterranean, Nordic, Pure Prairie Eating Plan, Okinawa, Blue Zone and Indigenous diets.
2. Summarize the evidence of the use of these dietary patterns to improve health outcomes and manage noncommunicable diseases such as cardiovascular disease and diabetes.
3. Identify the most appropriate dietary pattern to recommend to their patients.
4. Describe effective strategies to facilitate their patients transition to plant-based diets and incorporating healthy dietary pattern recommendations into their lifestyle.

2022 Rundle – Lister Lectureship in Transformative Nutritional Medical Education

The Rundle-Lister Lectureship in Transformative Nutritional Medical Education is awarded annually to a preeminent clinician researcher in recognition of their outstanding contributions to the role of nutrition in patient care. We are pleased to present the 2022 Lectureship to **Dr. Neal D. Barnard**, Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and President of the Physicians Committee for Responsible Medicine. As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care.



TEMERTY FACULTY OF MEDICINE
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Continuing Professional Development

Department of Nutritional Sciences

**Joannah & Brian Lawson
Centre for Child Nutrition**

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Planning Committee:

John L. Stevenpiper, MD, PhD, FRCPC, *Chair*
Margaret Rundle, MD, CCFP, FCFP, *Advisor*
Viola Antao, MD, CCFP, MHSc, FCFP
Yuliya Rackal, MD, CCFP, MHSc
Chris Tomlinson, MB, ChB, PhD
Sheila Lakhoo, MD, CCFP, MScCH
Kristie Srichaikul, MD, CCFP, MSc, BSc Hon
Elena Comelli, PhD
Chantal Sorhaindo, MN, NP (PHC-GH), RN-EC, BScN
Vivian Choo, MD, MSc
Rebecca Noseworthy, MPH, RD
Chelsea McPherson, MAN, RD

**For accreditation information
and to register online:**

foodasmedicineupdate.ca



Dr. Neal D. Barnard, MD, FACC

Agenda

Friday November 25, 2022 – 8:15 a.m. – 3:55 p.m. EST
Toronto, ON, Canada – Virtual



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Time	Speaker
8:15–8:20	WELCOMING REMARKS Dr. John Sievenpiper
8:20–8:40	WHAT YOU NEED TO KNOW ABOUT THE NORDIC DIET Dr. Ursula Schwab
8:40–9:00	IS THE MEDITERRANEAN DIET THE HEALTHIEST DIET? Dr. Jordi Salas-Salvadó
9:00–9:40	Q&A PANEL # 1 Dr. Ursula Schwab, Dr. Jordi Salas-Salvadó Facilitated by: Dr. Elena Comelli
9:40–10:10	BREAK
10:10–10:30	PURE PRAIRIE EATING PLAN: A HEALTHY EATING PATTERN FOR THE PRAIRIES Dr. Catherine Chan
10:30–10:50	INDIGENOUS FOOD SOVEREIGNTY AS A DETERMINANT OF HEALTH Dr. Treena Wasontii:io Delormier
10:50–11:30	Q&A PANEL # 2 Dr. Catherine Chan, Dr. Treena Wasontii:io Delormier Facilitated by: Dr. Sheila Lakhoo
11:30–12:30	LUNCH
12:30–12:35	PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD IN TRANSFORMATIVE MEDICINE Dr. Margaret Rundle and Mr. Stephen Lister
12:35–1:20	RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION THE NEW SCIENCE OF FOOD, HORMONES AND HEALTH Dr. Neal Barnard
1:20–1:35	KEYNOTE Q&A Dr. Neal Barnard Facilitated by: Dr. John Sievenpiper
1:35–2:05	BREAK
2:05–2:25	KEYS TO HEALTHY AGING AND LONGEVITY: THE ROLE OF HEALTHY DIETS IN OKINAWA AND OTHER BLUE ZONES Dr. Bradley Willcox
2:25–2:45	WHAT TO TELL YOUR PATIENTS TRANSITIONING TO A PLANT-BASED DIET Dr. Joan Sabaté
2:45–3:05	INTEGRATING LIFESTYLE MEDICINE IN YOUR FAMILY PRACTICE Dr. Amanda Marrone
3:05–3:45	Q&A PANEL # 3 Dr. Bradley Willcox, Dr. Joan Sabaté, Dr. Amanda Marrone Facilitated by: Dr. Yuliya Rackal
3:45–3:55	CLOSING REMARKS Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit foodasmedicineupdate.ca