



FOOD FOR THOUGHT – HEALTHY FOODS SUMMIT 2010

POOR DIET CONTRIBUTES to four of the six leading causes of death (heart disease, cancer, stroke and diabetes), and it has been estimated that healthier diets could reduce \$71 billion per year in medical costs, lost productivity, and lost lives. One approach to improving the American diet, as recommended in the 2010 USDA Dietary Guidelines, is that we eat more plants – fruits, vegetables, seeds, whole grains, and legumes.

THE FOOD FOR THOUGHT SUMMIT, a program of the University of Minnesota Healthy Foods, Healthy Lives Institute and the Minnesota Landscape Arboretum, will present emerging scientific research that adds new insight into just how important these plants are for human health – and why. Leading scientists will give updates on their latest research and case studies on the factors that can help motivate people to improve their health by eating more plants.

IF YOU ARE A RESEARCHER, dietitian, health-care insurance industry professional; physician; clinician; hospital, nursing home, and school administrator; student or concerned citizen, join us for this timely and important event.

THURSDAY, SEPTEMBER 30

Plant Foods for Human Health

Location: University Radisson

Research Presentations

Bioactive compounds and dietary supplements – PAUL M COATES, Ph.D., Director, Office of Dietary Supplements, NIH

Food for disease prevention – the “portfolio diet” – DAVID J. A. JENKINS, M.D., D.Sc., Professor of Nutritional Sciences, University of Toronto

Growing plants enriched with healthful substances – IRWIN GOLDMAN, Ph.D., Professor of Horticulture, University of Wisconsin-Madison

Policy issues related to increasing plant foods in the U.S diet – MELISSA N. LASKA, Ph.D., U of Minnesota, Division of Epidemiology, School of Public Health

Food consumption trends and the issues that drive them – HELEN JENSEN, Ph.D., Professor of Economics and head of the Center for Agricultural and Rural Development’s Food and Nutrition Policy Division, Iowa State University

Plant-food safety issues – MIKE DOYLE, Ph.D., Regents Professor of Food Microbiology and Director, Center for Food Safety, University of Georgia

“Communication Matters: Rethinking Nutrition & Scientific Messaging from a Journalist’s Perspective” – MARK BITTMAN, food author and columnist with *The New York Times*

FRIDAY, OCTOBER 1

Pack Your Menu

With Powerhouse Plants!

Location: Minnesota Landscape Arboretum

Morning Keynote

MARK BITTMAN, author and columnist with *The New York Times*, shares observations on the current state of Americans’ complex relationship with food.

“The Healthy Handful”

CAROLYN DENTON, N.S., L.N., Abbott Northwestern Hospital, discusses plants that can make an immediate difference in your health and the best ways to prepare them.

Lessons Learned

Real-world examples adding healthful plants into the menu to improve health at various settings. How time and money were found will be discussed.

- **Making a Change for the Good, One Group at a Time: Group Homes and Residential Facilities** – JEAN LARSON, Ph.D., Director, Center for Therapeutic Horticulture and Recreation Services, Minnesota Landscape Arboretum
- **Food Fight! Or...How Even Kids Learn to Love Healthful Foods: School Lunch Programs** – JEAN RONNEI, Director of St. Paul Schools Nutrition Services
- **Enjoy a Healthy Handful Lunch – An Edible Lesson!** Designed by BRENDA LANGTON, Spoonriver, with University Dining Services
- **I’m Tired...Let’s Get Pizza: A Chef at Home** JENNY BREEN, Bush Leadership Fellow, co-owner Good Life Catering, cookbook author
- **Not Your Typical Community Pot Luck: Community Center as Food Educator** – Little Earth of United Tribes
- **The Bottom Line: How Health Care Employees Are Getting Healthier** – CAROLE HALVERSON, Ridgeview Medical Center
- **The Corporate Kitchen: Making Big Feel Personal** – Bon Appétit Corporate Catering (invited)
- **Q & A with Case Study Presenters**

A Summit Exclusive

Food Matters – An Evening with Mark Bittman

At the Arboretum – September 30, 7:30-9:00 p.m.

LECTURE, book signing with the *New York Times* columnist and author of *Food Matters: 500 Revolutionary Recipes for Better Living*.

Introduction by LUCIA WATSON OF LUCIA’S.



FOOD FOR THOUGHT – HEALTHY FOODS SUMMIT 2010

PRESENTED BY



This two-day event is an exciting collaboration by two of the University's flagship institutions dedicated to public health and well-being. The summit is the second annual research symposium of the Healthy Foods, Healthy Lives Institute and signals the Arboretum's ongoing focus on health-giving plants.



REGISTRATION INFORMATION

To register by mail, please print this flier, complete the form, and mail with your check to the Arboretum Education Office at the address below. Register separately for each summit component: Thursday only, Friday only, and the evening with Mark Bittman lecture and book signing. Meals are included for both conference days; optional cash bar and appetizers available for purchase at the evening lecture. First come, first served; for fastest service, register online or by phone at 952-443-1422.

DONORS

- BioBusiness Alliance of Minnesota
- Carver-Scott Statewide Health Improvement Program
- Life Science Alley
- Minnesota Institute for Sustainable Agriculture
- Minnesota Obesity Center
- National Center for Food Protection and Defense
- The Food Industry Center
- UCare
- University of Minnesota College of Food, Agricultural and Natural Resource Sciences
- University of Minnesota Extension Services
- University of Minnesota Department of Food Science and Nutrition
- University of Minnesota Nutrition Graduate Program
- University of Minnesota Obesity Prevention Center

COLLABORATING ORGANIZATION

Center for Spirituality and Healing

ENDORISING INDIVIDUALS & ORGANIZATIONS

- Grains for Health Foundation
- Lynne Rossetto Kasper – The Splendid Table
- Preston Chiropractic – Dr. Rhys Preston
- University of Minnesota Regional Sustainable Development Partnerships

9-20-10

FOOD FOR THOUGHT – HEALTHY FOODS SUMMIT 2010

SEPTEMBER 30 & OCTOBER 1

Register for one or both days, or for the Mark Bittman lecture. Please make checks payable to Minnesota Landscape Arboretum.

September 30: Plant Foods for Human Health

- U of M Faculty, Staff or Arb Members: \$65
- General Public: \$110
- Students (must have ID and current registration): \$25

Total Amount Enclosed: \$ _____

October 1: Pack Your Menu with Powerhouse Plants

- U of M Faculty, Staff or Arb Members: \$55
 - General Public: \$65
- September 30: "Food Matters" – An Evening with Mark Bittman**
- U of M Faculty, Staff or Arb Members: \$25
 - General Public: \$35

Six-hour certificate of attendance available for day-long programs.

Name _____

Organization _____ Title _____

Address _____ City _____ State _____ ZIP _____

Daytime Phone(s) _____ Email Address: _____

Mail to: Education Office, Minnesota Landscape Arboretum
3675 Arboretum Drive
Chaska, MN 55318

To register by credit card, visit
www.arboretum.umn.edu/healthyfoodsummit2010.aspx
or contact the Arboretum Education Office at 952-443-1422