

Dairy Nutrition for Every Age and Stage

MAY 16, 2017 / 8:30 AM - 3:30 PM / STOCKING HALL CONFERENCE CENTER 148

7:30 AM **Registration**

8:30 AM **8:45 AM** **Welcome**

Lorin Warnick DVM, PhD, Austin O. Hooey Dean of the College of Veterinary Medicine

8:45 AM **11:00 AM** **Session I: Research and Practice**

Bone acquisition in childhood

Kimberly O'Brien, PhD, Professor, Division of Nutritional Sciences

Getting to know your food: why the cow to consumer story counts

Abigail Copenhaver '10 RDN, CDN, Farmstead Nutrition and Consulting, Owner of Ivy Lakes Dairy in Stanley, NY

Building and rebuilding the human body: the role of milk in development, recovery, and regeneration

Anna Thalacker-Mercer, PhD, Assistant Professor, Division of Nutritional Sciences

CCE Nutrition Education: Stories from the dairy aisle

Lara Parrilla Kaltman '99, MPH, RD and Megan Szpak '16, Cornell Cooperative Extension

Nutrient-rich dairy protein in aging

Tanya Holloway, PhD, Postdoctoral Fellow, Stuart Philips Lab, McMaster University

The role of dairy in the golden years

Natalie Nicholas '99 RD, Healthcare Dining Manager and RD for Kendal at Ithaca

11:00 AM **11:15 AM** **Break**

11:15 AM **12:30 PM** **Session II: Milk Production and Processing**

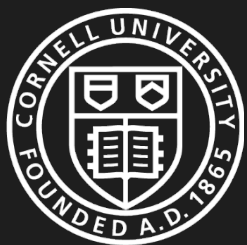
Nutrition innovation from the farm to the fridge

Blake Nguyen, DVM, Director of the Cornell Teaching Dairy Barn

Andrew Novakovic, PhD, Professor, Dyson School of Applied Economics and Management

Deanna Simons, Quality Manager & Academic Coordinator, Cornell Dairy Processing Plant

Doug Young, Spruce Haven Farm LLC



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12:30 PM 1:30 PM Lunch and Poster Session

1:30 PM 3:20 PM **Session III: "Built with Chocolate Milk" Presentation and Panel Discussion**

From Big Red Refuel to fueling the octagon; the development of a sports nutrition program, the impact of collaborations and the development of a career

Clint Wattenberg '03 MS, RD, CSCS, Director of Sports Nutrition for UFC Performance Institute (Ultimate Fighting Championship) Former Coordinator of Sports Nutrition for Cornell Athletics

Built with Chocolate Milk in Kona, HI

Mirinda Carfrae, Ironman Triathlon World Champion & Built with Chocolate Milk Athlete

Nutrition and Athletics Panel

- **Mirinda Carfrae**, Ironman Triathlon World Champion & Built with Chocolate Milk Athlete
- **Chris Kerber**, Henry E. Bartels '48 Head Coach of Cornell Men's Lightweight Rowing
- **Daryl Nydam DVM, PhD**, Associate Professor of Dairy Health and Production Management, Director of Quality Milk Production Services
- **Erika Rogan**, Strength and Conditioning Coach, Cornell Athletics
- **Sarah Wilson, MS, RDN**, Cornell Health

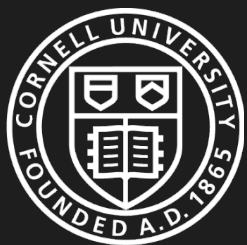
3:20 PM

Closing Remarks

Daryl Nydam DVM, PhD, Associate Professor of Dairy Health and Production Management, Director of Quality Milk Production Services

3:30 PM

Reception



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