

2018 Annual FOMA Convention

Thursday, February 22nd from 10:15-11:15am.

The Fork in the Road Plate: The Intersection of Flavor and Health

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ACSM certified Exercise Physiologist

At the end of this session, attendees will:

- Know the flavor landscape and role of flavor in consumer decisions around food choices.
- Understand how cooking style and ingredient pairing impact nutrient availability and retention as well as nutritional and flavor synergy.
- Recognize some enduring trends based in science including protein's charm and the role of dairy in the diet.
- Be able to discuss the role of culinary skill and flavor in helping increase acceptance and enable healthful, individualized eating according to the DGAs 2015-2020 and USDA's MyPlate.