

SUNDAY, JULY 24, 2005 (Continued)**1:00-2:30 pm *Eating Naturally Nutrient-Rich Foods First: Empowering Americans to Live the Dietary Guidelines***

Sponsored by the Naturally Nutrient Rich Coalition

Grand Cypress AB

CPE 1.5

Research continues to show we are an overfed yet undernourished nation. As the nation's public health professionals struggle to help consumers watch calories to reduce the incidence of overweight and obesity, it is critical that people pack more nutrients into fewer calories. Eating naturally nutrient-rich foods first can make calories count *more*. In fact, the 2005 Dietary Guidelines Advisory Committee stressed the importance of choosing nutrient-rich foods first from all food groups for a healthy, active lifestyle. This session will present new research and review educational messages to help consumers pack the biggest nutrient punch in the calories they consume.

Sally Cummins, MS, RD, Edelman Public Relations; Adam Drewnowski, PhD, Center for Public Health Nutrition, University of Washington; Connie Guttersen, RD, PhD, Culinary Institute of America at Greystone; Peter Mitchell, MBA, StrategyOne

Moderator: Linda McCashion, PhD, U.S. Potato Board

1:00-2:30 pm *The 2005 Dietary Guidelines for Americans – What's Different and Why?*

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This session will provide an overview of the *Dietary Guidelines for Americans*, including a summary of the new 2005 Dietary Guidelines. The process by which the *Dietary Guidelines* were revised will be detailed. One guideline will be used as a case study to provide a detailed example of the scientific review that was used by the Dietary Guidelines Advisory Committee in developing their recommendations to HHS and USDA. Communications plans and resources for nutrition educators will be described. A member of the SNE Advisory Committee on Public Policy will provide an overview of SNE's process for providing comment on the Dietary Guidelines.

Theresa Nicklas, DrPH, LN, Baylor College of Medicine and member of the Dietary Guidelines Advisory Committee;

Jennifer Weber, RD, MPH, DHHS/ODPHP, and member of the Dietary Guidelines Management Team;

Ann E. Macpherson-Sanchez, EdD, University of Puerto Rico and member of ACPP of SNE

Moderator: Elizabeth Marr, MS, RD, Marr Barr Communications and member of ACPP of SNE

Organized in consultation with the SNE Advisory Committee on Public Policy (ACPP)

1:00-2:30 pm *Health at Every Size: Putting the New Weight Paradigm into Practice*

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This session is designed for nutrition educators who recognize the need for an alternative to traditional weight management programs. The Health at Every Size paradigm advocates health and quality of life at all body sizes rather than thinness at any cost. The movement includes an emphasis on healthful, pleasurable food choices, physical activity, and body size acceptance. A panel of experts will share their experiences designing, implementing, and evaluating innovative Health at Every Size programs in a variety of settings. Gain strategies for incorporating tenets of this new weight paradigm into your own nutrition education practice.

Dayle Hayes, MS, RD, Nutrition for the Future, Inc.; Karin Kratina, PhD, MPE, RD, LDN, Green Mountain at Fox Run;

Suzanne Pelican, MS, RD, University of Wyoming; Mary Kay Wardlaw, MS, WIN the Rockies

Moderator: Wendy Bounds, PhD, RD, University of Southern Mississippi

Partial support for speakers provided by the Wheat Foods Council. Organized by the SNE Weight Realities Division