



### **Keynote Speaker**

#### **Passion for the Profession and Diversity**

*Rita Batheja, MS, RDN, CDN, FAND, AFMCP*

Rita Shah Batheja, MS RDN CDN FAND AFMCP is Academy's Top award recipient called Medallion Award, Dietitians in Integrative and Functional Medicine Practice Group and Asian Indians Member Interest Group's Visionary award recipient, Vegetarian Nutrition Practice Group and Dietitians in Integrative and Functional Medicine Practice Group's service award recipient, Diabetes Care and Education Practice Group and New York State Academy of Nutrition and Dietetic association's excellence in Legislative Advocacy award recipient, Long Island Academy of Nutrition and Dietetics distinguished dietitians of the year award recipient, Hospital Food Administrator's member of the year award recipient. Joy of Practice recognition award – Hope in

Healthcare by the Point of Life Foundation, Brahma Kumaris World Spiritual Organization has truly a passion for the profession, diversity, Public Policy and MNT Reimbursement! Rita serves on the executive committee of Women's Health DPG, is past Diversity Chair of DIFM DPG, Public Policy Leadership team on Hunger and Environmental Nutrition and member of many DPGs like Behavioral Health Nutrition, Medical Nutrition, Nutrition Entrepreneur, Pediatric Nutrition, Weight Management DPG, International Affiliate of AND (IAAND formerly AODA) and Institute of Functional Medicine. She is a professional volunteer, originally from Mandvi, Kutch, Gujarat State in India. Graduated from MS University, Baroda and post graduate from Hunter College in New York. She has served in many organizations including American Diabetes Association, American Heart Association and Cancer Society. She is a nationally and internationally recognized Integrative and Functional Medicine Registered Dietitian nutritionist in private practice in Baldwin Harbor, New York. Rita planted the seeds for the book Indian Foods: AAPI's guide to nutrition, health and diabetes. She is the originator of AAPI's guide to Optimal Health: using principles of Functional Medicine and Nutrition Genomics e-Book part I, II and III. She credits MDs, RDs, RNs, Dentist, scientists, Naturopathic physicians, Chiropractors who are contributing authors! She is initiator of DIFM DPG's Standard of Practice and Standard of Professional Performance. Rita has appeared on several TV and print media including Academy's journal, many DPGs quarterly newsletters. Today's Dietitian, Food Service Directors and Weight Watchers magazine. Entrepreneur, dedicated dietitian lives with her husband Kashi, travels the world and enjoys life doing many things together.



#### **A Review of Inflammatory Bowel Disease-From Diagnosis to Dietary Treatment Options**

*John Stutts, MD, MPH*

University of Louisville School of Medicine, Norton Children's Hospital

Dr. Stutts is a native of Louisville, Kentucky. He earned his undergraduate degree from Purdue University. He then earned his Doctorate of Medicine from the University of Louisville. He completed his Pediatric Residency, Pediatric Gastroenterology Fellowship and Master of Public Health from Vanderbilt University. Dr. Stutts then returned to the University of

Louisville to join the faculty of the Department of Pediatrics in the Division of Pediatric Gastroenterology, Hepatology and Nutrition in the year 2000.

Dr Stutts has been an investigator for multiple clinical trials at the Norton Children's Pediatric Clinical Research Unit. He serves as the Associate Director of Education for the Division of Pediatric Gastroenterology at the University of Louisville. He is a past member of the Professional Education Committee and is a current member of the Public Education Committee for the North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition. He is a widely sought after speaker/lecturer and is passionate about education through the spoken word.



### **Mindful Cooking and Eating**

*Karen S. Newton, MPH, RD*

Karen S. Newton, MPH, RD, is Director of Health Promotion in Wellbeing Central, a division of U of L Campus Health Services. Since 2007, she has directed development of the resilience framework to support the academic grit and personal wellbeing of the U of L students.

Mission: Collaborating to build a campus community that values wellbeing. The high-impact programs and services focus on these elements of resilience: nutrition and cooking skills; sexual health & relationships, alcohol & substance resiliency; fitness, movement and body

awareness; stress resiliency, sleep efficiency, EAT! Eating Awareness Training and the famous Flash Nap workshops. Karen added Mindfulness & Meditation classes and retreats to the students' stress resilience menu in spring 2015. Karen is a graduate of San Diego State University and completed her Master of Public Health degree in nutrition science and community health promotion at Loma Linda University, CA. Ms. Newton is a registered dietitian, a Wellbeing Integrator, a certified MB-EAT teacher and certified Koru Mindfulness teacher.



### **NEL (Nutrition Education Leadership)**

#### **Reducing Restrictions: A Pediatric Renal RD's Recs**

*Maggie Murphy, Pediatric Renal Dietitian, PhD, RD, LD*

Maggie Murphy joined Pediatric Nephrology at UK's Children Hospital last summer as their first Registered Dietitian. Maggie came to the division with previous experience in obesity and diabetes research, specifically how early life stress such as child abuse and neglect can predispose an individual to develop metabolic syndrome including hypertension in adulthood. She has been a registered dietitian for 7 years and is excited to bring her passion

of helping children and families develop balanced lifestyles in order to experience healthy relationships with their bodies, food, and their emotions.

Maggie's educational background includes a PhD in Nutritional Sciences and an MS in Dietetics Administration from the University of Kentucky. She obtained a B.S. in Food Science and Human Nutrition from the University of Florida. She currently serves as Treasurer for the Kentucky Academy of Nutrition and Dietetics and has previously served as President and State Policy Representative. In her free time, she enjoys competing in half-marathons, waterskiing on the lake, and checking out the local food scene.



### **The Psychological Treatment of Eating Disorders**

*Dr. Cheri Levinson, PhD*

University of Louisville, Department of Psychological and Brain Sciences

Cheri Levinson is an Assistant Professor in the Department of Psychological and Brain Sciences at the University of Louisville and Director of the Eating Anxiety Treatment (EAT) lab. She is also the Clinical Director of the Louisville Center for Eating Disorders, where she treats clients, and supervises and trains other clinicians and students in evidence-based treatments for eating disorders. Dr. Levinson's research focuses on (a) understanding the

high levels of comorbidity between eating and anxiety disorders and (b) applying empirically supported treatments for anxiety disorders, specifically exposure therapy, to the eating disorders and (c) using empirical guidelines to personalize treatment for the eating disorders. Dr. Levinson's clinical works focuses on the treatment adults and adolescents with eating disorders.



**Near & Far: Partnering a Local Urban Farm Project with a National Healthy Food Initiative**

*Amanda Goldman, MS, RD, LD, FAND*

System Director, Quality and Wellness / CHI Food and Nutrition Services / Director of Diabetes and Nutrition Care KentuckyOne Health

Amanda Goldman obtained her B.S. in Dietetics from Miami University and her M.S. in Clinical Nutrition from the University of Kentucky. She completed her dietetic internship at the University of Kentucky Hospital. Amanda is currently the System Director of Quality and Wellness for the Catholic Health Initiatives Food & Nutrition Services national program. In this role, she is responsible for leading quality and patient satisfaction initiatives, a healthy food initiative program, a comprehensive malnutrition program, among several other projects. Prior to this role, Amanda was a Regional Director for the CHI Food & Nutrition Services program. Immediately before that, she was the Director of Nutritional Services for Saint Joseph Hospital and Saint Joseph East in Lexington, Kentucky. Along with her current position, Amanda is also the Director of Diabetes & Nutrition Care for KentuckyOne Health. Amanda is a Past-President of the Kentucky Academy of Nutrition and Dietetics and is now our Awards & Honors Co-Chair. She is also currently the Immediate Past Chair for Management in Food & Nutrition Systems, a dietetic practice group of the Academy of Nutrition and Dietetics.



**Near & Far: Partnering a Local Urban Farm Project with a National Healthy Food Initiative**

*Ivor Chodkowski*

Harvest Restaurant Owner

Ivor Chodkowski's tenant operation, Field Day Family Farm, will be turning twenty years old in 2016. Ivor now produces vegetables, dried beans, chickens, and sometimes turkeys, sometimes hogs on 30 acres of land, has a CSA of over 100 families, does farmers markets, and regularly employs more than half a dozen people on the farm.

For the last ten years, some of Ivor's help have been farm apprentices seeking both hands on and more theoretical experiences (including regular workshops and field trips to other area farms) in agriculture. Graduates from the formal apprenticeship alone are more than twenty with several graduates having gone on to start their own farming operations, one having gone on to be an agricultural extension specialist in the peace corps in Bolivia, and many others now placed in additional jobs related to agriculture in the community.

Currently, Field Day Family Farm is host to the Food Literacy Project (a 501c3) where executive director, Carol Gunderson, a Field Day graduate, has been hard at work making the farm an educational opportunity for area children and youth. Ivor was a FLP founding board member in 2006. Many of Ivor's customers have children whose first meaningful farm experience was at Ivor's farm right here in Jefferson County, Kentucky.

Over the years Ivor has been involved in many community efforts. In 2002, Ivor received a key to the City for his work in helping to start farmer's markets in Louisville's food deserts. In 2003, he visited the World Social Forum and the Rural World Assembly in Porto Allegre, Brazil, as a delegate from the United States. He served, in 2005, as the President of Community Farm Alliance, a true grassroots organization committed to helping farmers and other area citizens help themselves in areas of policy and economic development in Kentucky and southern Indiana. In 2006, Ivor was instrumental in helping to pass House Bill 120, testifying in both houses in the legislature in Frankfort. The bill allowed for the extension of permitting for prepared foods at farmers' markets

In 2007, with funding from the USDA and later from Kentucky's Agricultural Development Board, Ivor helped open Grasshoppers Distribution, Kentucky's first and only all local food distribution company serving area farmers and the area community with a multi-farm CSA, and serving, as well, area stores, restaurants, and institutions. Despite its closure in 2013, the food-hub was nationally recognized and widely viewed, in both rural and urban communities, as a critical piece of local food and farm infrastructure. It's resurrection in 2016, with partner, Eddie Vetter, and chef, Nick King is focused on minimally processed local foods.

In the spring of 2011, along with three partners and many small investors from the local community, Ivor opened a local foods restaurant in NuLu on East Market Street in Louisville. The award winning restaurant is called Harvest.



### **Beef & Bourbon**

***Michael Schafer, Esq., Sommelier, CSW, CCTP***

Michael Schafer — The Wine Counselor®, brings the world of wine and spirits down to earth for everyone to enjoy. Michael is a distinguished spirits and wine educator holding the Sommelier (Court of Master Sommeliers), Certified Specialist of Wine (Society of Wine Educators) and the Certified Specialist of Spirits (Society of Wine Educators) designations. He has been widely featured across leading networks and publications about a wide-range of spirits and wine topics. Michael is a Professor at Oakland Community College and Baker

College-Culinary Institute of Michigan. Laugh, learn and have fun as The Wine Counselor® "edutains" you about wine and spirits!



### **Cultural Competence in the Workplace**

***Sylvia Klinger, DBA, MS, RD, LDN, CPT***

Award-winning author and global nutrition entrepreneur Dr. Sylvia Klinger is founder of Hispanic Food Communications, a nutrition communications and culinary consulting company.

It is her Hispanic background that has fueled her passion for nutrition, which has led her to empower and encourage those in her community through the foods(recipes) they make in their kitchens.



### **Probiotics, prebiotics and recent advances in our knowledge of the infant intestinal microbiome in health and disease**

***Benjamin D Gold MD, FACC, FAAP***

Medical degree from The George Washington University School of Medicine and Health Sciences, Washington, DC, Internship and a residency in Pediatrics at Emory University School of Medicine, Fellowship in Pediatric Gastroenterology at the Hospital for Sick Children in Toronto, Canada, Research fellowship at the Research Institute as a Medical Research

Council of Canada Research Fellow.

Dr. Gold joined Children's Center for Digestive Healthcare, LLC. GI Care for Kids, LLC. in 2009. Prior to joining CCDHC, he had an outstanding academic career at Emory University where he had been a Marcus Chair of Pediatric Gastroenterology, a tenured Professor of Pediatrics and Microbiology and the Director of the Division of Pediatric Gastroenterology, Hepatology and Nutrition. He was also Chief of Gastroenterology Service and Medical Director of the Gastrointestinal Diagnostics and Endoscopy Laboratory of Children's Healthcare of Atlanta at the Egleston hospital campus.

He is a national leader in the pursuit of critical questions regarding the epidemiology and pathobiology of acid-related diseases in children, in particular, gastroesophageal reflux disease (GERD) and other esophageal disease (i.e. Eosinophilic Esophagitis, EoE). He has been a key organizer and participant in all of the national and trans-Atlantic, clinical practice guidelines for treatment of pediatric H. pylori infection. In addition, 2005, he established the Aerodigestive Center of Children's Healthcare of Atlanta, and is the Director of Quality for this multidisciplinary center that now follows almost 300 fragile, medically-complex children with Aerodigestive disease. He is the co-Director of GI Care for Kids site for the Improve Care Now Quality Improvement Collaborative. He was a member of the FDA panel establishing GRAS status for Lactobacillus and Bifidobacterium probiotics, and he has been actively involved in characterizing the gut microflora and its relationship to diet and the development and management of IBD, as well as GI allergy and eosinophilic esophagitis, EoE.

Dr. Gold has published over 150 peer-reviewed manuscripts, over 30 book chapters, is been a sought-after lecturer on upper GI disease in children, as well as, is an international thought leader on pediatric esophageal disease (GERD & EoE),

Helicobacter pylori infection, as well as gut-microbial interactions leading to intestinal inflammation, allergy and immune-mediate disease, including pediatric inflammatory bowel disease (Crohn's and ulcerative colitis).



### **Modern Agriculture**

*Milton Stokes, PhD, MPH, RD, FAND*

**DIRECTOR, GLOBAL HEALTH & NUTRITION OUTREACH**

Raised in the 491-person town of Hazel, Kentucky, Milton Stokes, who now resides in St Louis, is Director of Global Health and Nutrition Outreach for Monsanto where he engages with Registered Dietitians on topics pertaining to food, agriculture, and nutrition. Previously, Milton had a professorship and directed a dietetic internship at the University of Saint Joseph in Connecticut.

Milton also worked in healthcare throughout New York City and New England, has authored multiple books, including a New York Times best seller, and is a former restaurateur.



### **NEL (Nutrition Education Leadership)**

#### **For the Love of Your Body**

University of Kentucky Student speaker: *Kaylee Kroyer*

Kaylee Kroyer is a student at the University of Kentucky pursuing a career as a registered dietitian. She is a member of the Coordinated Program in Dietetics and is currently completing her dietetic internship, which will conclude in August. She is an active member of Christian Student Fellowship at the University of Kentucky, serving as a student leader for the past 2 years. She aspires to be a Registered Dietitian who empowers clients and patients by encouraging them to recognize their worth as individuals. She believes the foundation for healthy lifestyles is a healthy mind and an abundance of self-respect. Her hope is to continue to explore opportunities to positively impact those around her, both through her career as a Registered Dietitian and through her every day life.



#### **For the Love of Sugar, What Every RD Needs to Know About Genetic Sucrase Isomaltase Deficiency**

*Amy Hammons, MS, RD*

Amy currently work as the Manager of Commercial Nutrition and Diet Support for QOL Medical, educating dietitians and other health care providers about Genetic Sucrase Isomaltase Deficiency. She graduated from the University of Oklahoma Health Sciences Center in 1994 with a Masters of Nutritional Sciences and did my internship at OU Medical Center. Amy has worked in many different capacities as a dietitian, from acute care rehabilitation to nursing home consulting, and even sold enteral nutrition for Nestle. She has been married 24 years, has 2 children that are attending the University of Oklahoma, and a sweet little lazy terrier named Murphy.



#### **Food News & Chews: Serving Kentucky Proud**

*Sylvia Lovely*

As a lawyer and educator, Sylvia Lovely never expected to be in the restaurant business with Azur Restaurant and Patio and Brasabana which features Cuban cuisine. In fact, she doesn't even cook – she claims that she has no need when co-owner and Chef Jeremy Ashby makes such superb dishes that she enjoys on a nightly basis. In addition to being an owner, Lovely serves as a media adviser to the restaurants as well as co-hosting Food News and Chews Radio, WVLC 590 AM from 1:00 until 2:00 p.m. every Saturday and every Friday morning with the popular Jack Pattie show along with Chef Jeremy. She particularly loves sharing her cooking mishaps (such as forgetting the noodles in Lasagna) that come with trying at least one or two things ... every year or so! She also loves

joining together with Chef Jeremy to discuss with audiences the importance of the local food movement as he prepares a mouthwatering dish.

Kentucky born and raised, Chef Jeremy Ashby has emerged as a prize winning chef in an era when tradition and the local food movement have united and Kentucky is the “in” place to live and work and experience culinary delights. A co-owner and a part of the Azur Food Group, he joins Chef Miguel Rivas, Bernie Lovely and Rob Mudd in bringing the finest of cuisine to Lexington in the form of Azur Restaurant and Patio, Dupree Catering and Events and the newest member of the family -- Brasabana, featuring Cuban cuisine.

Chef Jeremy’s culinary story started at the side of his grandmother. He speaks of her southern agricultural roots in Richmond, KY and of scouring the garden for the season’s latest bounty. Jeremy was educated in the “hands on” Montessori tradition. He carried on his grandmother’s traditions of growing and preparing food from an early age. Today, he prepares exquisite dishes with all manner of meats, vegetables, fruits and sauces -- infusing them with layered flavors and seasonings.



### **Food News & Chews: Serving Kentucky Proud**

Jeremy Ashby, Executive Chef

Jeremy’s more formal culinary education began with a degree from Johnson & Wales University in Charleston, South Carolina in 2000 graduating Summa Cum Laude. And, after pursuing additional training and experience with renowned chefs Donald Barickman, Donald Drake and Norman Van Aken in Charleston and Miami, he brought those traditions home to Kentucky. Curious about all aspects of the culinary trade, he earned a degree from the University of Kentucky in business administration and hospitality and has been an owner of

Azur and a member of the Azur Food Group since 2007.

Among Chef Jeremy’s awards and accolades, he has been a participating chef in numerous James Beard dinner tours including an appearance at the original James Beard House in New York City, the winner of the inaugural Lyons Farm International Chef Showdown in 2012, and first place winner of the Kentucky Great American Seafood Cook-Off, 2011. In addition to his work as executive chef, he co-hosts Food News and Chews television along with Sylvia Lovely on Kentucky Educational Television and a radio version on WVLC 590 AM. Chef Jeremy is an established and still rising star in a crowded culinary universe. He is a promoter of the Kentucky



### **Science Behind Beer Brewing**

*Adam Watson, Esq., President of Kentucky Guild of Brewers*

AGAINST THE GRAIN BREWERY

Adam Watson has walked what he calls an "irresponsible educational path". He majored in Theatre, double-minored in Mathematics and Physics, went to law school, passed the Bar, and opened a brewery. In addition to steering the first 6 years of global success at Louisville's Against the Grain Brewery, he also founded the Kentucky Guild of Brewers to nurture and advocate for Kentucky's blossoming craft beer industry. When he's not doing 'beery' things (and often when he is), Adam plays tabletop role playing games, listens to heavy metal, watches soccer, and raises his three daughters.