



Dietary Approaches to Dyslipidemia and Cardiovascular Risk Reduction

FEBRUARY
29, 2024

GEORGE BROWN COLLEGE
300 Adelaide Street East, Room
SJB 112, Toronto, ON M5A 1N1



Joannah & Brian Lawson Centre for Child Nutrition
UNIVERSITY OF TORONTO



Food as Medicine

AGENDA

Time & Location	Activity
1:30-2:00pm Ground Level, Atrium	Registration and Networking
2:00-2:05pm Lecture Hall (Room SJB 112)	Welcoming Remarks
2:05-3:05pm Lecture Hall	Academic Lecture: Dietary Approaches to Dyslipidemia and Cardiovascular Risk Reduction <i>John Sievenpiper, MD, PhD, FRCPC</i>
3:05-3:15pm	Break
3:15-4:45pm Lecture Hall	Food and Recipe Demonstration: Real-World Application of the Portfolio Diet <i>Chef Tawfik Shehata and John Sievenpiper, MD, PhD, FRCPC</i>
4:45-5:00pm	Break
5:00-6:00pm Lecture Hall	A Cholesterol Lowering Grocery Shopping Experience <i>Andrea Glenn, RD, PhD</i>
6:00-6:30pm	<p>Participants will walk to the Chef's House (5-minute walk). Participants will take a break and network before dinner. Canapés and a welcome drink will be served.</p> <p>Chef's House Address: 215 King St E, Toronto. The entrance to the restaurant is on Fredrick Street, just South of King.</p>
A 3-course dinner will be served from 6:30-8:30pm. The below talks and guided breakout discussions will take place throughout the meal.	
6:30-7:00pm Chef's House	Academic Lecture: Integrating Dietary Change into Clinical Encounters <i>Vivian Choo, MSc, MD</i>
7:00-8:30pm Chef's House	Breakout Case Discussions: Participants will be divided into small groups of 10 people or less. They will be given three cases, each of which will be discussed in the small group for 15 minutes. The facilitator will spend 5 minutes summarizing/wrapping up each case.

GENERAL INFORMATION

ACCREDITATION.....

College of Family Physicians of Canada – Mainpro+® (Group Learning):

This 1.0 credit(s)-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto for up to 5.0 Mainpro+® credits.

Royal College of Physicians and Surgeons of Canada – Section 1

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Temerty Faculty of Medicine, University of Toronto. You may claim a maximum of 5.0 hours (credits are automatically calculated).

American Medical Association – AMA PRA Category 1 Credit™ Designation

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at: <https://www.ama-assn.org/education/ama-pra-credit-system/agreement-royal-college-physicians-surgeons-canada>

European Union for Medical Specialists (UEMS)

Live educational activities recognized by the Royal College of Physicians and Surgeons of Canada as Accredited Group Learning Activities (Section 1) are deemed by the European Union of Medical Specialists (UEMS) eligible for ECMEC®.

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Accreditation Letters: Attendees must attend the live delivery of the education program, in-person and/or synchronously online, in order to receive their letter of accreditation or claim hours.

FACULTY DISCLOSURE

It is the policy of the University of Toronto, Temerty Faculty of Medicine, Continuing Professional Development to ensure balance, independence, objectivity, and scientific rigor in all its individually accredited or jointly accredited educational programs.

Speakers and/or planning committee members, participating in University of Toronto accredited programs, are expected to disclose to the program audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing education program. This pertains but is not limited to relationships within the last FIVE (5) years with not-for-profit organizations, pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the presentation topic.

The intent of this policy is not to prevent a speaker with a potential conflict of interest from making a presentation. It is merely intended that any potential conflict should be identified openly so that the listeners may form their own judgments about the presentation with the full disclosure of facts.

It remains for the audience to determine whether the speaker's outside interests may reflect a possible bias in either the exposition or the conclusions presented.

SPEAKERS



Vivian Choo MSc, MD
Family Physician
Women's College Hospital
Tristan Lawson Distinguished
Fellow in Physician Professional
Development in Child Nutrition

BIOGRAPHY

Dr. Vivian Choo is a Family Physician working at Women's College Hospital. She completed her MSc in the Department of Nutritional Sciences at the University of Toronto, and her residency training as well as fellowship in education scholarship with the University of Toronto's Department of Family and Community Medicine. She contributes to physician education work in the Joannah & Brian Lawson Centre for Child Nutrition, where her primary interests are in the application and promotion of nutrition education in primary care for patients and providers.



Tawfik Shehata
Chef

BIOGRAPHY

Born in Egypt and raised in Canada, Chef Tawfik brings over 30 years of professional culinary experience to his role. Chef Tawfik acquired his broad and distinctive culinary vision at many of the city's finest establishments including Winston's, Scaramouche, Auberge du Pommier, Boba, Truffles at The Four Seasons, Taboo and renowned resorts in Jamaica and Bermuda. Voted one of the "Top Ten New Chefs in Canada" by enRoute Magazine and with appearances on numerous episodes of the Food Network Canada, CBC, and SUN TV, Chef Tawfik is at the forefront of today's culinary experience. His unique menu items have been featured in publications such as Canadian Living, City Bites, Tonic Magazine and Healthy Directions. And most recently won a culinary competition (2023) call Milk Master on CTV.ca. He has contributed to the Huffington Post and M&IT Magazine and been a guest Chef on Rogers Daytime Peel and Daytime Toronto TV shows as well as Downright Domestic. He is also a part-time instructor at both George Brown and Humber Colleges. He was selected to speak at the Catersource Trade Show and Conference in Las Vegas and to host the release of the Go Barley! Cookbook, for which he wrote the forward. As a writer, teacher and spokesperson for Foodland Ontario, Chef Tawfik shares his passion for sustainable agriculture and his commitment to supporting local producers.

SPEAKERS



Andrea Glenn RD, PhD
Postdoctoral Research Fellow
Department of Nutrition
Harvard T.H. Chan School of
Public Health and Department
of Nutritional Sciences
University of Toronto

BIOGRAPHY

Andrea Glenn is a Canadian Institutes of Health Research (CIHR)-funded Postdoctoral Research Fellow and Registered Dietitian (RD) at the Department of Nutrition at the Harvard T.H. Chan School of Public Health and the Department of Nutritional Sciences at the University of Toronto.

She received her MSc and PhD in Nutritional Sciences from the University of Toronto and completed her RD training at Mount Sinai Hospital in Toronto. Her main research interests include addressing questions of public health and clinical importance in relation to plant-based dietary patterns and cardiometabolic disease risk, particularly cardiovascular disease and type 2 diabetes, and healthy aging. She is currently exploring these areas by incorporating traditional epidemiological analyses, clinical trial data, and metabolomics. Dr. Glenn also has a variety of experience in coordinating clinical trials, developing knowledge translation tools for patients with cardiometabolic disease, mentoring students, and teaching.



John Sievenpiper MD, PhD, FRCPC
Associate Professor,
Department of Nutritional Sciences,
University of Toronto

BIOGRAPHY

John Sievenpiper is a Clinician Scientist who holds appointments as an Associate Professor in the Departments of Nutritional Sciences and Medicine and the Lifestyle Medicine Lead in the MD Program at the University of Toronto and a Staff Physician in the Division of Endocrinology & Metabolism and Scientist in the La Ka Shing Knowledge Institute at St. Michael's Hospital.

Dr. Sievenpiper completed his MSc, PhD, and Postdoctoral Fellowship training in the Department of Nutritional Sciences at the University of Toronto. He completed his MD at St. Matthew's University followed by Residency training in Medical Biochemistry at McMaster University leading to his certification as a Fellow of the Royal College of Physicians of Canada (FRCPC).

He has established an internationally recognized research program focused on using randomized controlled trials and systematic reviews and meta-analyses to address questions of clinical and public health importance in relation to diet and cardiometabolic disease prevention with a particular interest in the role of sugars, carbohydrate quality, and plant-based dietary patterns.

He is directly involved in knowledge translation with appointments to the nutrition guidelines committees of Diabetes Canada, European Association for the study of Diabetes (EASD), Canadian Cardiovascular Society (CCS), and Obesity Canada. He is the recipient of numerous awards including a CNS Young Investigator Award, PSI Foundation Graham Farquharson Knowledge Translation Fellowship, Diabetes Canada Clinician Scientist Award, Banting & Best Diabetes Centre Sun Life Financial New Investigator Award, and CIHR-INMD/CNS-New Investigator Partnership Prize. He has authored more than 200 scientific papers and 17 book chapters.



RECIPE 1

Farinata di Ceci

INGREDIENTS

1 cup (125 gr)	chickpea flour (also known as besan in Indian grocery stores)
2 cups	water
2 tbsp	olive oil
Large pinch	kosher salt
¾ tsp	chopped fresh rosemary

METHOD

Pour the water into a mixing bowl. Slowly add the chickpea flour, whisking continuously making sure there are no lumps, whisk in salt. Cover with plastic wrap and let stand for 4-8 hours at room temperature.

Preheat oven to 475°F. Place empty 25cm (10") cast iron pan in oven. Skim foam off the surface of batter.

Using caution remove pan from oven add olive oil and carefully add batter. Sprinkle rosemary over top.

Bake on lower rack for 10 minutes and move to top rack for another 8-10 minutes. Farinata should have gold spots on top and be firm.

Can be eaten hot, warm or cold. Great with a salad or topped as a pizza when it comes out of the oven.

ALSO KNOWN AS

- *Torta di Ceci* – Italy (Tuscany)
- *Socca* - France (Nice)
- *Panisse* – France (Marseille)
- *Karantika* – Algeria
- *Fainâ* – Argentina and Uruguay
- *Calentita* (baked), *Panissa* (fried) – Gibraltar (National Dish)
- *Besan chilla* or *pudla* - India

RECIPE 2

Caponata

INGREDIENTS Makes 6-8 servings

3 tbsp	olive or avocado oil	1	(red, yellow or orange) bell pepper, seeded and diced
750 gr (1½ lbs)	eggplant (1 large), peeled in stripes and diced in 2.5cm (1 in.) cubes (see picture)	3 tbsp	pine nuts
1 small	white onion, sliced	3 tbsp	chopped fresh basil (other herbs that work well are parsley, oregano or rosemary)
2 stalks	celery, sliced		sea salt and pepper to taste
3 cloves	garlic, chopped		
¾ cup	green olives, sliced		
2 tbsp	capers, rinsed and chopped		
2/3 cup	white wine vinegar		
2 tbsp	sugar		
1-19oz can	diced tomatoes, with juice (or crushed tomatoes)		
1 pint	grape tomatoes, cut in half		



Image Source: www.recipeineats.com/roasted-eggplant/

METHOD

Add the oil to a large sauté pan over high heat until it smokes.

Add eggplant and cook, stirring intermittently for 3-4 minutes until the eggplant is golden but still firm. Remove eggplant and drain on paper towels, reserving oil in pan.

Add in the onions, celery, and diced pepper. Sauté for 8 to 10 minutes or until lightly browned. Add garlic and a pinch of salt, stir. Add olives, capers and sugar. Add vinegar and let reduce by half.

Stir in the tomatoes with juice and cook until mixture thickens. You may need to reduce the heat to prevent scorching.

Finish by adding halved grape tomatoes, eggplant, basil, and adjust seasoning.

NOTES

Traditionally the dish is meant to be a bit sweet and sour. If you are unsure about the amount of vinegar, start with half and adjust to your liking.

To save time, eggplant can be tossed in 2 tbsp oil and roasted in the oven at 400°F for 13-15 minutes, while the rest is prepared on the stovetop.

Will keep for 5 days in the refrigerator. Can be served hot, cold or room temperature





RECIPE 3

White Bean and Cucumber Salad

INGREDIENTS Makes 4 Servings

- | | |
|-------------|---|
| 1-19oz can | (sodium reduced) white beans, such as white kidney, great northern, navy, lima or cannellini. Or for an extra boost of protein substitute 2 ½ cups of frozen shelled soybeans |
| 1-pint | grape tomatoes, halved |
| 1 | English cucumber, halved and sliced |
| 1 ½ bunches | Parsley, washed, leaves and some tender stems chopped fine |
| 1 ½ tbsp. | Dried mint |
| 4 | green onions, finely chopped |
| 1/3 cup | freshly squeezed lime juice (from 2 large limes) |
| 1/3 cup | olive oil |
| | Salt and Pepper |

METHOD

If using canned beans, drain and rinse to remove excess salt.

In a mixing bowl, add the chopped green onions and dried mint, add a pinch of salt and about 1 tablespoon of lime juice. Stir to combine. This will help to mellow the taste of the green onions and hydrate the mint to release its flavour.

Add beans, tomatoes, cucumbers, and parsley to bowl with green onions.

Add 2/3 each of remaining lime juice and oil and season with some salt and pepper. Mix well and adjust seasoning/lime juice/ olive oil as needed.

NOTE

This salad is just an idea, modify it to your liking. These flavours are Middle Eastern.

If you want more Greek Flavours substitute lemon juice for the lime and dried oregano for the dried mint

More Italian, substitute some sundried tomatoes for the fresh and add fresh basil in stead of mint

RECIPE 4

Barley and Berry Salad

INGREDIENTS Serves 6 as a side salad

Ingredients for the Vinaigrette

62 ml (¼ cup)	maple syrup
45ml (3 tbsp)	apple cider vinegar
5 ml (1 tsp)	finely grated lemon zest
62 ml (¼ cup)	olive oil

Ingredients for the Vinaigrette

375 ml (1 ½ cups)	pot barley (rinsed)
125 ml (½ cup)	dried cranberries
500ml (2 cups)	mixed in-season berries or chopped fruit
½ bunch	dandelion greens, leaves and tender stems chopped
125 ml (½ cup)	lightly toasted pine nuts, or gently crushed hazelnuts
6 sprigs	thyme, leaves chopped
3 sprigs	rosemary, leaves chopped
	salt and pepper to taste

We can all use more whole grains in our diets, this sweet and tart salad is a great way to accomplish that. It can also be made with pearled farro, freekeh or wild rice.

METHOD

For the vinaigrette: In a small bowl combine apple cider vinegar with lemon zest and a pinch of salt and pepper and whisk until salt dissolves. Add maple syrup, stir to combine. Whisk in olive oil. Set aside.

For the barley and salad: cook the barley in 5 cups of lightly salted water for 45-60 minutes. Drain when cooked and allow to cool to room temperature.

In a serving bowl combine cooked barley, dried cranberries, dandelion, nuts, thyme and rosemary. Toss. Dress with vinaigrette. Before serving add berries or chopped fruit. Gently toss. Check seasoning and serve

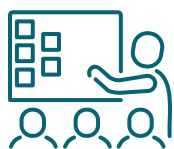


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