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.

**Location**
Embassy Suites Phoenix – Tempe  
4400 S. Rural Rd.  
Tempe, AZ 85282

**Registration**
Early Bird (Before 2/28/16)  
$100 - professionals  
$35 - students (w/ valid ID)  
Regular (Closes 3/14/16)  
$125 - professionals  
$50 - students (w/ valid ID)  

Register online at chs.asu.edu/BHLC

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**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  **Paleofantasy: 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**

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**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!

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

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