



Food as Medicine

2023 Update - Nutrition, Functional Foods,
and Supplements for Health Optimization

Friday November 17, 2023

Li Ka Shing Knowledge Institute

209 Victoria Street, 2nd Floor, 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. Describe the appropriate use of dietary supplements and functional foods to optimize health and manage and prevent chronic diseases including cardiovascular disease.
2. Identify dietary patterns and supplements to optimize health throughout the lifespan.
3. Consider the evidence of the safety and effectiveness of dietary supplements and natural health products.
4. Describe when and what foods and supplements should be recommended to their patients.

2023 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 2023 Lectureship to **Dr. Dean Ornish**, the founder and president of the non-profit Preventative Medicine Research Institute and Clinical Professor of Medicine at the University of California San Francisco and University of California San Diego. For over 45 years, he has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery.



TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO

Continuing Professional Development

Department of Nutritional Sciences

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



UNITY HEALTH
TORONTO

**Continuing Professional Development
Accredited Event**

Planning Committee:

John L. Sievenpiper, 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

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. Dean Ornish, MD

Agenda

Friday November 17, 2023 – 8:30 a.m. – 4:15 p.m. EST
Li Ka Shing Knowledge Institute – 209 Victoria Street, 2nd Floor, Toronto, ON



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Time	Speaker
8:30–8:40	WELCOMING REMARKS Dr. John Sievenpiper
8:40–9:00	SCIENCE SUPPORTS THE BENEFITS AND SAFETY OF SOYFOODS Dr. Mark Messina
9:00–9:20	DIET AND ETHNICITY LINKED TO METABOLIC SYNDROME Dr. Sonia Anand
9:20–9:40	FUNCTIONAL FOODS FOR HEALTH Dr. Alison Duncan
9:40–10:20	Q&A PANEL # 1 Dr. Mark Messina, Dr. Sonia Anand, Dr. Alison Duncan Facilitated by: Dr. Elena Comelli
10:20–10:50	BREAK
10:50–11:10	MULTI-INGREDIENT NUTRITIONAL SUPPLEMENTATION FOR OLDER ADULTS AND OBESITY Dr. Mark Tarnopolsky
11:10–11:30	NUTRITION AND OLDER ADULTS: WHO IS AT RISK AND HOW CAN I MANAGE THEIR CARE? Dr. Heather Keller
11:30–12:10	Q&A PANEL # 2 Dr. Mark Tarnopolsky, Dr. Heather Keller Facilitated by: Dr. Margaret Rundle
12:10–1:10	LUNCH
1:10–1:15	PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION Dr. Margaret Rundle and Mr. Stephen Lister
1:15–2:00	RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION A UNIFYING THEORY OF LIFESTYLE MEDICINE Dr. Dean Ornish
2:00–2:15	KEYNOTE Q&A Dr. Dean Ornish Facilitated by: Dr. John Sievenpiper
2:15–2:45	BREAK
2:45–3:05	ARFID – MORE THAN PICKY EATING Dr. Debra Katzman
3:05–3:25	VITAMIN D RECOMMENDATIONS, INTAKES AND STATUS ACROSS THE LIFE STAGES IN THE CANADIAN CONTEXT Dr. Hope Weiler
3:25–4:05	Q&A PANEL # 3 Dr. Debra Katzman, Dr. Hope Weiler Facilitated by: Dr. Viola Antao
4:05–4:15	CLOSING REMARKS Dr. John Sievenpiper

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