

AIFST Vic Branch Event

Nutrition Update

Date: Thursday November 10, 2022

Time: 1:00pm to 5:00pm

Venue: William Angliss Institute, 555 La Trobe Street, Melbourne, Vic

TIMING	TOPIC	SPEAKER
Session 1		
1.00–1.10pm	WELCOME	AIFST CEO
1.10-1.30pm	Nutrition Overview	Kim Tikellis, Coles
1.30-1.50pm	Nutrition and Immune Health	Dr Senaka Ranadheera, University of Melbourne
1.50-2.10pm	Nutrition and Mental Health	TBC
2.10-2.40pm	30 min Q&A Session 1	Session 1 Speakers
2.40-3.20pm	BREAK (Catering & Networking)	
Session 2		
3.20-3.40pm	Health Claims	Fiona Fleming, AIFST
3.40-4.00pm	Nutrition and Heart Health	Jemma O’Hanlon, Heart Foundation
4.00-4.20pm	Nutrition and Gut Health	Theresa Pham, Grains & Legumes Nutrition Council
4.20-5.00pm	20 min Q&A Session 2	Session 2 Speakers
5.00	CLOSING	Vic Branch Committee Member