

Register today!

Register today at www.eatrightiowa.org and follow the instructions for conference registration, or fill out the enclosed form and mail to:

Monica Lursen
27924 Butler Center Road
Clarksville, IA 50619-9253
Email: Lursen@butler-bremer.com

Cancellation Policy

Cancellations are subject to a \$25 processing fee. No refund will be given for cancellations made after 9/15/2011. Email: Lursen@butler-bremer.com

Going Green

As ADA has done for the past few years, IDA is also going green. Handouts will be available on www.eatrightiowa.org for you to download prior to the conference. You may request handouts to be available for \$15 on the registration form.

Lodging

A block of rooms is reserved at:

Fairfield Inn & Suites, \$72 + tax per night
7225 Vista Drive West
Des Moines, IA 50266
(515) 225-6100

SpringHill Suites, \$72 + tax per night
1236 Jordan Creek Parkway
West Des Moines, IA 50266
(515) 223-9005

Please identify yourself as a member of the Iowa Dietetics Group to receive discount.

For more information contact:

Julie McMillin, RD, LD
jmcmillin@hy-vee.com

or

Erin Burquist, MS, RD, LD
erin_b@iastate.edu

X-Treme

NUTRITION MAKEOVER

Give Your Career a New Look!



IOWA DIETETIC ASSOCIATION ANNUAL MEETING
November 1 -2, 2011

Hy-Vee Conference Center
5820 Westown Parkway | West Des Moines, Iowa
515-267-2892

November 1, 2011

7:00 a.m. REGISTRATION & CONTINENTAL BREAKFAST

8:15 a.m. WELCOME

Jill Lange, RD, LD - President, Iowa Dietetic Association

8:30 a.m. THE POWER OF FUN AT WORK

Walt Stasinski, MEd, MPH

Do you really enjoy your job? Would you like to achieve success and have fun doing it? Take your job seriously but yourself lightly. Learn how to use humor to reduce stress, promote creativity, enhance productivity and defuse conflict.

CPE level: II Learning Needs: 1000, 1120

9:30 a.m. NATIONAL CATTLEMEN'S BEEF ASSOCIATION SPEAKER

10:30 a.m. BEVERAGE BREAK

10:45 a.m. CLEARING THE CLUTTER IN THE GLUTEN-FREE WORLD

Shelly Asplin, MA, RD, LMNT
Dee Sandquist, MS, RD, LD, CDE

The diagnosis of celiac disease and the incidence of gluten sensitivities are spiraling upward. This presentation will equip you with the knowledge and tools to confidently educate those requiring a gluten-free diet.

CPE level: II Learning Needs: 2000, 2070, 5000, 5110
Sponsor: CSA

11:45 a.m. NETWORKING BUFFET LUNCH

Visit our sponsors, exhibitors and posters

2:00 p.m. MEDIA SKILLS FOR DIETITIANS

Ashley Hinson, KCRG-TV, Cedar Rapids, news anchor
Kara Behlke, RD, LD, Hy-Vee dietitian, Cedar Rapids
Judy Fitzgibbons, MS, RD, LD, Hy-Vee dietitian, Cedar Rapids

Have no fears about taking the call when your local television station calls. Ashley Hinson, news anchor for KCRG-TV in Cedar Rapids and 2011 IDA GEM Award winner, will provide strategies on how to become a more effective speaker by creating powerful and positive messages for television viewers. Assisted by Cedar Rapids Hy-Vee dietitians Kara Behlke and Judy Fitzgibbons, Hinson will host a mock live nutrition news segment and show participants how to create a visually appealing performance.

CPE level: II Learning Needs: 1090, 1130, 1100
Sponsor: Hy-Vee

3:00 p.m. THE BENEFITS OF HOPS AND BEER

Discover emerging research on the unique nutrition properties and the health benefits of beer. Session will also include an opportunity to experience and taste beer and food pairings, including artisan beer and local cheeses.

CPE level: I Learning Need Codes: 2000, 8000
Sponsor: Samuel Adams

4:00 p.m. BEER AND CHEESE PAIRING

Sponsor: Midwest Dairy Council and Samuel Adams

4:30 – 6:00 p.m. PRESIDENT'S RECEPTION

November 2, 2011

7:00 a.m. REGISTRATION & CONTINENTAL BREAKFAST

8:15 a.m. WELCOME & OPENING REMARKS

Sue Reams, RD, LD - President-Elect, Iowa Dietetic Association

8:30 a.m.: CHILDHOOD HEALTH AND WELLNESS PANEL

Debra K. Sullivan, PhD, RD

Guest presenters: Monica Lursen, RD, LD, Fuel Up to Play 60 Iowa Student Ambassador and Iowa Dairy Producer.

Overview of the state of childhood obesity - how programs and resources can work together to help reverse the negative trend and produce a healthier generation of kids. An Iowa dietitian and student ambassador will share success stories and how they are making a difference with the Fuel Up to Play 60 program.

CPE level: II Learning Needs: 4160, 3020, 4030, 4150, 8000, 9000, 6040
Sponsor: Midwest Dairy Council

10:00 a.m. BREAK: YOGURT PARFAITS

Sponsor: Midwest Dairy Council

10:15 a.m. BREAKOUT SESSIONS—Choose One of the Following:

Bringing Kids Eat Right to Life! How to be a champion for school nutrition and offer lunches kids love.

Nikki Stahr RD, LD ; Midwest Dairy Council along with School Food Service Director from SE Polk school district

Provides an overview of the school nutrition environment, challenges and benefits. How to overcome challenges by involving students in the process of recipe development to create a winning menu. A brief demonstration and taste testing of the successful recipe implemented at SE Polk Schools.

CPE level: II Learning Needs: 4080, 8000, 8090, 8110, 8100, 4160
Sponsor: Midwest Dairy Council

What's New at the Meat Case with Beef and Pork?

Nancy Degner, Executive Director, BS Food Science / Home Economics Education, Iowa Beef Industry Council.

Joyce Hoppes, BS Home Economics Education
Iowa Pork Producers Association.

This presentation will focus on new beef and pork cuts, most of which meet the definition for "lean" and give tips on how to choose lean cuts. A new law for nutrition labeling at the meat case goes into effect in January 2012 - learn what to expect.

CPE level: I Learning Need Codes: 2000, 8000
Sponsor: Iowa Beef Industry Council and the Iowa Pork Producers Association

11:00 a.m. BREAKOUT SESSIONS—Choose One of the Following:

Connecting the Meat Cut to Its Cookery

Nancy Degner, Executive Director, BS Food Science / Home Economics Education, Iowa Beef Industry Council

Joyce Hoppes, BS Home Economics Education
Iowa Pork Producers Association.

New cookery guidelines have been released for pork; learn how to make lean cuts of beef and pork tender. Where do beef and pork fit on MyPlate?

CPE level: I Learning Need Codes: 2000, 8000
Sponsor: Iowa Beef Industry Council and the Iowa Pork Producers Association

November 2, 2011 (continued)

Putting the Physical Activity Play in Action: getting kids active at least 60 minutes a day outside of gym class.

Nikki Stahr RD, LD ; Midwest Dairy Council along with Des Moines Public Schools PE Curriculum Director and the Fuel Up to Play 60 Iowa Student Ambassador

Sharing success of the Fuel Up to Play 60 program; how it has provided an opportunity to increase physical activity for kid in school. Student ambassador and PE director will guide participants through physical activity plays.

CPE level: II Learning Needs: 6010, 4060, 4160, 4000
Sponsor: Midwest Dairy Council

12:00 a.m. AWARDS AND BUSINESS LUNCH

1:30 p.m. GOOD THINGS FIRST

Dr. Joan O'Keeve, RD,LD

Joan will show you how to incorporate the Good Things First philosophy into your practice. Learn Joan's ten-second diet advice that anyone can implement, which supplements to choose - and what to avoid, which beverages to drink and why, and how to live healthy and disease-free at any age.

CPE level: II Learning Need Codes: 1000, 4000, 7000
Sponsor: Cardiotabs

3:00 p.m. MY JOURNEY AND HOW GOURMET GARDEN WILL WORK FOR YOU

Chef Sandy Tadlock, CPC- Culinary Team Member, Gourmet Garden Herbs and Spices

I was recently diagnosed as having intolerance to gluten. Although my condition is not celiac disease, it was clear that changing my diet was necessary for my health. I will tell my story and how successful I have been through dietary change. It is even more challenging for me since I am a professional chef.

CPE level: I Learning Need Codes: 4000, 5000, 8000
Sponsor: Gourmet Gardens

4:00 p.m. CONFERENCE ENDS



Registration Form

X-TREME NUTRITION MAKEOVER - GIVE YOUR CAREER A NEW LOOK! IOWA DIETETIC ASSOCIATION ANNUAL MEETING

Conference Fees: **Please note a price break for reregistering before 9/16/2011.**

	IDA/ADA MEMBER	OUT OF STATE ADA MEMBER	NON-MEMBER	STUDENT/RETIRED	AMOUNT
Full Conference Early Bird Before 9/16/11	\$180	\$205	\$280	\$90	_____
Full Conference After 9/16/11	\$205	\$230	\$305	\$115	_____
November 1, 2011 Before 9/16/11	\$115	\$130	\$190	\$60	_____
November 1, 2011 After 9/16/11	\$140	\$155	\$215	\$85	_____
November 2, 2011 Before 9/16/11	\$115	\$130	\$190	\$60	_____
November 2, 2011 After 9/16/11	\$140	\$155	\$215	\$85	_____
I would like printed handouts				\$15	_____
				TOTAL	_____

Contact Information

Name and Credentials _____

Company/Organization _____

Mailing Address _____

Daytime/Evening Phone _____

Email _____

Do you need a lunch?

Tuesday, November 1 _____

Wednesday, November 2 _____

Vegetarian Meal

Vegetarian Meal

Gluten-Free Meal

Gluten-Free Meal

If attending on November 2, 2011, please select which of the concurrent sessions you will attend: (Select one)

_____ **10:15 a.m.**
BRINGING KIDS EAT RIGHT TO LIFE

_____ **10:15 a.m.**
WHAT'S NEW AT THE MEAT CASE
WITH BEEF AND PORK?

_____ **11:00 a.m.**
CONNECTING THE MEAT CUT TO
ITS COOKERY

_____ **11:00 a.m.**
PLAY 60 PLAYS, HOW TO GET KIDS
MOVING