The 11th Annual Building Healthy Lifestyles Conference features internationally recognized experts from within and outside the Arizona State University community who will present 7+ hours of cutting edge research and fresh perspectives on a number of “hot” nutrition topics. The conference also provides opportunities for experts, professionals and students to network and discuss the latest research.

**Friday, March 18, 2016**

**Noon – 1 pm** Registration

**1 – 1:10 pm** Opening Remarks

* Linda Vaughan, PhD, RD

**1:10 – 2 pm** Conflicting, conflicted, and incomplete narratives in nutrition and obesity research

* Andrew Brown, PhD

**2 – 2:50 pm** The gluten lie and other myths about what you eat

* Alan Levinovitz, PhD

**2:50 – 3:10 pm** Break

**3:10 – 4 pm** Paleo fantasy: What evolution tells us about modern lives and diets

* Marlene Zuk, PhD

**4 – 4:50 pm** Carbohydrates and exercise performance: Is low the way to go, or the way to bonk?

* Glenn Gaesser, PhD

**Saturday, March 19, 2016**

**8:30 – 9 am** Registration

**9 – 9:50 am** Sustainable materialism: Challenging the excess in diet and lifestyle behaviors

* Chris Wharton, PhD

**9:50 – 10:40 am** Are new wheat varieties really making us fat and sick?

* Julie Jones, PhD

**10:40 – 10:50 am** Break

**10:50 – 11:40 am** Is a calorie a calorie?

* Richard Mattes, PhD, RD

**11:40 – 12:40 pm** Lunch (included)

**12:40 – 1:30 pm** Dietary cholesterol: The good, the bad, and the egg?

* Sonia Vega-Lopez, PhD

**1:30 – 2:20 pm** Going with your gut: Insights on prebiotics, probiotics, superbugs and health

* Corrie Whisner, PhD

Who Should Attend?

- Dietitians/Nutritionists
- Healthcare professionals
- Fitness professionals
- Policy makers
- Researchers
- Students

CEU’s will be available!

The School of Nutrition and Health Promotion is an academic unit of the College of Health Solutions.

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Register online and learn more at chs.asu.edu/BHLC