

	IDA/ADA Member	Non-Member	Student/Retired	Amount
Full Conference	\$150	\$250	\$75	_____
Thurs. Dec 4 th	\$100	\$175	\$45	_____
Fri. Dec 5 th	\$100	\$175	\$45	_____
Late Fee after 11/21	\$25	\$25	\$25	_____
Pharmacist Certification Fee		\$10		_____
			Total	_____

_____ I plan to bring an item to donate to the Silent Auction. All proceeds will be used for scholarships for dietetic students and the American Dietetic Association Foundation.

First & Last Name, Credentials:

Position:

Company/Organization:

Mailing Address:

Phone:

E-mail:

Thursday, December 4, 2008 continued

11:45 a.m. LUNCHEON & BUSINESS MEETING

1:00 p.m. THE JOURNEY OF PROFESSIONAL PASSION CONTINUES

Wolf J. Rinke, PhD, RD, CSP
President, Wolf Rinke Associates, Inc.
(0.5 CEU/CPE)

1:30 p.m. ANCIENT GRAINS: BACK TO THE FUTURE

Elizabeth Arndt, PhD
Manager, Research & Development, ConAgra Foods

Ancient grains have sustained traditional societies for millennia-and still do in parts of Africa, Asia and Latin America. Learn more about these "lost" grains-amaranth, quinoa, sorghum, teff and millet which are packed with whole grain nutrition, including fiber, phytonutrients, vitamins and minerals. And if the health benefits aren't enough to convince you, one taste and you'll have your proof. (1 CEU/CPE).

2:30 p.m. POSTER VIEWING, MEET THE SPEAKERS & BOOK SIGNING

(1 CEU/CPE)

3:30 p.m. WINE 101 & PERFECT PAIRINGS

Dan Katalinich
Certified Wine Educator, Society of Wine Educators
Glazer's Distributors

Learn the qualities of a fine wine, the true art of wine-tasting and wine's medicinal properties, as we sample six varieties of wines with a renowned wine expert. Discover perfect pairings of American cheese to complement the delicious delicacies of each wine's nuance. (1.5 CEU/CPE)

5:00 p.m. PRESIDENT'S RECEPTION/ NETWORKING

HyVee

5820 Westown Parkway
West Des Moines, Iowa

Donna Dolan
Hy-Vee, Inc.
5820 Westown Parkway
West Des Moines, IA 50266

just food



Iowa Dietetic Association
Annual Meeting
December 4 - 5, 2008
Hy-Vee Conference Center

5820 Westown Parkway | West Des Moines, Iowa

Thursday, December 4, 2008

**7:15 a.m. REGISTRATION
& CONTINENTAL BREAKFAST**

8:00 a.m. WELCOME AND OPENING REMARKS
Joetta Redlin, MS, RD, LD
President, Iowa Dietetic Association

**8:30 a.m. KEY TO REDISCOVERING YOUR
PROFESSIONAL PASSION**
Wolf J. Rinke, PhD, RD, CSP
President, Wolf Rinke Associates, Inc.,

Dr. Rinke, a highly motivational and entertaining keynote speaker, combines storytelling, humor and motivation with specific action strategies that you can apply immediately to improve the quality of your personal and professional life. You will laugh, cry and think and come away with a renewed sense of hope, energy and inspiration. (1 CEU/CPE)

**9:30 a.m. NUVAL -
OVERALL NUTRITION QUALITY INDICATOR**
David L. Katz, MD, MPH, FACP, FACPM
Director, Yale Griffin Prevention Research Center,
Associate Professor, adjunct, of Public Health, Yale
School of Medicine

Coming to supermarkets soon, The NuVal™ Nutritional Scoring System exclusively uses the Overall Nutritional Quality Index (ONQI) algorithm, giving consumers clear information about the nutritional value of the foods they eat. Food is rated on a scale of 1 to 100 based on its micronutrient and macronutrient composition and several other of its nutritional properties (e.g., energy density). (1 CEU/CPE)

10:30 a.m. STRETCH BREAK

**10:45 a.m. SOYFOODS:
GOOD NUTRITION AND BEYOND**
Mark Messina, PhD
Adjunct associate professor at Loma Linda University
Co-Owner, Nutrition Matters, Inc.

Offering a wide range of expertise on the health benefits of soy, Dr. Messina will provide the most current information on this locally grown wonder legume. (1 CEU/CPE)

Friday, December 5, 2008

**7:00 a.m. REGISTRATION &
MADE-TO-ORDER OMELET BREAKFAST**
Sponsored by Sparboe Farms Omega 3 Eggs
District Presidents' Breakfast

**8:00 a.m. NUTRIENT-ENHANCED EGGS
A HEALTH BENEFIT**
Bruce Behrends, PhD
Sparboe Farms Inc.

Following a delicious made-to-order omelet breakfast, you'll discover how changing the diets of chickens creates a healthier egg and can lead people to better health. Omega Eggs were developed by poultry scientists at several universities. Besides being rich in heart-healthy omega-3 fats, they contain more lutein and vitamin E. (0.5 CEU/CPE)

**8:30 a.m. NUTRITION DEFICIT DISORDER
OMEGA 3 FISH OILS**
Bill Sears, M.D., or Dr. Bill as his "little patients" call him
Associate Clinical Professor of Pediatrics,
University of California, Irvine, School of Medicine.

Send your child to the head of the class! Dr. Sears provide insight on the optimal levels of DHA needed to ensure proper growth, brain development, mood, focus and cognitive functions. Learn about the various food products fortified with DHA to improve children's health. Dr. Sears is the father of eight children as well as the author of over 30 books on childcare.

**9:30 a.m. NATURAL CHOLESTEROL REDUCTION
THE LATEST DEVELOPMENTS IN
FUNCTIONAL FOODS AND BEVERAGES**
Rebecca S. Reeves, DrPH, RD, FADA
Baylor College of Medicine assistant professor,
registered dietitian and past-president of the
American Dietetic Association

Discover natural ways of lowering cholesterol through diet. Some of the exciting areas covered by Dr. Reeves include: what plant sterols are and how they promote positive heart health; the range of products now available that contain CoroWise™; samples of CoroWise™-containing products. (1 CEU/CPE)

Friday, December 5, 2008 continued

10:30 a.m. EXHIBITS & SILENT AUCTION
Meet the Author and Book Signing
(1 CEU/CPE)

**11:30 a.m. IMMUNITY AND FUNCTIONAL
INGREDIENTS**
Roger Clemens, DrPH, CNS, FACN, FIFT
USC School of Pharmacy

Discover the challenges and opportunities for food and supplement industries in the quest to improve immune system function with functional ingredients.

12:30 p.m. LUNCHEON & EXHIBITS

**1:30 p.m. HIGH-PERFORMANCE HEALTH:
BEING HEALTHY IS MORE THAN NOT BEING SICK**
James M. Rippe, M.D.
Professor of Biomedical Sciences, University of Central
Florida Director, Rippe Lifestyle Institute

As cardiologist and director of the Rippe Lifestyle Institute, Dr. James Rippe has devoted his entire career to promoting the concept of "wellbeing" by encouraging people to view health as more than just the absence of disease. Armed with more than 20 years of research, Dr. Rippe will share his blueprint for optimal health and wellness from his recent book, High Performance Health: 10 Real Life Solutions to Redefine Your Health. (1 CEU/CPE)

2:30 p.m. STRETCH BREAK

**2:45 p.m. PROBIOTICS IN DAIRY
PAST, PRESENT, AND FUTURE**
Jennifer Zirbel, PhD
Director of Ingredient Marketing, Midwest Dairy, St. Paul, MN.

Probiotics, digestive health, intestinal flora... What does it all mean?? Probiotics play a fundamental role in human health. Come learn about what probiotics are, what they can do for our bodies, and where we can find them. The history of probiotics dating back to the 19th century will be reviewed as well as insights shared on future research and potential new claims and benefits! (1 CEU/CPE)

**3:45 p.m. CLOSING REMARKS & DRAWING FOR
SPECIAL PRICES AND GIFTS**

4:00 p.m. ADJOURN



REGISTER TODAY
EatRightIowa.org

and follow the instructions for conference registration.

OR CLIP AND SEND FORM TO:

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

Cancellation Policy: Cancellations are subject to a \$25 processing fee. No refunds will be given for cancellations after November 21, 2008.
e-mail: lursen@butler-bremer.com

For information contact: Donna Dolan,
ddolan@hy-vee.com or Julie Halfpop at
jhalfpop@martinsnet.com