



# **Science Atlantic Nutrition and Foods Inaugural Conference Program**

**February 28<sup>th</sup>- March 1<sup>st</sup> 2019**



**Science Atlantic Foods and Nutrition Committee**

Committee Chair: Marcia English

St. Francis Xavier University

Conference Chair: Shannan Grant

Mount Saint Vincent University

General Members:

Matt McSweeney

Acadia University

Edward Barre

Cape Breton University

Gianfranco Mazzanti

Dalhousie University

Vasanth Rupasinghe

Dalhousie University (Agriculture)

Sukhinder Cheema

Memorial University

Carole Tranchant

Université de Moncton

Kathy Gottschall-Pass

University of Prince Edward Island



### Student Representatives

Ksenia Kholina	Mount Saint Vincent University
Alyssa Teed	Mount Saint Vincent University
Morgan King	Mount Saint Vincent University
Lydia Hayward	Acadia University
Hawa Sidibé	Moncton University
Iman Hamam	Moncton University
Carmen Lilley	St. Francis Xavier University
Kathrine Rennie	St. Francis Xavier University
George Guirguis	Memorial University
Hannah Buckle	Memorial University
Adele Corkum	University of Prince Edward Island
Wangui Wachira	Cape Breton University
Tarshvi	Cape Breton University
Shane McLean	Cape Breton University
Cindy Yu	Dalhousie University (Agriculture)



## General Information

### Onsite Registration Hours

The registration desk is located in the front of the Rosaria Multipurpose room, 3<sup>rd</sup> floor.

Registration times will be:

February 28<sup>th</sup> 4:00pm-6:30pm

March 1<sup>st</sup> 7:30am- 8:00am

### Lunches & Receptions

All lunches, breaks and admission to all Science Atlantic Nutrition and Foods conference 2019 receptions at the conference are included in the FULL conference registration fees.

**Please pick up a lunch and wine ticket from a volunteer at the front of the Rosaria Cafeteria.**

### Washrooms

Washrooms are located on the left leaving the MPR and to the right entering the MPR, past the stairs.

### Conference Evaluation Survey & Certificate of Attendance

Certificates of attendance will be given to all registrants of the conference. Please pick up at the registration desk. Conference evaluations can be found on the tables in the MPR and will be collected at the end of conference.

Please fill out the conference evaluations to provide the Nutrition and Foods committee with feedback regarding your time at our conference.

### T-Shirt Orders

Science Atlantic Nutrition and Foods 2019 T-shirts will be available to order Friday, March 1<sup>st</sup> at 12:00-12:30pm outside of the cafeteria. Please ensure your mailing address provided to Science Atlantic is accurate for mailing. Email [science.atlantic2019@msvu.ca](mailto:science.atlantic2019@msvu.ca) with address updates.

### WIFI password

Login: conference10

Password: guest13a



## **NOTICE OF EVENT RECORDING**

This event may be photographed or videotaped by the Mount or external media.

Photos, audio and video captured may be used in external news stories or in stories featured by the Mount (e.g. on the university's website, social media channels, in promotional materials, etc).

If you have any questions, please call 902-457-6439



## Science Atlantic Nutrition and Foods Conference Schedule

### Thursday, February 28<sup>th</sup>, 2019 - Registration and Opening Ceremony

4:00-6:30 PM	Conference Registration
6:30-7:00 PM	Reception
7:00-7:30 PM	Opening Ceremony (Orientation and Welcome)
7:30-8:30 PM	Key Note Presentation: Dr. Bradley Johnston: <i>Developing Trustworthy Dietary Guidelines: From Good to Great!</i>

### Friday, March 1<sup>st</sup>, 2019 - Full Day Conference

7:30-8:00 AM	Registration
8:00-9:00 AM	Learning Breakfast: Dr. Andrew Samis: <i>Dietary Fats and Cardiovascular Disease: Then and Now</i>
9:00-9:30 AM	Opening Remarks
9:30-10:30 AM	Session A: Nutrition (Oral)
10:30-11:00 AM	Nutrition Break
11:00-12:00 PM	Student Poster Presentations
12:00-1:00 PM	Lunch: Rosaria Dining Hall
1:00-2:00 PM	Session B: Foods (Oral)
2:00-3:00 PM	Workshop
3:00-4:00 PM	Tradeshow
4:00-5:00 PM	Awards (closing ceremony)



**Keynote Presentation: Thursday, February 28<sup>th</sup>, at 7:30pm**  
***Developing Trustworthy Dietary Guidelines: From Good to Great!***  
by Bradley Johnson, PhD

**Dr. Bradley Johnston (PhD)** is an Associate Professor with the Department of Community Health & Epidemiology at Dalhousie University. His work involves the application of evidence synthesis and randomized trial methods to a wide range of areas, with a particular interest in the principles and practice of evidence-based nutrition.

As the Director and Co-founder of NutriRECS, he leads an international consortium of researchers and research trainees aiming to develop trustworthy and novel nutritional guideline recommendations on major nutrition, food and dietary pattern questions. He is also a tutor in the annual Evidence-Based Clinical Practice Workshop at McMaster University, and is an Associate Editor with *BMC Medical Research Methods*. He has published over 100 peer-reviewed articles, including articles in the *Journal of the American Medical Association*, *British Medical Journal*, *Annals of Internal Medicine*, and the *Canadian Medical Association Journal*.

### **Affiliations**

Associate Professor - Department of Community Health & Epidemiology, Faculty of Medicine, Dalhousie University

Adjunct Professor – Department of Health Research Methods, Evidence & Impact, McMaster University

### **Learning objectives:**

- To learn about the strengths and limitations of contemporary dietary guideline recommendations
- To learn about assessing the quality of evidence
- To explore methods for engaging consumers, the users of dietary guidelines
- To illustrate realistic reductions in foods associated with adverse health outcomes using dose-response meta-analysis
- To learn about moving from systematic summaries of the evidence to guideline recommendations



**Learning Breakfast: Friday, March 1<sup>st</sup> at 8:00am**

***Dietary Fats and Cardiovascular Disease: Then and Now***

Presented by Andrew Samis, MD, PhD

In today's world one can find studies, guidelines, and popular press articles both espousing the benefits of reduced saturated fat as a means of reducing cardiovascular disease, as well as advocating that saturated fat is unrelated to heart attack and stroke or in some cases even beneficial in preventing these diseases. It comes as no surprise that these strongly expressed opposing viewpoints create a sense of confusion. But what is the evidence? This presentation takes a step-by-step historical approach to review how the concept of reducing dietary fat became world-wide public policy, starting in the early 1900's until today.

With an evidenced-based approach, the consumption of dietary fat and its relationship to cardiovascular disease is being reevaluated, as will specific dietary elements such as cholesterol, dairy saturated fat, butter, and eggs. Current food guidelines are reviewed, including the recent Heart and Stroke Foundation position statement on saturated fat which shifts away from an isolated macronutrient-restrictive approach towards a food-based paradigm.

Learning objectives:

- To understand the history of dietary guidelines advising lowering total dietary fat and saturated fat
- To review some of the evidence relating to specific dietary components and cardiovascular disease
- To discuss what we should tell our patients about a healthy diet and cardiovascular risk from an evidenced-based perspective





**Knowledge Mobilization Upskilling Workshop:** Friday, March 1<sup>st</sup> at 2:00

*Designing Effective Education Materials (Infographics)*

Facilitated by Kaitlin Roke, PhD, Flora Wang, PhD, Shannan Grant, PDt/RD, MSc, PhD

Learning objectives:

- Enhance knowledge about infographics
- Enhance skills to create graphic representations of data
- Build skill using Infographic tools for nutrition and foods information dissemination
- Work to make scientific concepts target audience appropriate
- Provide insight into the education tool development process
- Create a draft of an infographic!



## Student Presentations

### Oral Presentations

#### Session A: Nutrition

Faculty Facilitator: Shannan Grant, PDt, MSc, PhD, Department of Applied Human Nutrition, Mount Saint Vincent University

**Presentation 1:** Postprandial Effects of Blueberry (*Vaccinium angustifolium*) Consumption on Glucose Metabolism, Gastrointestinal Hormone Response, and Perceived Appetite in Healthy Adults: A Randomized, Placebo-Controlled Crossover Trial

Presenter: Adèle Corkum, University of Prince Edward Island, Undergraduate

Supervisors: Kim Stote and Katherine Gottschall-Pass, University of Prince Edward Island

**Presentation 2:** Infant Feeding Practices of Neonates Born to Mothers with Gestational Diabetes Mellitus or Type 2 Diabetes Mellitus

Presenter: Erin Carmody, Mount Saint Vincent University, Graduate

Supervisor: Shannan Grant, Mount Saint Vincent University

**Presentation 3:** Does a cell phone mediated nutrition education intervention result in better retention of recommended food preparation practices than traditional face to face interventions in a developing country context?

Presenter: Madison Brauer, University of Prince Edward, Undergraduate

Supervisor: Jennifer Taylor, University of Prince Edward

**Presentation 4:** Investigation of dietary intake characteristics in pediatric Crohn's disease patient participants in the MAREEN Study

Presenter: Antonia Harvey, Mount Saint Vincent University, Graduate

Supervisor: Shannan Grant, Mount Saint Vincent University



Session B: Foods

Faculty Facilitator: Ed Barre, MSc, PhD, Health Science Department, Cape Breton University

**Presentation 4:** The Effects of Total Parenteral Nutrition and Methyl Supplementation on Glucose Homeostasis in Neonatal Yucatan Miniature Pigs.

Presenter: Zack Clancy, Memorial University, Undergraduate

Supervisor: Robert Bertolo, Memorial University

**Presentation 5:** Evaluation of Science Camps Developed for Indigenous Youth on Turtle Island: A Scoping Review

Presenter: Chelsey Purdy, Mount Saint Vincent University, Undergraduate

Supervisor: Shannan Grant, Mount Saint Vincent University

**Presentation 6:** Effect of Matcha green tea on metabolic and physiological responses at moderate intensity exercise in females

Presenter: Hillary Fry, Acadia University, Undergraduate

Supervisor: Moitaba Kaviani, Acadia University



## Highlight Poster Presentations

### **Highlight Poster 1:** Starving for the Competitive Edge- Weight Cutting in Combat Sports: A Literature Review

Presenter: Mallorie Harvey, Mount Saint Vincent University, Graduate

Supervisor: Daphne Lordly, Mount Saint Vincent University

### **Highlight Poster 2:** Exercise and post-exercise meal differentially altered the fatty acid composition of plasma and red blood cells of metabolically healthy lean-fit and obese-fit subjects

Presenter: George Guirguis, Memorial University, Undergraduate

Supervisor: Sukhinder Cheema, Memorial University

### **Highlight Poster 3:** Effects of a Combined Nutrition and Horticulture Intervention on Food Preparation Practices and Diet Diversity among Rural Kenyan Women

Presenter: Hannah Ceaser, University of Prince Edward, Undergraduate

Supervisors: Jennifer Taylor, Charlene VanLeuween, and Misty Rossiter, University of Prince Edward

### **Highlight Poster 4:** Eating With IBD: Examining Nutrition Narratives to Improve Medical Nutrition Therapy

Presenter: Heather Bonnell, Acadia University, Undergraduate

Supervisor: Catherine Morley, Acadia University

## Poster Presentations

### **Poster 1:** Studying the impact caloric values have on consumers' sensory perceptions of Nova Scotia rosé wines

Presenter: Lydia Hayward, Acadia University, Undergraduate

Supervisor: Catherine Morley Acadia University

### **Poster 2:** Identification of Microbial Composition of Swedish Hard Cheese by Matrix Assisted Laser Desorption Ionization-Time of Flight Mass Spectrometry

Presenter: R.G. Thilini Nuwandhara Dissanayake, Dalhousie University (Agriculture Campus), Graduate

Supervisors: M. Johansson, J.K. Vidanarachchi, T.V.H. Priyashantha, and L. Sun, Dalhousie University (Agriculture Campus)



**Poster 3:** Investigating the effect of extrinsic properties on consumers' evaluation of red wine using a projective mapping task

Presenter: Alanah Barton, Acadia University, Undergraduate

Supervisor: Matthew McSweeney, Acadia University

**Poster 4:** How their understandings of becoming a professional can inform recruitment approaches

Presenter: Phillip Joy, Dalhousie University, Graduate

Supervisor: Daphne Lordly, Mount Saint Vincent University

**Poster 5:** Development and face validity of an online survey to assess eating disorders, muscle dysmorphia, and exercise addiction among competitive male bodybuilders

Presenter: Caroline Anderson, Mount Saint Vincent University, Graduate

Supervisor: Kyly Whitfield, Mount Saint Vincent University

**Poster 6:** Quantifying the Effect of Non-Nutritive Sweeteners on Acute Postprandial Glycemic and Hormonal Responses: A systematic review and meta-analysis of controlled feeding trials

Presenter: Roselyn Zhang, Mount Saint Vincent University, Undergraduate

Supervisor: Shannan Grant, Mount Saint Vincent University

**Poster 7:** An Exploration of the Medicinal Usefulness of Cannabis

Presenter: Katie Rennie, St. Francis Xavier University, Undergraduate

Supervisor: John McKenna, St. Francis Xavier University

**Poster 8:** Influence of spokes-characters on children's perceived healthiness of breakfast cereals

Presenter: Gillian Chu, Mount Saint Vincent University, Graduate

Supervisor: Shannan Grant, Mount Saint Vincent University

**Poster 9:** Examining Weekly Grocery Store Promotions as A Form of Inequity for People Living on Income Assistance in Nova Scotia

Presenter: Haileigh Robb, St. Francis Xavier University, Undergraduate

Supervisor: Christine Johnson, Hannah Mawhinney, St. Francis Xavier University

**Poster 10:** Initial assessment of novel apple genotypes as a dietary source to manage type 2 diabetes

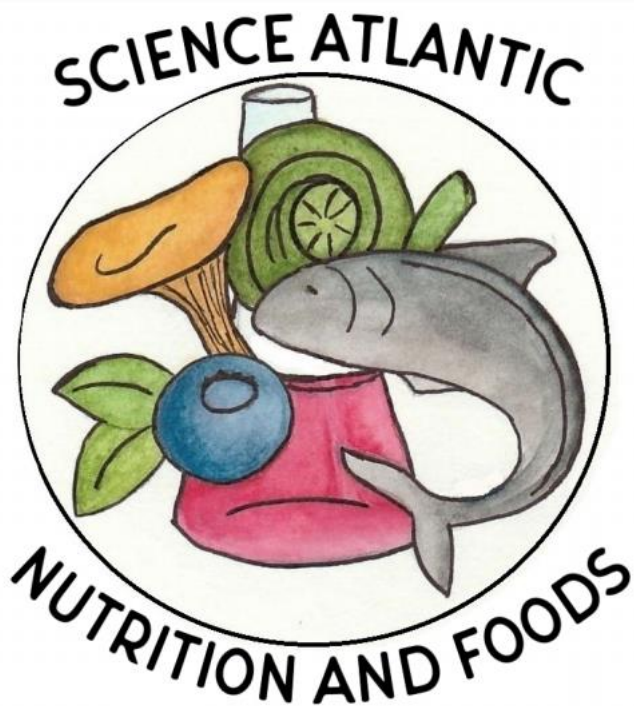
Presenter: Cindy Yu, Dalhousie University AC, Undergraduate

Supervisor: H.P. Vasantha, Rupasinghe, Sean Myles, Dalhousie University AC



### Science Atlantic Nutrition and Foods Logo Competition

We would like to congratulate Adele Corkum from the Department of Applied Human Sciences Foods and Nutrition of University of Prince Edward Island on winning the logo competition. Adele's logo will become the Conference official logo and be presented on all Science Atlantic Nutrition and Foods print and online materials including but not limited to: documentation, banners, t-shirts, website, social media etc.)





## Awards

### 1) General Undergraduate Awards

These awards are presented to undergraduate students who have demonstrated outstanding research and presentation skills. The research must significantly advance the discipline of food science or nutrition. The contribution may be applied or fundamental in nature, and must advance science or improve human condition. The awards consist of a cash prize (\$200, \$125, and \$75) and a letter of commendation. Both oral and poster presentations are eligible.

### 2) Clara Jefferson Award

Clara Jefferson was a student within the School of Home Economics at Acadia University ('48). In 2010, Mrs. Clara Jefferson, a longtime Acadia supporter, received a Doctor of Civil Laws. In 2018, Mrs. Jefferson donated her historic cookbook collection to the Acadia University Archives, and it will benefit students for years to come.

This award will be presented to an undergraduate research student who significantly advances the discipline of food science and nutrition. The award consists of a \$300 prize and a letter of commendation.

### 3) General Graduate Awards

These awards are presented to graduate students who have demonstrated outstanding research and presentation skills. The research must significantly advance the discipline of food science or nutrition. The contribution may be applied or fundamental in nature, and must advance science or improve human condition. The awards consist of a cash prize (\$200, \$125, and \$75) and a letter of commendation. Both oral and poster presentations are eligible. Both oral and poster presentations are eligible.

### 4) Science Communication Award

The Science Atlantic Science Communication Award is offered at each of the annual Science Atlantic sponsored student conferences. The prize is awarded to the student who is best able to communicate a science topic to his or her peers. The award consists of a cash prize (\$200), a letter of commendation and an opportunity to work collaboratively with the Atlantic Student Research Journal team to write and publish an article about their research.





### Abstract Committee

Ed Barre	Cape Breton University
Carole Tranchant	Université de Moncton
Sukhinder Cheema	Memorial University
Marcia English	St. Francis Xavier University
Ksenia Kholina	Mount Saint Vincent University
Alyssa Teed	Mount Saint Vincent University

### Awards Committee

Bohdan Luhovyy	Mount Saint Vincent University
Matt McSweeney	Acadia University
Vasanth Rupasinghe	Dalhousie University (Agriculture)
Marcia English	St. Francis Xavier University
Morgan King	Mount Saint Vincent University

### Volunteers

Grace Anderson	Mount Saint Vincent University
Olivia Rahal	Mount Saint Vincent University
Xinya Chen	Mount Saint Vincent University
Tiffany Gale	Memorial University
Caylene Manning	Mount Saint Vincent University
Alyssa Millar	Mount Saint Vincent University
Sumi Iqbal	Mount Saint Vincent University
Brianna Murray	Mount Saint Vincent University





## Trades Show Participants

### Sponsors

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Canadian Nutrition Society

Canadian Sugar Institute

Acadia University

Dalhousie

Memorial University

St. Francis Xavier University

Science Atlantic

Cape Breton University

### Mount Saint Vincent University

#### Student Groups

Dietitians of Canada

Canadian Association of Foodservice  
Professionals

Student Nutrition Services

Meal Exchange

Inter-Cultural Food Bridging Society

Nourish Nova Scotia

Canadian Nutrition Society

Obesity Canada-Students and New  
Professionals



## Conference Sponsors

Science Atlantic Nutrition and Foods would like to thank our sponsors for making this conference possible.





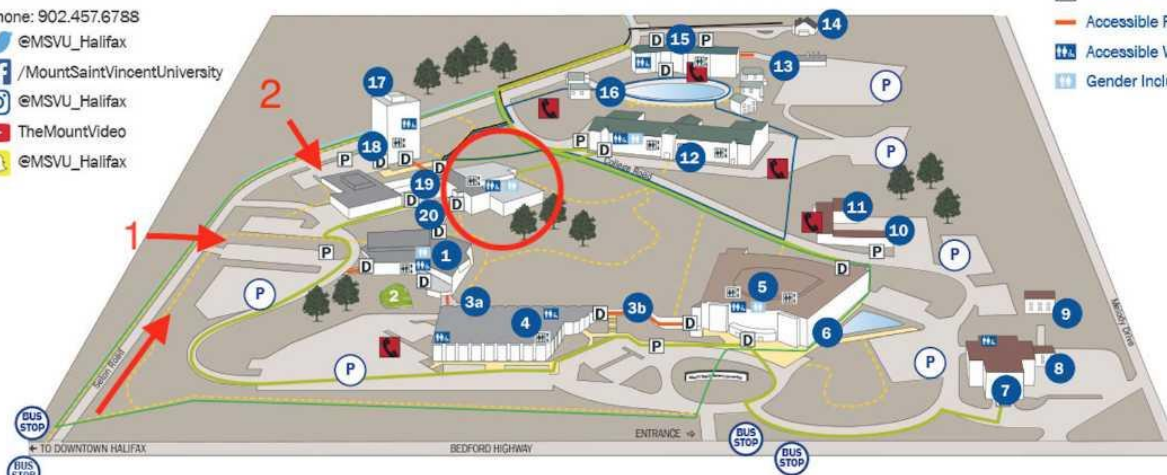
## Map of Campus with Parking Directions



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### CAMPUS MAP

- Parking
- Accessible Parking
- Emergency Phones
- Elevator
- Electric Door
- Accessible Route\*
- Accessible Washroom\*\*
- Gender Inclusive Washroom\*\*\*



- |   |  |   |
|---|--|---|
| 1 Margaret Norrie McCain Centre for Teaching, Learning and Research (including McCain Café) | 6 MSVU Art Gallery   | 14 The Meadows  |
| 2 Riva Spatz Women's Wall of Honour   | 7 Research Centre in Applied Human Nutrition and Chemistry (Spring 2018) | 15 Westwood (residence)   |
| 3a RBC West Link  | 8 Advancement House  | 16 The Birches (residence)  |
| 3b RBC North Link   | 9 Aboriginal Student Centre  | 17 Assisi Hall (residence)  |
| 4 E. Margaret Fulton Communications Centre (EMF) (including Library)                        | 10 International Education Centre (Seton Annex)                          | 18 Assisi (including Campus Security, Health Services and Coastal Sports & Wellness)          |
| 5 Seton Academic Centre (including Seton Café)  | 11 Child Study Centre  | 19 Rosaria Student Centre (including Rosaria Dining Hall, Vinnie's Pub, Mount Fitness Centre) |
|   | 12 Evaristus Hall  | 20 Student Legacy Lane (pedway)   |
|   | 13 Art Laundry Building (Central Heating Plant)                          |   |

**Conference location:** Rosaria Multi-Purpose Room on the 3<sup>rd</sup> floor of the Rosaria building (circled).

**Parking:** There is a large parking lot close to the Rosaria building (1). It features an accessible entrance to the building. Please note that a day pass is required in order to park on campus. It can be purchased using the machine located at the parking lot or at the campus security desk located on the 1<sup>st</sup> floor of the Assisi building (2).

If you have any issues with parking, please contact campus security at (902) 457-6412.