



Massachusetts Academy of Nutrition and Dietetics Annual Nutrition Convention and Exposition



Friday, April 4, 2025

Four Points Sheraton

1125 Boston-Providence Turnpike Norwood, MA 02062

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Day at a Glance

2025 ANNUAL NUTRITION CONVENTION AND EXPOSITION

DAY-AT-A-GLANCE

Friday, April 4th - 7:00 AM - 5:00 PM

All sessions are eligible for
licensure credits

7:00 – 7:30	Registration & Breakfast			
7:30 – 8:00	Exhibits & Posters			
	Breakout Session 1 Room 101	Breakout Session 2 Room 103	Breakout Session 3 Room 104	Pediatric Nutrition Practice Group (PNPG) Presents: From Infants to Adolescents Room 201
8:10 – 9:10	Mindful Nutrition: Nutrition Strategies for Peak Cognitive Performance Lauren Planas, MS, RDN, LDN	Nutrition and the Pancreas: What the Practicing Clinician Should Know Kevin Walton, MS, RD, LDN, CNSC (Level 2)	Building Your Network to Grow Your Net Worth: Networking Strategy for Dietitians in Business Emily Gozy, MS, RDN, CDN	Expanded Pediatric Nutrition-Focused Physical Exam Michele Spurlock, RD
9:20 – 10:30	<p>President's Address: Sarah Andrus</p> <p>Keynote Address: Reignite Your Passion and Rediscover Compassion: Overcoming Compassion Fatigue Mandy Enright, MS, RDN, RYT</p> <p>Grand Ballroom</p>			
10:30 – 11:00	Exhibits & Posters			
11:10 – 12:10	Tangible Tips and Takeaways for Current and Aspiring Sports RDs Kailah Murphy, MS, RD, CSSD	POTS - An Increasingly Common Diagnosis Sarah Criscuolo, MS, RD, CGN, CSN, CPT (Level 2)	Building Greener and Healthier Institutions: The Role of RDs in Sustainability-Driven Wellness Camille Finn, MS, RD, LDN	Tiny Tots, Tactical Tummies: Infant Feeding's Role in Food Allergy Prevention Malina Malkani, MS, RDN, CDN
12:10 – 1:10	<p>Lunch & Awards Grand Ballroom</p>			
1:10 – 1:40	Exhibits & Posters			
1:40 – 2:40	Cannabis and Gastrointestinal Health: What is the Current Evidence? Galaxie Story, PhD, RD	Unlocking the Secrets of Stronger Bones: The Future of Personalized Recommendations for Bone Health Kelsey Mangano, PhD, RDN (Level 2)	What Constitutes Gender-Affirming Care? Results from a Qualitative Study with Implications for Dietitians Providing Nutrition Counseling Meg Salvia, PhD, RDN	How Being an Eating Disorder-Informed Dietitian Optimizes Affirming, Holistic Care for Adolescents and Young Adults. Jay Patruno, MS, RDN, LDN, CPT, CNC
2:50 – 3:50	Elevate Your Leadership with Emotional Intelligence Chrissy Carroll, MPH, RD, CPT, RRCA Running Coach	Energy and Protein Needs in Critical Illness: Updates and New Considerations Beth Peterson, MS, RD, CSO, LDN, CNSC (Level 2)	Chronic and Disordered: Exploring the Intersection of Chronic Illness and Eating Disorders Anita Dharwadkar, RD, LDN Anna Sweeney, MS, RD, CEDS-S, LDN	Food, Feeding and Eating: How to Optimize Positive Habits in Children of Every Size Jill Castle, MS, RDN
4:00 – 5:00	<p>Networking & Posters Grand Ballroom</p> <p>MDEF Raffle</p>			

Thank you to our Bronze Sponsor, Compass Group!



April 4, 2025

Dear Attendees,

Welcome to the 2025 Massachusetts Annual Nutrition Convention and Exposition (ANCE)! I am excited to learn and connect with you all.

First and foremost, a huge thank you to our ANCE Planning Committee: Administrative Director, Maureen Kelly Gonsalves; ANCE Co-Chairs, Alex Pitkin-Morin and Nicolette Maggiolo, Vendor Chair, Sarah Littman; Speaker Co-Chairs, Inna Kagan and Stella Uzogara; Awards Chair, Jillian Allen; Poster Co-Chairs, Katie Gustamachio and Emily Sylvester, and Student Volunteer Chair, Christina Karalolos, in addition to all the committee and student volunteers. Their hard work, creativity, and countless hours behind the scenes have made this conference possible.

This year, we are excited to partner with Academy of Nutrition's Pediatric Nutrition Practice Group (PNPG) to offer a dedicated pediatric nutrition track. We hope you enjoy this excellent line up!

As I reflect on this past year, I am honored to have served as MAND President. Our board consists of dietitians from a wide variety of disciplines who all come together with the goal of advancing our profession. It has been inspiring to witness their dedication firsthand, and I'm grateful for the chance to lead and learn alongside them.

Looking ahead, I encourage each of you to step forward as advocates for our profession - now more than ever. With ongoing changes in healthcare and nutrition policy, our voices are critical. Whether we're advocating for improved access to nutrition services, promoting evidence-based practices, or mentoring future dietitians, we all have a role to play in shaping the future of our profession. Our MAND policy team is frequently sharing Action Alerts to send to your legislators and opportunities to attend legislative events to share our concerns and ideas. The largest voice wins - so let's do this collectively.

Finally, please join me after the last session for our social hour. This is a fantastic opportunity to unwind, connect with colleagues, and expand your professional network. Whether you're meeting new faces or catching up with familiar ones, the power of collaboration and shared ideas often starts in these informal settings.

Thank you for being here today and for your dedication to nutrition. I hope this conference inspires, educates, and empowers you in your work.

Sarah Andrus, MS, RD, LDN



President, Massachusetts Academy of Nutrition and Dietetics

MAND would like to thank the entire Convention Planning Committee for their dedication and hard work in planning this event.

MAND Administrative Director:

Maureen Kelly Gonsalves

MAND President:

Sarah Andrus

Convention Chairs:

Nicolette Maggiolo, Co-Chair

Alexandra Pitkin-Morin, Co-Chair

Awards:

Jillian Allen, Chair

Angela DiTucci

Kelsey Webster

Alyssa Charles

Exhibits:

Sarah Littmann, Chair

Sophie Kamveris

Ginny King

Mary Rybicki

Anna Casaceli

Patricia Jeanette Schaible

Matt Stranberg

Yara Gholmie

Sydney Glenn

Posters:

Emily Sylvester, Co-Chair

Katie Gustamachio, Co-Chair

Speakers:

Inna Kagan, Co-Chair

Stella Uzogara, Co-Chair

Rob Dunn

Patricia Jeanette Schaible

Hilary Walentuk

Ashley Draviam

Tyra Bradbury

Kaylea Flanagan

Brittany Kiss

Meg Salvia

Student Volunteers:

Christina Karalolos, Chair



**This year's awards recipients will be
honored and recognized during lunch:**

Dietitian of the Year:

Valerie Machinist, MS, RDN, LDN

Emerging Dietetic Leader:

Dr. Joyce Faraj-Ardura, PhD, MS, RDN, LDN

Recognized Young Dietitian of the Year:

Inna Kagan, MS, RDN, LDN

Outstanding Educator:

Sara O'Brien, MS, RD-AP, LDN, CNSC

Outstanding Preceptor:

Jessica Pelletier MS, RD, LDN, CNSC

Outstanding Dietetics Student:

DI: Gabryella Rodrigues

DPD: Jillian MacLean

Congratulations on all of your achievements!



Thank you to our Bronze Sponsor, Compass Group, for their generous support!



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2025 ANCE Session Summaries and Speaker Biographies

Friday, April 4, 2025

Please note each of the following sessions are worth 1 CPEU. All sessions are eligible for MA licensure credit unless noted otherwise.

8:10 - 9:10 AM

Mindful Nutrition: Nutrition Strategies for Peak Cognitive Performance

Lauren Planas, MS, RDN, LDN

Session Summary:

In this session, we'll explore the link between nutrition and cognitive function, focusing on specific foods and dietary patterns that support mental and physical performance.

We discuss evidence-based insights on how key nutrients—such as omega-3 fatty acids and antioxidants—support cognitive functions like memory, attention, and problem-solving, ultimately supporting human performance. The session also covers the efficacy of common supplements used to enhance cognitive function and athletic performance.

Throughout the session, we'll offer practical and sustainable strategies for incorporating cognitive-boosting foods into daily nutrition plans to optimize cognitive performance.

Speaker Bio:

Lauren Planas, MS, RD is a dedicated and passionate practitioner specializing in performance nutrition and eating disorders. She completed her dietetic internship alongside her Bachelor of Science in Dietetics through the University of Connecticut's Coordinated Program and then went on to earn a Master of Science in Nutrition at Boston University.

With O2X Human Performance, Lauren was the RD for The Massachusetts National Guard where she functioned as an integral part of the performance team to improve the nutritional readiness of upwards of 7,500 Service Members at the individual, unit, wing and battalion level. Prior to this, she had gained extensive experience working with individuals of all ages recovering from disordered eating in the outpatient, partial hospitalization program, and collegiate setting.

Nutrition and the Pancreas: What the Practicing Clinician Should Know



Kevin Walton, MS, RD, LDN, CNSC

*Level 2

Session Summary:

This session aims to review basic anatomy and physiology of the pancreas, as well as common nutrition related issues, surgical procedures, and the related medical nutrition therapy that may be utilized. In reviewing evidence based recommendations and considerations, participants will leave with more knowledge and confidence in tackling issues relating to this vital organ.

Speaker Bio:

Kevin Walton is clinical dietitian who works at Massachusetts General Hospital with a primary patient population of GI/Trauma surgery, urology, and orthopedics. He is also a collaborator with the MGH Pancreatitis Treatment Center providing care in both the inpatient setting, as well as the multidisciplinary outpatient clinic. Kevin has experience in the nutritional management and nutrition support for a range of complex pancreatic conditions as well as other gastrointestinal surgeries. His experience also includes being faculty and presenting for a Harvard Medical School online seminar as well as speaking at the inaugural conference for IgG4ward.

Building Your Network to Grow Your Net Worth: Networking Strategy for Dietitians in Business

Emily Gozy, MS, RDN, CDN

Session Summary:

Unlock the power of connection for dietitians! Join us for an engaging session on essential networking skills tailored for dietitians in business. Discover why networking is crucial for your career growth, learn where to find key industry events, and master effective strategies to initiate conversations and expand your professional network. Whether you're new to the field or looking to enhance your connections, this session will equip you with the tools to build meaningful relationships that can elevate your practice and open doors to new opportunities.

Speaker Bio:

Emily Gozy is a Registered Dietitian based out of Syracuse, NY, with her virtual practice, Nourished with Emily. Emily is a 2018 graduate of Marywood University's Coordinated Program in Nutrition and Dietetics, and a 2019 graduate of Concordia University of Chicago's Master's in Applied Exercise Science with a Concentration in Sports Nutrition. Her expertise lies in weight management through an all-foods-can-fit approach, bettering relationships with food, and improving confidence in her client's skin. She is a frequent contributor to TIME Magazine, SHAPE Magazine, and HUFFPOST, serves as a Media Spokesperson for NYSAND, and was the 202 winner of the Recognized Young Dietitian of the Year Award.



Expanded Pediatric Nutrition-Focused Physical Exam

Michele Spurlock, RD

Session Summary:

Appropriate identification of pediatric malnutrition has been progressing. The Academy of Nutrition and Dietetics (the Academy) and the American Society for Parenteral and Enteral Nutrition (ASPEN) recommend specific clinical indicators for pediatric malnutrition with mild, moderate, and severe severity levels. Nutrition-focused physical exam (NFPE) findings have become vital in supporting a pediatric malnutrition diagnosis. NFPE of an infant or child assesses the patient's body composition, micronutrients, developmental milestones, and sexual development to understand how their disease, conditions, or surgical history affects their overall growth and development. An expanded NFPE can be completed in various settings. This presentation uniquely provides the nutrition clinician with a pediatric perspective of NFPE techniques, relevant findings, and helpful tips related to pediatric malnutrition and abnormalities in micronutrient status, allowing clinicians to maintain competency.

Speaker Bio:

Michele is the Pediatric Dietitian for Intensive Care (PICU) and Intermediate Medical Care Units (IMCU) at Children's Hospital of The King's Daughters in Norfolk, Virginia. She graduated from the University of Oklahoma. She has worked from neonatal to elderly and long-term care to critical care. One of Michele's key roles is collaborating with the medical teams, providing crucial nutrition support and education to patients and their families during their hospital stay. Her educational efforts extend to residents, physicians, nurses, pharmacists, and milk/formula technicians. She ensures they are well-versed in the latest pediatric nutrition support techniques and developments in human milk and formulas.

She is deeply invested in pediatric nutrition support, critical care, malnutrition, and all things NFPE. Michele has authored two articles, one for PNPG's Building Blocks on water flushes and the latest in the DNS Support Line on Pediatric NFPE 2.0. Her contributions also extend to YouTube, where she has shared videos on pediatric NFPE, one on ASPEN's channel, and one on DNS's. Michele's advocacy for furthering pediatric nutrition research and education is a cornerstone of her work, as she actively encourages others to contribute to these important areas.

9:20 - 10:30 AM

Keynote Address: Reignite Your Passion and Rediscover Compassion: Overcoming Compassion Fatigue

Mandy Enright, MS, RDN, RYT



Session Summary:

Registered Dietitian Nutritionists (RDNs) are deeply invested in helping others achieve healthier lives, but the emotional and physical demands of caregiving can take a toll, leading to compassion fatigue. This presentation will focus on equipping RDNs with strategies to reignite passion for their work while rediscovering their natural compassion for both clients and themselves. Participants will learn evidence-based tools from Mindful Self-Compassion (MSC) and Mindfulness-Based Stress Reduction (MBSR) to help manage stress, build resilience, and prevent burnout. This session will highlight how small, intentional practices can create profound changes in well-being and rekindle joy in professional life.

Speaker Bio:

Mandy Enright is an award-winning registered dietitian, yoga, fitness, and mindfulness instructor based at the Jersey Shore and author of *30-Minute Weight Loss Cookbook: 100+ Quick and Easy Recipes for Sustainable Weight Loss*. She specializes in worksite wellness, nutrition communications, and providing simple, actionable mealtime solutions from planning to preparation. A prior career as an advertising executive fuels her mission for promoting self-care to busy professionals. Mandy is known as the FOOD + MOVEMENT® Dietitian for her fun and flexible approach to maximize body and mind performance through lifestyle and mindset changes that integrate rather than deviate into our busy daily lives.

Learn more about Mandy at www.mandyenright.com and follow her @mandyenrightRD on Instagram, LinkedIn, Facebook, YouTube, and TikTok.

11:10 - 12:10 PM

Tangible Tips and Takeaways for Current and Aspiring Sports RDs

Kailah Murphy, MS, RD, CSSD

Session Summary:

This presentation focuses on giving practitioners practical tips for optimizing nutrition for athletes to enhance performance, recovery, and overall health. It highlights the importance of food as fuel, emphasizing mindful eating and dispelling common food misconceptions. Attendees will learn about Relative Energy Deficiency in Sport (RED-S) and its impact on health and performance. Practical strategies include constructing balanced performance plates, nutrient timing for training, and creating personalized hydration plans. The presentation underscores the



role of hydration in improving cognitive function, digestion, muscle health, and body temperature regulation. Guidance on dietary supplements, including safe selection and third-party certifications, is provided to fill nutritional gaps. Key considerations for using caffeine as an ergogenic aid and avoiding unsafe energy drinks are discussed. Attendees are encouraged to monitor and adjust nutrition strategies based on individual needs. A checklist for performance nutrition ensures actionable takeaways. The session concludes with resources and contact information for further support.

Speaker Bio:

Kailah Murphy is a credentialed Registered Dietitian (RD) and Board Certified Specialist in Sports Dietetics (CSSD) through the Academy of Nutrition and Dietetics. She completed her Bachelors and Masters Degrees and Dietetic Internship through Boston University.

Her Current and past experience includes:

Director of Football Nutrition at Boston College

Sports Dietitian at Fuel Forward LLC

Adjunct Faculty, Sports Nutrition at Boston University

Associate Director of Sports Nutrition, Olympic Sports at University of Virginia

Lead Dietitian, Goals Program, Walden Behavioral Care

POTS - An Increasingly Common Diagnosis

Sarah Criscuolo, MS, RD, CGN, CSN, CPT

Session Summary:

Since the COVID-19 pandemic, more and more people are experiencing symptoms of and being diagnosed with Postural Orthostatic Tachycardia Syndrome, or POTS. While there is no cure for POTS, there are several dietary and lifestyle changes that can be put into place to help manage, or sometimes even alleviate, the symptoms of POTS. As providers who are often able to see patients much more consistently than doctors, it's important for dietitians working with POTS patients to understand how to implement these interventions and monitor patient progress.

Speaker Bio:

Sarah is a registered dietitian who specializes in POTS, gut health and intuitive eating. As someone with chronic conditions herself, she has always had an interest in working with folks with autoimmune disorders. She has additional experience working with a wide variety of patient populations, including those with type 2 diabetes, disordered eating, and those just looking for general nutrition education.

Sarah has been a personal trainer since 2020, with a background in both one-on-one and group training. She has experience with all populations, but specializes in those with POTS or who are



just getting started on their fitness journeys. In addition, she is versed in meditation and breathwork, and is skilled in utilizing these modalities in combination.

Building Greener and Healthier Institutions: The Role of RDs in Sustainability-Driven Wellness

Camille Finn, MS, RD, LDN

Session Summary:

As institutions look for ways to reduce their ecological footprints while promoting healthier environments, Registered Dietitians (RDs) are uniquely positioned to lead efforts that integrate nutrition, sustainability, and wellbeing. This presentation will demonstrate how RDs can influence the adoption of sustainable dietary patterns, advocate for eco-friendly food systems, and nudge individuals and organizations to make healthier choices for both themselves and the planet. Practical strategies for implementing sustainable nutrition practices in institutions will be covered using real-world examples. Ultimately, this presentation aims to inspire RDs to drive integration and foster healthier, more sustainable environments in schools, hospitals, and corporate offices.

Speaker Bio:

Camille Finn, MS, RD, LDN is an experienced Registered Dietitian specializing in employee wellness, food psychology, and nutrition advocacy. She is currently a Wellbeing and Food Environment Portfolio Manager for the corporate dining and food service company, Guckenheimer. Based in Cambridge, MA, Camille oversees nutrition and food sustainability operations for a client with corporate dining facilities around the world. Camille provides expertise in nutrition for analyzing recipes, training food service staff, nutrition and allergen labeling, sustainability initiatives, choice architecture, and menu development. She also develops wellness programming for employees including workshops, webinars, onsite events, culinary demonstrations, and more. She is passionate about sustainability and believes that dietitians can play a vital role in driving environmental change.

Tiny Tots, Tactical Tummies: Infant Feeding's Role in Food Allergy Prevention

Malina Malkani, MS, RDN, CDN

Session Summary:

Attendees will leave with a clear understanding of how and why infant feeding guidelines have shifted so dramatically in recent years, current barriers to food allergy prevention, racial, ethnic, and socioeconomic disparities in food allergies in the U.S., and how to communicate practical, evidence-based messaging to help reduce the risk of food allergies in the communities they serve. After the session, they will be able to distinguish between current research-based feeding guidelines and emerging areas of research (including the potential roles that breastfeeding



exposure, timing, and quantity of specific common allergens, and eczema play in the development of food allergies).

Speaker Bio:

Malina Malkani, MS, RDN, CDN, is the pediatric registered dietitian, best-selling author, speaker, and single mom of 3 behind the Instagram and TikTok handle, @healthy.mom.healthy.kids. A top nutrition influencer dedicated to educating her combined audience of over 150,000 followers, Malina is a trusted expert in and owns a nutrition consulting company that helps caregivers feed their babies and kids with confidence. She is the author of "Simple and Safe Baby-Led Weaning: How to Integrate Foods, Manage Portion Sizes, and Identify Allergies" and the creator of two online courses: "Safe & Simple Baby-Led Feeding" and "Solve Picky Eating." Her new book, "Safe and Simple Food Allergy Prevention: A Baby-Led Feeding Guide to Starting Solids and Introducing Top Allergens," was published in 2024. A Forbes Health Advisory Board Member, member of the Advisory Council for the RWJF Reframing Child Health and Obesity project, and former national media spokesperson for the AND, Malina completed her degrees at Northwestern University and New York University.

1:40 - 2:40 PM

Cannabis and Gastrointestinal Health: What is the Current Evidence?

Galaxie Story, PhD, RD

Session Summary:

This presentation will broadly cover what is known in regard to cannabis use, including individual cannabinoids like CBD, and gastrointestinal function. It will review what the current evidence has shown and aims to provide listeners with an understanding of the growing world of cannabis and cannabinoid supplements from a nutrition therapy perspective.

Speaker Bio:

Dr. Galaxie Story currently works in regulatory affairs at Ajinomoto Cambrooke Inc. Prior to working in regulatory affairs, Galaxie completed her PhD and postdoctoral research at UMass Amherst. Her research projects included topics such as the impact of plant bioactives on gut microbe communities, cannabinoid pharmacokinetics, and development of novel antimicrobial cleaning agents. Galaxie worked at Cooley Dickinson Hospital as an inpatient dietitian in tandem with her graduate career. In her free time, she enjoys gardening, cake decorating, and visiting the numerous breweries that Western Massachusetts has to offer.



Unlocking the Secrets of Stronger Bones: The Future of Personalized Recommendations for Bone Health

Kelsey Mangano, PhD, RDN

Session Summary:

Exciting new research is transforming how we approach osteoporosis prevention, tailoring advice to individual lifestyles. While calcium has long been championed for bone health, groundbreaking studies reveal that other factors, such as fruit and vegetable consumption and its impact on the gut microbiome, may play a role in maintaining bone density and quality. Explore the complex connection between lifestyle and bone health and the emerging research that is paving the way for personalized strategies to safeguard our bones as we age.

Speaker Bio:

Kelsey Mangano, Ph.D., R.D., is Associate Professor and Director of the Nutritional Science Program in the Department of Biomedical and Nutritional Sciences at The University of Massachusetts, Lowell. She also serves as Associate Director of the Center for Population Health. Professor Mangano's research lab has two main foci. The first aims to elucidate mechanisms behind the impact of nutritional factors on musculoskeletal aging, such as alterations in the gut microbiome and metabolome. The second aims to quantify human exposure to food additives and contaminants, and how these substances influence the human gut.

What Constitutes Gender-Affirming Care? Results From A Qualitative Study with Implications for Dietitians Providing Nutrition Counseling

Meg Salvia, PhD, RDN

Session Summary:

Providing competent, safe, gender-affirming care is necessary to ensure individuals in the LGBTQ+ community are optimally supported and not harmed in medical or nutrition counseling settings. This session presents results from a qualitative research study focused on the experiences of LGBTQ+ participants. The presentation includes a summary of key findings with respect to what participants identify as key components of gender-affirming care and will highlight implications for dietitians and applications for improving nutrition counseling skills when working with individuals across all gender identities.

Speaker Bio:

Meg Salvia, PhD, RDN is a Clinical Assistant Professor in the Health Sciences Department at Boston University. She has also been a dietitian for 12 years with a group private practice specializing in nutrition counseling for eating disorder recovery as well as diabetes, including co-occurring diagnoses. She completed her dietetics training and internship at Boston University.



and recently completed a PhD in Population Health Sciences with concentrations in Nutritional Epidemiology and Population Mental Health at Harvard University. Her current research focuses on diabetes, eating disorders, and eating behavior patterns in adolescents and young adults.

How Being an Eating Disorder-Informed Dietitian Optimizes Affirming, Holistic Care for Adolescents and Young Adults

Jay Patruno, MS, RDN, LDN, CPT, CNC

Session Summary:

Generation Z is the first generation to never know life without the internet, or the unlimited access to information - for better or worse. The prevalence of eating disorders is on the rise in younger populations, and the diet-culture we live in perpetuates maladaptive habits that could be harmful to one's health. Even when not treating someone with an eating disorder, applying eating disorder-informed practices to any disease state can help treat the primary health concern while not creating a negative relationship with food and body in the future. It is possible to have a variety of young adult and adolescent clients with a variety of body types, health goals, and health literacy levels without limiting the scope of your dietetics care.

Speaker Bio:

Jay Patruno (he/him/his) is a registered dietitian with experience treating eating disorder in all levels of care, and well as being tasked to provide weight management for younger client populations. From working at Walden Behavioral Care to institutions of higher education to outpatient telehealth private practices to now working at the Baystate Health Children's Pediatric Specialty Center, Jay has had to walk the line of treating eating disorders while also educating and supporting clients and families in building healthier habits to prevent and manage chronic disease connected to excess adiposity. In his current role he treats ages 0-18 in Baystate's Pediatric Gastroenterology Clinic and Adolescent Medicine Clinic where clients present for eating disorder care, PCOS, dyslipidemia, prediabetes, Celiac disease, IBS, and IBD. Being eating disorder informed means understanding the relationship of food and body, and the cognitive impacts messaging around a diet, exercise, and weight have on someone's well-being. Applications of this can take form in any care setting for and health condition, and can help optimize client well-being while preventing maladaptive thoughts and behaviors down the line.

2:50 - 3:50 PM

Elevate Your Leadership with Emotional Intelligence

Chrissy Carroll, MPH, RD, CPT, RRCA Running Coach

Session Summary:



Unlock your true potential as a leader and communicator by improving your emotional intelligence! In this session, you'll participate in an interactive self-evaluation, highlighting strengths and areas for improvement. We'll explore how mastering emotional intelligence can enhance management and counseling skills, create stronger team dynamics, and foster a positive and productive workplace. You'll learn practical strategies for further developing each of the four emotional intelligence domains.

Speaker Bio:

Chrissy Carroll is a vibrant Registered Dietitian with more than fifteen years of experience in the nutrition field. She has tackled many roles, including nutrition education in both the K-12 and collegiate settings, corporate wellness programming for local businesses, and administration of a food and fitness curriculum at a homeless shelter. She currently works as a full-time content creator, freelance writer, and brand consultant in the culinary nutrition space. In addition to being an RD, Chrissy is also a certified running and triathlon coach.

Energy and Protein Needs in Critical Illness: Updates and New Considerations

Beth Peterson, MS, RD, CSO, LDN, CNSC

*Level 2

Session Summary:

Recent studies on protein and calorie provisions for critically ill patients have started to contrast standard recommendations, often making it confusing when calculating needs. This session will review the current literature and discuss considerations to be made when writing nutrition recommendations for critically ill patients. A case study will be presented to help summarize these concepts.

Speaker Bio:

Beth Peterson MS, RD, CSO, LDN, CNSC earned her undergraduate degree from Penn State University and her graduate degree from Arizona State University. She has been a clinical dietitian, primarily focused on critical care nutrition, for over 20 years, first at The University of Pittsburgh Medical Center and currently at UMass Memorial Medical Center. She is board certified in both nutrition support and oncology nutrition. She currently serves on the ASPEN Enteral Committee and is the Chair-Elect for the Dietitians in Nutrition Support dietetics practice group of the Academy.

Chronic and Disordered; Exploring the Intersection of Chronic Illness and Eating Disorders

Anita Dharwadkar, RD, LDN



Anna Sweeney, MS, RD, CEDS-S, LDN

Session Summary: In this presentation we will discuss the challenges and opportunities of treating clients with co-occurring eating disorders and chronic illness. We will speak about the challenges that wellness culture offerings impact the way that humans with chronic illness navigate the eating disorder recovery process. Additionally, we will speak about the realities of being chronically ill practitioners working with members of this specific patient population.

Speaker Bio: Anita: Anita Dharwadkar (dar-wad-car) (she/her) is a chronically ill registered dietitian who is passionate about helping her clients heal their relationship with food and their body. Anita specializes in the treatment of eating disorders, disordered eating and co-occurring medical conditions that result from these illnesses. She also has a passion for working with those with chronic illness. Anita runs an ED recovery and chronic illness support group which provides a space for those with co-occurring conditions to foster healing and find community.

Anna: Anna Sweeney (she/her) is a chronically ill and disabled relational nutrition therapist and registered dietitian. She has dedicated her career to nutrition counseling, supervising, and consulting in the field of eating disorders. She is a Certified Eating Disorder Specialist and Consultant and a certified Intuitive Eating counselor. Anna is the owner of a group nutrition therapy practice dedicated to anti-oppressive, fat-positive eating disorder care. Anna has spoken locally and nationally at numerous conferences and media outlets, is globally recognized as a resource in her field, and regularly communicates on social media as @dietitiananna.

Food, Feeding and Eating: How to Optimize Positive Habits in Children of Every Size

Jill Castle, MS, RDN

Session Summary:

Parents are central to feeding children and cultivating good habits in the areas of food choices and eating. Young children are developing their food preferences, eating habits, and their relationship with food. In this presentation, Castle presents the research, obstacles, and strategic tips for cultivating nutritious food choices, productive feeding practices, and appetite-informed eating in young children, at every size. Attendees will learn how to frame food without shame and encourage nutrient-rich food choices; promote productive feeding practices and encourage a positive feeding environment; and understand myriad factors influencing eating behaviors, including appetite traits, and tools to encourage regulation and healthful eating habits.

Speaker Bio:



Jill Castle is one of the nation's premier childhood nutrition experts. Known for her ability to blend current research, practical application, and common sense, Jill believes that children can thrive at every size. With her paradigm-shifting, whole-child approach, she inspires parents, healthcare professionals, and organizations that serve children and families to think differently about young people's health and wellbeing.

A sought-after speaker, advisor, and media contributor, Jill has inspired a range of audiences with her up-to-date, practical insights on childhood nutrition. She serves as an expert reviewer for Parents.com, has been featured as a guest expert in CNN, The Washington Post, The New York Times, Forbes, Newsweek, Time, and many other outlets, and has consulted with schools and many organizations.

Jill is the founder and CEO of The Nourished Child®, a nutrition education website and podcast for parents. She is the author of books including Kids Thrive at Every Size, Eat Like a Champion, The Smart Mom's Guide to Starting Solids, and co-author of Fearless Feeding. Jill is the mother of four adult-ish children and lives in Massachusetts with her husband.

4:00-5:00 PM

Closing Networking and Posters Session

New this year! Please join your fellow colleagues for a fun networking reception from 4:00 – 5:00 pm! Mingle with old friends or make new ones! There will be several networking groups based on specific practice areas, including private practice, clinical, and food service. Networking is key to building relationships that can help advance your career and the field of nutrition. There will be passed hors d'oeuvres and a cash bar. The winner of the MDEF Raffle will be announced at the commencement of the reception. Winner must be present to win. We hope to see you there!



Performance Indicators (PIs)

Presenter Name	Title of Presentation/Topic	Performance Indicators (PIs)
Lauren Planas, MS, RDN, LDN	Mindful Nutrition: Nutrition Strategies for Peak Cognitive Performance	7.2.3 9.1.1 9.3.8 9.5.1
Kevin Walton, MS, RD, LDN, CNSC	Nutrition and the Pancreas: What the Practicing Clinician Should Know	5.1.2, 5.1.6 5.2.1, 5.2.5 9.1.4 11.3.2, 11.3.9
Emily Gozy, MS, RDN, CDN	Building Your Network to Grow Your Net Worth: Networking Strategy for Dietitians in Business	12.3.2 12.3.6 12.3.7 12.4.5
Michele Spurlock, RD	Expanded Pediatric Nutrition-Focused Physical Exam	11.2.5 11.2.6 11.2.11
Mandy Enright, MS, RDN, RYT	Keynote Address: Reignite Your Passion and Rediscover Compassion: Overcoming Compassion Fatigue	1.1.6 1.3.1 2.1.2
Kailah Murphy, MS, RD, CSSD	Tangible Tips and Takeaways for Current and Aspiring Sports RDs	9.1.1, 9.1.2, 9.1.4 9.1.5, 9.3 (All), 9.5.1, & 10 (All)
Sarah Criscuolo, MS, RD, CGN, CSN, CPT	POTS - An Increasingly Common Diagnosis	9.2.4
Camille Finn, MS, RD, LDN	Building Greener and Healthier Institutions: The Role of RDs in Sustainability-Driven Wellness	2.4.1, 12.2.5, 12.4.1, 13.2.2, 13.2.10
Malina Malkani, MS, RDN, CDN	Tiny Tots, Tactical Tummies: Infant Feeding's Role in Food Allergy Prevention	2.1.1



Galaxie Story, PhD, RD	Cannabis and Gastrointestinal Health: What is the Current Evidence?	5.1.2 5.2.5
Kelsey Mangano, PhD, RDN	Unlocking the Secrets of Stronger Bones: The Future of Personalized Recommendations for Bone Health	11.3.2
Meg Salvia, PhD, RDN	What Constitutes Gender-Affirming Care? Results from a Qualitative Study with Implications for Dietitians Providing Nutrition Counseling	1.7 2.1 2.3
Jay Patruno, MS, RDN, LDN, CPT, CNC	How Being an Eating Disorder-Informed Dietitian Optimizes Affirming, Holistic Care for Adolescents and Young Adults	1.7.6 2.3.1 10.1.3
Chrissy Carroll, MPH, RD, CPT, RRCA Running Coach	Elevate Your Leadership with Emotional Intelligence	3.1.2, 3.2.1. 3.3.6, 3.4.4 4.1.1
Beth Peterson, MS, RD, CSO, LDN, CNSC	Energy and Protein Needs in Critical Illness: Updates and New Considerations	9.1.1
Anita Dharwadkar, RD, LDN Anna Sweeney, MS, RD, CEDS-S, LDN	Chronic and Disordered: Exploring the Intersection of Chronic Illness and Eating Disorders	2.1.6 7.1.1 9.3.4 10.6.5
Jill Castle, MS, RDN	Food, Feeding and Eating: How to Optimize Positive Habits in Children of Every Size	1.7.2 10.6.2 13.1.1 13.3.6



2025 ANCE POSTER SESSIONS

Friday, April 4, 2025

MORNING SESSION: 10:30 - 11:00 AM

Exploring nutrition education barriers, facilitators, attitudes, and beliefs of teachers in New York elementary schools. Burrows R, Dietetic Intern; O'Brien K; Metallinos-Katsaras E, Ph.D RD; Siu E, Ph.D RD, Simmons University, Boston, MA.



The effects of implementing a nutrition education program on the food literacy and eating behaviors of elementary school students: A literature review. Calderon, E, BS; Beatty J, PhD, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

The impact of parental education on childhood Malnutrition in low and middle-income countries: A review of severe acute malnutrition and undernutrition. Cochran J, Dietetic Intern; Beatty J, PhD, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

Perceived qualifications in culinary medicine among nutrition professionals: A cross-sectional study. Isabelle L, MS; McClure, LA, MSPH, Russell Sage College, Troy, NY.

The effects of different dietary interventions on outcomes and symptoms of polycystic ovarian syndrome. Kenney G, CSN; Beatty J, PhD, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

Do cooking skills affect the quality of diet among college students? Zairi M, BS; Beatty J, PhD, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

AFTERNOON SESSION: 1:10 - 1:40 PM

Evaluating the role of cooking therapy in treating eating disorders among young adults and adults. Grember K, BS; Beatty J, PhD, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

Nutrition-related problems affecting collegiate lean sport female athletes: A review of literature. McIlhenny B, MS; Metallinos-Katsaras E, PhD RDN, Simmons University, Boston, MA.

Can implementation of embodied yoga during the recovery phase reduce the symptomatology of eating disorders among young adults? Navalurkar P, BS; Beatty J, PhD, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

Nutrition counseling during pregnancy and maternal health outcomes: A literature review. Pappas, K., MS; Metallinos-Katsaras E., PhD, RD, Simmons University, Boston, MA.

Registered dietitian/nutritionists (RDNs) in intensive outpatient program (IOP) treatment for eating disorders. Price E, MEd, Simmons University, Boston, MA; Salvia M, PhD, RD, CDE; Quatromoni P, DSc, RD, Boston University, Boston, MA.



Exploring the role of nutrition and lifestyle in attention deficit hyperactivity disorder management: A comprehensive literature review. Smith A, BS, MS, CSN; Beatty J, Ph.D, RD, LDN, ACSM-CPT, Simmons University, Boston, MA.

Posters will be up throughout the conference day, however authors will be present to speak on their research during the above designated times. In addition, this year posters will be available during the networking session from 4 -5 pm.

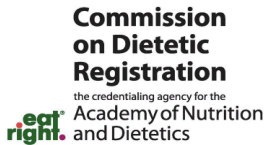


Program Evaluation is online for 2025!

You will receive an email from MAND with the link within a day after the conference. If you do not receive an email, please contact Maureen at admin@eatrightma.org for the link.



Certificate of Attendance



Continuing Professional Education Certificate of Attendance -Attendee Copy-



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Participant Name: [Redacted]

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Provider Name: Massachusetts Academy of Nutrition and Dietetics (MAND) Provider Code: 5CD812B

Activity Title: Massachusetts Academy of Nutrition and Dietetics: 2025 Annual Nutrition Convention and Exposition

Activity Number: 186901

Date Completed: 4/4/25 Number of CPEUs Awarded: 5.25

Performance Indicator(s): 2.3.1, 3.3.6, 5.1.2, 9.1.4, 9.2.4, 11.2.11, 11.3.2

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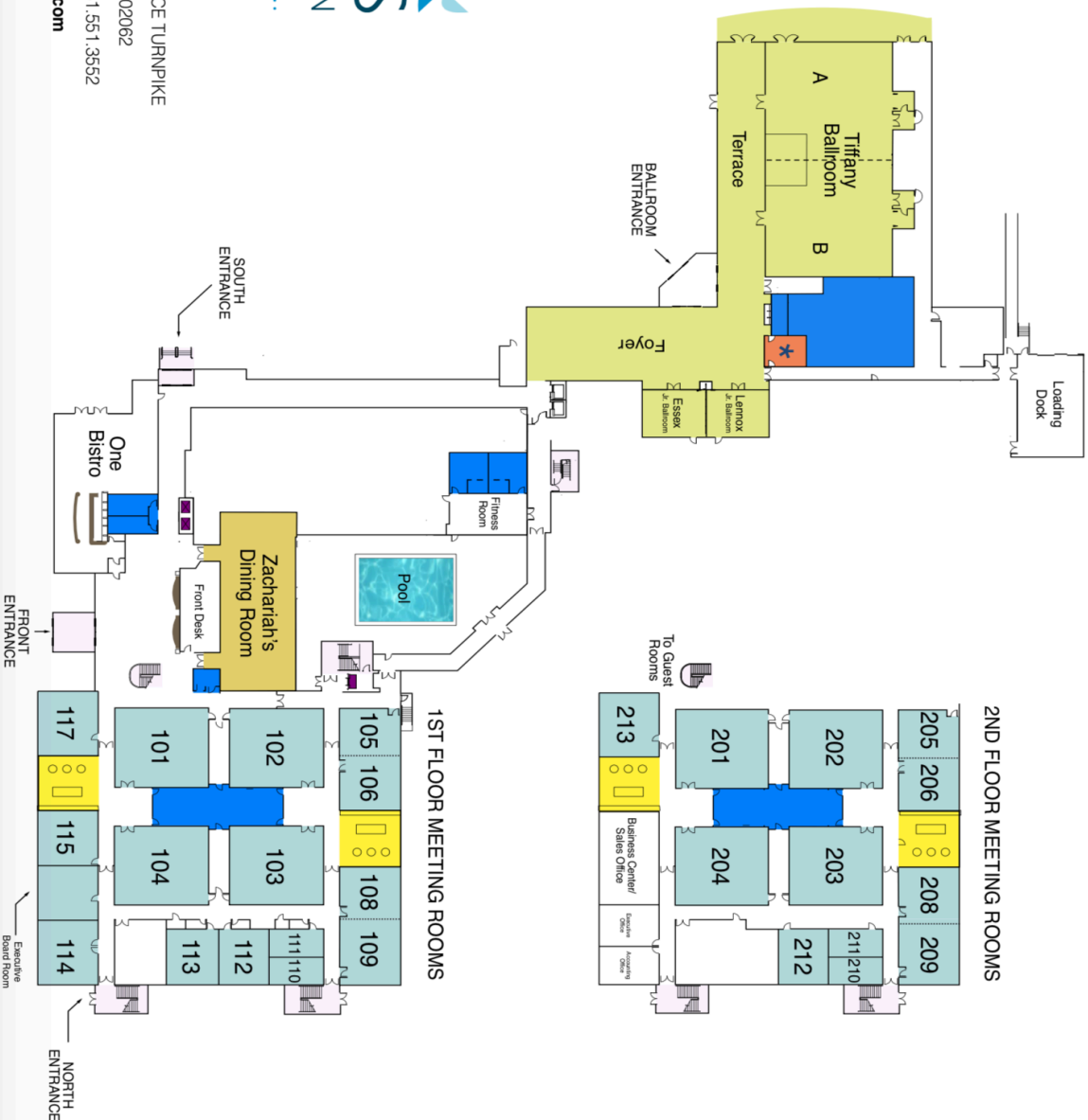
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