



Enhancing health and wellness through fibre: From prevention to treatment

Speaker:

Wendy Dahl, PhD, RD, FDC



Although dietary fibre is well known for its gastrointestinal benefits, increasing evidence supports its role in chronic disease prevention, including cardiovascular disease, type 2 diabetes, and some cancers. In addition, dietary and functional fibres have demonstrated efficacy in the dietary management of a variety of diseases and conditions, with higher intakes improving wellness and survival.

Current research supports that fibre's fate in gut – whether it's fermented or not – may be the key to its health-enhancing metabolic effects, specifically the mitigation of inflammation linked to chronic disease.

As fibres differ greatly in composition, physical properties and physiological effects, the effectiveness of dietary fibres, fibre ingredients added to foods and supplements differ depending on the desired outcome, target population or disease state.

Following this session you will take away:

- A comprehensive understanding of fibre and the relationships between higher fibre intakes and disease risk and management
- Knowledge of effective approaches to guide clients in the community, and in primary and acute care settings, to achieve optimal fibre intake.

COAST TO COAST SPEAKER SERIES

Dietitians of Canada is pleased to present

ENHANCING HEALTH AND WELLNESS THROUGH FIBRE: FROM PREVENTION TO TREATMENT

Speaker

Wendy Dahl, PhD, RD, FDC

Dr. Wendy Dahl is an Associate Professor in the Food Science and Human Nutrition Department, University of Florida and an adjunct faculty in the College of Pharmacy and Nutrition, University of Saskatchewan. She leads research examining the role of plant foods, fibre and probiotics on chronic disease management and gastrointestinal health and wellness. As a nutrition Extension specialist for the state of Florida, she develops and implements wellness-promoting food and nutrition education programming, with an emphasis on aging.

Wendy currently serves as an editorial board member of the *Canadian Journal of Dietetic Practice and Research*, *Nutrition Research* and the *NACTA Journal*. She has published widely in professional journals, including co-authoring the current Position Paper of the Academy of Nutrition and Dietetics “Health Implications of Dietary Fiber”. She is a registered dietitian and a Fellow of Dietitians of Canada.



Session Rates

LIVE SITES (taxes incl.)

Early Bird Fee:

- DC member \$65.00
- DC student \$45.00
- Non-member \$95.00

Full Fee:

- DC member \$80.00
- DC student \$60.00
- Non-member \$110.00

REMOTE SITES (taxes incl.)

Early Bird Fee:

- DC member \$55.00
- DC student \$35.00
- Non-member \$80.00

Full Fee:

- DC member \$70.00
- DC student \$50.00
- Non-member \$99.00

EARLY BIRD DEADLINES

Ottawa and Halifax

by October 4, 2017

Toronto, Winnipeg, Edmonton and

Vancouver

by February 12, 2018

Dietitians of Canada gratefully acknowledges the financial support of this Speaker Series provided by:



Locations, Dates & Registration

To find specific locations, how to set up a remote site and to register, go to www.dietitians.ca/events and click on the posting for your region.

Locations/Dates:

Ottawa

October 25, 2017

Halifax & via webinar to the Atlantic Region

October 26, 2017 1:00-4:30

Toronto & via OTN videoconference to Ontario

March 5, 2018 1:00-4:30

Winnipeg & via Telehealth to Manitoba

March 6, 2018 8:30-11:30

Edmonton & via Telehealth to Alberta, Northwest Territories, Nunavut, Yukon & Saskatchewan

March 8, 2018 9:00-12:00

Vancouver & via videoconference to British Columbia

March 9, 2018 9:00-12:00

Registration/Sponsorship Inquiries: events@dietitians.ca

