

**NUTRITION INNOVATION**  
**WHAT'S FRESH?**

Tuesdays @ noon PT  
March 11 – April 8, 2025

1 Diet Culture    4 Ethics & AI  
2 Food Technology    5 Disease Updates  
3 Nutrition Trends    6 Business

**100% GUARANTEED 5 CPEU**

Oregon & Washington State Academy of Nutrition and Dietetics Virtual Conference 2025  
**Registration is Open**

Join us for the upcoming Oregon and Washington State Academy of Nutrition and Dietetics Virtual Conference 2025!

We anticipate that 5-7 hours CPEU will be approved for our 5-part series.

### Session 1: Tuesday - March 11, 2025, @ noon PT

#### AI in Dietetics: Innovation with Integrity

Speaker: Grace Scarborough, RDN

- Identify possible AI applications within the field of dietetics.
- Apply practical strategies for incorporating AI into practice.
- Examine AI's ethical concerns and drawbacks, enabling informed decisions on implementation in practice.

*Suggested Competencies: 1.1.3, 1.1.5, 1.2.6, 5.2.1, 6.2.1 (Ethics)*

### Session 2: Tuesday - March 18, 2025, @ noon PT

#### Advances in Obesity Management: What RDNs Should Know

Speaker: Dr. Johnathan Purnell, MD, FTOS

- Define obesity as a chronic illness, including its relation to cardiovascular disease and Type 2 Diabetes.
- Discuss the impact of pharmacological interventions in weight loss, as well as factors that impact safety and efficacy of treatment.
- Explain the importance of balanced nutrition and dietary management for patients receiving weight loss medication, and how RDNs fit into the interdisciplinary approach to care.

*Suggested Competencies: 11.4.1, 11.4.2, 11.4.5, 11.4.6*

### Session 3: Tuesday - March 25, 2025, @ noon PT

#### Introduction to Autoimmune Nutrition

Speaker: Caylee Clay, RDN, LDN, CYT

- Identify relevant research and appropriate medical nutrition therapy interventions for autoimmune diseases in general.
- Counsel a client living with autoimmune disease on the initial steps to improve autoimmune health outcomes using nutrition.
- Give examples of advanced interventions that should be explored, once the initial steps have been completed, that will address concerns/issues that are individual to each client.

*Suggested Competencies: 9.1.1, 9.1.2, 11.3.6, 11.3.9*

**OR & WA State Academy Member Early Pricing**  
Five Session Package: \$85 Members, \$35 Students  
Single Session: \$20 Members, \$10 Students  
Bonus 6<sup>th</sup> Session Available at a Discount

**Early Rates End:**  
**2/10/2025**  
**Don't Delay!**

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### Session 4: Tuesday – April 1, 2025, @ noon PT

#### Cultural Foods: Recipes, Partnerships, and Community Bonds

Speaker: Betina Applewhite, MS, RDN, LDN, SNS

- Analyze the nutritional benefits of incorporating cultural foods into a healthy lifestyle.
- Identify effective strategies to engage targeted community demographics in recipe development and testing.
- Discuss how ongoing partnerships can enhance community health outcomes.

*Suggested Competencies: 1.1.3, 1.1.5, 1.2.6, 5.2.1, 6.2.1*

### Session 5: Tuesday – April 8, 2025, @ noon PT

#### Support Oral Health: Nutrition for Oral Microbiome Homeostasis

Speakers: Sara Karlin, DDS & Ellen Karlin, RDN, LDN, FADA

- Discuss the synergistic relationship between the child's diet and oral health.
- Outline strategies to assist patients in navigating the complex landscape of nutrition and pediatric oral health.
- Identify opportunities for collaboration with oral healthcare professionals.

*Suggested Competencies: 9.2.2, 9.2.3, 9.2.4, 10.1.1*

### Bonus Session: Thursday – April 10, 2025, @ 4:30 PM PT

#### Beer & Bites: Exploring Craft Beer, Local Food Pairings, Nutrition and Sustainability

Speakers: Melissa Page, MS, RDN, CSOWM, LDN & Zach Page

- Identify five unique styles of beer based on flavor profile, aroma, and color.
- Choose appropriate beer and food pairings for five unique styles of beer.
- Describe the process, ingredients, and history of brewing beer.

*Suggested Competencies: 12.1.2, 12.1.3, 13.4.2, 13.4.3*

**This session is offered at a 50% discount – we anticipate it will include CPEU!**

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