





Rāapa 27 Whiringa-ā-rangi - Wednesday 27th November 2024, PRE-CONFERENCE		
4:00 pm	Registration	
Session	Pre-conference events	
Evening	5:30 pm Student & Early Career Nutritionists Evening <i>Papa Hou @the_kind_foundation</i>	5:00 pm Tour of Ōtākaro Orchard: an urban food hub <i>Meet at conference venue</i>

Rāpare 28 Whiringa-ā-rangi, RĀ TUATAHI - Thursday 28th November 2024, DAY ONE		
7:30 am	 Registration & refreshments <i>Sponsored by Sanitarium</i>	
Session	He Mihi Whakatau - Welcome and Opening Plenary Room: TBC	
8:15 - 10:30	He Mihi Whakatau - Welcome Plenary 1: Bridging research, industry and practice Prof Jeremy Krebs (Wellington Hospital, University of Otago) He Rourou Whai Painga; A collaborative community based research partnership testing the impact of a New Zealand Mediterranean dietary pattern on cardiometabolic health and wellbeing Dr Cherise Pendergrast (Massey University) 'What helps to eat well?' Self-perceived strengths to support people in improving their dietary habits Prof Cliona Ni Mhurchu (The University of Auckland) Effects of a tailored programme to support food companies to reform nutrition policies and practices (REFORM): a multi-centre cluster-randomised controlled trial Raquel Lozano (Sustainable Nutrition Initiative) Development of a national food system mathematical model for exploring future scenarios and impacts	
10:30 -11:00	 Paramanawa - Morning refreshments <i>Sponsored by The Crafty Weka Bar</i>	
Session	Plenary 2: Gut Health	Plenary 3: Infant & Toddler Nutrition
11:00 - 12:30	Dr Catherine Wall (University of Otago) Gut Health: Translating diet and gut microbiota research into practice Dr Bobbi Laing (The University of Auckland) The Aotearoa Women's Wellness Program for Irritable Bowel Syndrome Vitor Geniseli da Silva (Riddet Institute) Complementary foods modulate the colonic microbiota of NZ weaning infants: an in vitro study	Michelle Gibbs (New Zealand Food Safety) From research to food safety policy Dr Lisa Daniels (University of Otago) Human breast milk Dr Maria Casale (Massey University) Iron status of Māori, Pacific and other infants in Aotearoa New Zealand Dr Sally Mackay (The University of Auckland) Composition, nutrition and marketing claims are prolific on packaging of infant and toddler foods
12:30 -1:30	 Poupoutanga o te rā - Lunch & Posters* <i>Lunch sponsored by Beef & Lamb</i>	

Rāpare 28 Whiringa-ā-rangi, RĀ TUATAHI - Thursday 28th November 2024, DAY ONE cont'd	
Session	Abstracts & Workshops
1:30 - 3:00	A1: Global nutrition and emergency preparedness
	<p>1.a Sujirtha Vishnukumar (Massey University) From gardens to plates: household food production fuels dietary diversity for women and children in rural Sri Lanka</p> <p>1.b Ejovi Abafe (Sustainable Nutrition Initiative) Improving nutritional outcomes through crop selection and land suitability: global iron and zinc deficiencies</p> <p>1.c Raquel Lozano (Sustainable Nutrition Initiative) Strategies for closing global nutrient gaps: enhancing distribution and supply</p> <p>1.d Justine Coomson (Sustainable Nutrition Initiative) Contribution of large-scale food fortification to micronutrient requirements of women of reproductive age in Sub-Saharan Africa</p> <p>1.e Mary Yan (Unitec Institute of Technology) Development of emergency food formulation with mainly New Zealand ingredients for disaster preparedness</p>
	Workshop 1: Noticing red flags in endurance sports nutrition
	<p>Workshop Leads: Hannah Alexander, University of Otago, Juliet Slattery, Ara Institute of Canterbury</p> <p>This workshop will highlight common and less common mistakes or red flags seen in endurance athletes that may not be easily identified. There will be a focus on carbohydrate and fuelling requirements, and participants will work in groups to identify issues in different case studies and possible solutions to the issues. Participants will gain knowledge on a variety of different fuelling issues for athletes and possible solutions, or when specialised referral may be necessary.</p> <p><i>Sign up via Gecco</i></p>
	Workshop 2: Codesign in action
	<p>Workshop Leads: Dr Sherly Parackal, University of Otago, and Cherise Pendergast, Massey University</p> <p>This workshop will answer the 'what', 'why', 'how' and 'where' of co-design using two case studies, of an ethnic specific health promoting intervention in NZ South Asians, and a food literacy assessment checklist for use in community health support services. Participants will co-design their own resource to improve vegetable consumption in their chosen community, identifying potential stakeholders for consultation and contributing factors to consider ahead of implementation.</p> <p><i>Sign up via Gecco</i></p>
	Workshop 3: From Global Policy to Local Action: Upskill in advocacy
	<p>Workshop Leads: Michelle Gibbs & Evelyn Mete, NZ Food Safety MPI, Donnell Alexander, Food and Grocery Council, Frances Arenhold, Heart Foundation.</p> <p>This workshop will provide information about the food regulatory system, and participants will take on the role of a key stakeholder group to work through a topical case study on the formulation of foods with protein from non-animal sources. Participants will identify the preferred policy option for their stakeholder group, and through facilitated discussions agree on an approach that best meets the needs of different stakeholders. This will increase knowledge on the policy setting process, and confidence in advocacy and negotiation skills.</p> <p><i>Sign up via Gecco</i></p>
3:00 - 3:30	 Paramanawa - Afternoon refreshments
Session	Plenary 4: Brain Health
3:30 - 4:15	<p>Assoc Professor Fiona Lithander (Liggins Institute) Parkinson's disease is one of the world's fastest growing neurological conditions; does nutrition play a role?</p>

Rāpare 28 Whiringa-ā-rangi, RĀ TUATAHI - Thursday 28th November 2024, DAY ONE cont'd		
Session	Panel: Communicating with impact	A2 Food in education settings
4:20 - 5:20	<p>Panel session with: Julie North, FoodCom; Conrad Greenhew, Dietitian; Daniel Walker, Science Media Centre; Joanne Todd, FoodBiz Consultancy Chair; Donnell Alexander, Food & Grocery Council</p> <p>Whether you're looking for tips on getting your research into media, fighting nutrition misinformation, working with industry, or engaging clients through social media, this panel will have something for everyone. Come along with your questions for what will be an informative interactive session.</p>	<p>2.a Andrea Grant (National Public Health Service) Keeping our noses out of the lunchbox - supporting positive kai environments in education settings</p> <p>2.b Frances Arenhold (Heart Foundation) Paying it forward- Tohu Manawa Ora Healthy Heart Award makes an investment in tamariki and early learning environments</p> <p>2.c Zahrah Hatraby (University of Otago) Food waste and the Ka Ora, Ka Ako school lunch programme</p> <p>2.d Briar Mills (University of Otago) Food waste at residential colleges at the University of Otago - statistics and strategies.</p>
Session	Muriel Bell Lecture	
5:30	<p>Prof Pamela von Hurst TBC</p>	
6:30	<p>Conference social at Cascade Bar and Courtyard</p>	

Rāmere 29 Whiringa-ā-rangi, RĀ TUARUA - FRIDAY 29th November 2024, DAY TWO		
Session	Plenary 5: Nutrition and diseases of ageing	
8:30 - 10:30	<p>Prof Robin Daly (Deakin University, Melbourne) The importance of skeletal health/disease prevention</p> <p>Dr Meredith Peddie (University of Otago) Micronutrient intakes of former New Zealand representative athletes over the age of 60 years</p> <p>Ms Charlotte Mawson (Fonterra Cooperative Group) Programme of Research on ready-to-drink compact ONS formulation containing functional dairy proteins</p> <p>Danielle Oakes (Massey University) Malnutrition risk, nutrition impact symptoms, and dietary intake in community living head and neck cancer survivors 6 months to 3 years post treatment: a case series</p> <p>Xue Patricia Soh (Sustainable Nutrition Initiative) Assessment of protein intake and protein quality among New Zealand vegans</p>	
10:30 -11:00	 Paramanawa - Morning refreshments	
Session	Plenary 6: Health and behavioural insights in Māori, Pacific and Asian populations in Aotearoa	
11:00 - 12:10	<p>Mafi Funaki-Tahifote, NZRD, MBA Pacific nutrition and dietetic practice in Aotearoa, New Zealand - bridging for healthier outcomes</p> <p>Dr Sherly Parackal (University of Otago) Dietary beliefs, knowledge and behaviour of NZ South Asians at risk for cardiovascular disease.</p> <p>Julia Edmonds (New Zealand Food Safety) NZFS Consumer Food Safety Insights Survey 2023 – highlights and reflections using Te Whare Tapa Whāi</p>	
Session	A3: Food surveillance to inform policy	A4: Infant nutrition and early career session
12:15 - 1:00	<p>3.a Caitlin Haliburton (University of Auckland) Child-appealing marketing on packaged food in NZ, and considerations for policy design</p> <p>3.b Rebecca Doonan (NZFS) & Kathryn Bradbury (University of Auckland) Trans fatty acid in the New Zealand Food Supply: A targeted survey to inform policy in NZ</p> <p>3.c Gabriela Lopes da Cruz (University of São Paulo) Application of the Nova food classification system to a large national dataset of household food purchases in Aotearoa New Zealand</p>	<p>4.a Bridget Bourke (FSANZ) Regulating human identical milk oligosaccharides in infant formula products</p> <p>4.b Meiliana Meiliana (University of Auckland) Minimum Reporting Set of nutritional intake and growth outcomes in preterm nutrition studies: A Delphi study.</p> <p>4.c Amie Gooding (University of Otago) A qualitative investigation into the essential knowledge and skills for early career nutritionists in New Zealand</p>
1:00 - 1:45	 Poupoutanga o te rā - Lunch	

Rāmere 29 Whiringa-ā-rangi, RĀ TUARUA - FRIDAY 29th November 2024, DAY TWO cont'd		
Session	A5: Impact of diet on NCD risk factors	A6 Bioactives
1:45 - 2:30	<p>5.a Helen Eyles (University of Auckland) The sodium, potassium, and iodine intake, and blood pressure of NZ school children</p> <p>5.b Maher Fuad (Fonterra Cooperative Group) The use of MFGM in lowering blood lipid levels in adults: results from a meta-analysis of RCTs</p> <p>5.c Fajer Ismael (University of Auckland) Diet pattern high in refined food, sugar, sodium and fat is associated with child excess adiposity at 4.5 years within a NZ birth cohort</p>	<p>6.a Prishanthini Muthulingam (Massey University) The role of oxidative reactions in key bioactive compound transformations during black tea manufacture</p> <p>6.b Kaushala Weerasinghe (Massey University) Exploring nutritional composition and bioactive properties of <i>Gymnema lactiferum</i> (Ceylon cow plant) for food applications</p> <p>6.c Sheba Culas (Massey University) The effect of maturity stage on bioactive properties of Ceylon cinnamon bark extracts</p>
Session	Workshop 4: The Non-Diet Approach: Practical Applications in Clinic	Workshop 5: Coeliac disease - navigating a gluten-free diet for your clients
2:30 - 4:00	<p>Workshop Lead: Dr Maria Casale, NZRD, Massey University</p> <p>This workshop will provide a brief overview of the non-diet approach to working with clients, and focus on the practical tools that can be used. Participants will experience tools and activities such as mindful eating, strategies to help with non-hungry eating, and more. Participants will gain knowledge on how to apply a range of tools through a lens of motivational interviewing, as well as on how to identify red flags for eating disorders. Participants will be provided with a toolkit that can be used in their own practice.</p> <p><i>Sign up via Gecco</i></p>	<p>Workshop Lead: Suzanne Aitken, Coeliac NZ Ltd</p> <p>This workshop will outline the medical aspects of coeliac disease, and focus on how to ensure a nutritionally balanced gluten-free diet. Participants will experience 'The Buddy Shopper' experience, which helps navigate the supermarket environment to identify gluten within NZ food products, and to shop safely. Participants will gain increased knowledge and confidence to support their gluten free clients to adequately cater to their dietary requirements.</p> <p><i>Sign up via Gecco</i></p>
	Workshop 6: From Food Insecurity to Food Security and Resilience – the role of a nutritionist.	Workshop 7: Dietary Shift and Paradigm Shift (and Paradigm Return)
	<p>Workshop Lead: Bek Parry, Te Whatu Ora – National Public Health Service</p> <p>This workshop will provide an overview of the food system and discuss what changes are needed nationally and globally to activate change and the creation of a more food secure environment, specifically focusing on the role of a nutritionist in this space. Participants will be challenged to understand how they can contribute to a changing food system, through understanding the complexities and interconnectedness of the system and how nutritionists in all fields should contribute to the conversation.</p> <p><i>Sign up via Gecco</i></p>	<p>Workshop Leads: Ying Xia, Suliving Ltd, and Lena Mkwara, Ara Institute of Canterbury</p> <p>This workshop introduces the principles behind the Pure Diet (Oriental Vegan), and through a series of interactive conversations will guide participants to an understanding of the ancient wisdom behind this dietary paradigm. Participants will gain a fresh perspective on an Oriental paradigm that offers a unique set of knowledge, values and beliefs unfamiliar to many in a Western environment.</p> <p><i>Sign up via Gecco</i></p>
4:00 - 4:30	Prizegiving & conference close Sponsored by Fonterra	

Posters	
1	Sarah Morrison (Plant and Food Research) Identifying major sources of FODMAPs in the New Zealand diet
2	Elisa Weiss (The University of Auckland) The impact of high-fat, high-sugar parental diet on offspring metabolic health: Initial parental and offspring phenotype in a rat model
3	Helen Gibbs (Diet Consulting) Pragmatic intervention using milk fortified with whey protein concentrate to increase protein intake to promote wound healing – initial case series.
5	Suci Hermita (Liggins Institute) Kawakawa and Its Antidiabetic Effects: A Mechanistic Approach
6	Syed Ubaid Shah (Massey University) Exploring sustainable protein sources: Enhancing the nutritional profile of lucerne (<i>Medicago sativa</i>) and red clover (<i>Trifolium pratense</i>) seeds via fermentation
7	Sujirtha Vishnukumar (Massey University) Exploring the link between home gardens and nutritional outcomes in rural Sri Lanka
8	Dr Dilushi Polegodage (Massey University) The effect of nutrient content on the antimicrobial efficacy of nisin and lysozyme to control <i>Listeria monocytogenes</i> in the food industry