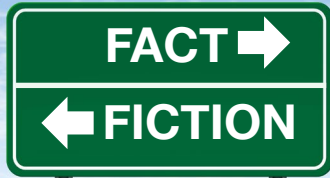


ADVANCES IN NUTRITION

The CNS is pleased to announce the theme for our 2019 Thematic Conference:

Healthy Diets and Weight - Sorting out Fact from Fiction



SATURDAY, JANUARY 12, 2019

Each year, the list of healthy diets to reduce or manage body weight continues to grow. Such diets are usually promoted in conjunction with evidence linking these diets to reduced chronic disease risk, clinical outcomes and quality of life. However, many are not backed by sound evidence and others fail to address important factors that need to be considered such as healthy weights, mental health and patient perspectives.

JOIN US FOR THIS ONE DAY CONFERENCE TO:

- ➔ Gain a better understanding of the multi-dimensional health risks associated with unhealthy diets
- ➔ Learn about current evidence behind healthy weights vs. weight loss and recent diet fads/trends
- ➔ Review clinical and patient perspectives of multifaceted diet programs aimed at minimizing health risks
- ➔ Develop insight and strategies on how to identify and use reliable science to guide practice.

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Canadian Nutrition Society
Société canadienne de nutrition

Watch for more information at www.cns-scn.ca