

Sponsored Breakfast Seminars

THURSDAY BREAKFASTS

Australian Mushroom Growers Association Breakfast Seminar

Now Full

Date: Thursday 27th May

Time: 7:30-8:45am

Topic: DAA Mushroom Breakfast

Speakers: Fast Ed, CSIRO, Glenn Cardwell

As last year's breakfast was so successful, we will see the return of **Fast Ed**, the chef on *Better Homes & Gardens*, to delight you with more simple and tasty mushroom recipes.

Joining Ed will be one of the **CSIRO** researchers, who have been keeping tabs on mushroom research pertaining to health for the last 100 years. The mushroom industry has also collaborated with the University of Western Sydney since 2007, with their research last year revealing that bio-available vitamin B12 is in mushrooms. This year, there will be another surprise. Not only do mushrooms have vitamin D, a serve of mushrooms can provide at least the AI for vitamin D after a one second flash of pulsed light. As insufficient vitamin D is common in Australia, Glenn Cardwell APD will tell you how a serve of mushrooms could be the simple solution.

ENAG Breakfast Seminar

Eggs- Unscrambled

Still Available

Date: Thursday 27th May

Time: 7:30-8:45am

Topic: Eggs – the latest nutritional research

Speaker: Dr Don McNamara and Sharon Natoli APD

This breakfast session will be hosted by Dr Don McNamara, who has over 40 years of experience in researching cholesterol and how it impacts people, and Sharon Natoli, APD and founding director of Food and Nutrition Australia. This session will launch the six eggs a week roundtable report and will shed light on the latest nutritional research about eggs. For information about this session please visit www.enag.org.au

Unilever Breakfast Seminar

Now Full

Date: Thursday 27th May

Time: 7:30-8:45am

Topic: Antioxidants: Panacea or Placebo?

This symposium will cover the latest science in the area of antioxidants and health. Antioxidants are a generic umbrella term describing literally hundreds of different components from nutrients such as vitamin C to non-nutrients such as flavonoids. An

increasing number of foods are claiming to be rich in antioxidants or as having a high antioxidant capacity in the blood when consumed. But what does this mean and how do we know if this translates into a health benefit in the body?

This symposium will address the confusion in this area. Scientific experts will provide an update on the latest science in this area and provide advice to dietitians for how to move beyond recommending generic antioxidants to making recommendations specific to the type of antioxidant and its effect on health.

SATURDAY BREAKFASTS

Unilever Breakfast Seminar

Now Full

Date: Saturday 29th May

Time: 8:00-9:00am

Topic: The Latest on Kids Snacking

Speakers: Dr Manny Noakes, Professor Jennie Brand Miller & Susie Burrell

This symposium will cover the area of kids snacking for which there has been very little information until now. A new analysis of the 2007 Kids Eat Kids Play survey data on the snacking will be presented which will include type and frequency of snacks consumed as well as the positive and negative contribution that snacks are making to children's diets. An APD with experience in paediatric nutrition will discuss the relevance of these findings for clinical and public health practice.

Nestlé Breakfast Seminar 1

Now Full

Date: Saturday 29th May

Time: 8:00-9:00am

Topic: Very Low Energy (Calorie) Diets (VLED) : Are they still relevant, can they be used in complicated cases, and do they have benefits for long term management?

Today VLEDs have become an integral part of weight loss management for a range of conditions. VLEDs are used to treat both inpatients and outpatients who need rapid weight loss to; improve medical complications, mobilise or reduce operative risk and or kick start their weight loss journey. Who is suitable, who will benefit, and who is too unwell to use a VLED remains a complicated decision. It has often been thought that the quicker the weight is lost the quicker the weight comes back on, but is this true and are there methods that can be used that extend and or maintain early rapid weight loss? This and other aspects of VLEDs will be discussed.

Nestlé Breakfast Seminar 2

Now Full

Date: Saturday 29th May

Time: 8:00-9:00am

Title: Achieving effective and positive behaviour change.

Speakers: Craig Johnston, PhD Assistant Professor, Department of Pediatrics-Nutrition, Baylor College of Medicine, USDA/ARS Children's Nutrition Research Centre, Houston Texas.

How do we transform nutrition information and knowledge into effective behaviour changes that support better food choices? This symposium will address this question and review strategies that can be used to assist individuals in making gradual changes that can realistically be incorporated into their lives in a way that promotes improved diets and healthier weights. Craig Johnston from the USDA/ARS Children's Nutrition Research Centre will draw on his background as a psychologist and experiences from the CNRC randomised control trial in overweight Mexican American children using an intensive school-based weight reduction program. This will be discussed in the context of recent research about the nutritional literacy of Australians and similar challenges faced here.