

FNCE[®] At A Glance

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and Dietetics

FNCE[®] 2026

Food & Nutrition Conference & Expo[®]

San Antonio, TX | October 24-27

**Powerful Connections.
Infinite Possibilities.**

CPE

Log your CPE credits from FNCE[®] as one activity entry.

Session activity number: **194311**

Poster activity number: **194614**

Badges

Badges must be worn at all FNCE[®] events.

Wi-Fi

Network: **FNCE 2026**

Password: **washdc27**

Mobile App

Find the full program, schedule, sessions handouts and much more.
Search "FNCE" in the App Store (Apple) or Play Store (Android).

Need Help?

Find an Academy staff member wearing a staff lanyard.

Saturday Events

Opening Session

Nutrition in the Age of Misinformation with Dr. Jessica Knurick

Saturday, October 24

3:00 p.m. - 5:00 p.m.

Location: Hall 1

Welcome Party

Saturday, October 24

5:00 p.m. - 6:30 p.m.

Location: Main Lobby

Join the conversation!

Get social using the official conference hashtag **#FNCE**.

FNCE® Sessions

Sunday, October 25

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Room	8:00 a.m. – 9:00 a.m.	9:30 a.m. – 11:00 a.m.	1:00 p.m. – 2:30 p.m.	3:00 p.m. – 4:30 p.m.
Hall 1	Staying Ethical in a Polarized World – Advocacy, Science, and Communication Co-Planned with the Academy's Ethics Committee and the Academy's Policy Initiatives and Advocacy Team	Debating AI in Nutrition and Dietetics: Tool, Threat, or Transformative Force	Metabolism in Menopause: Integrating Nutrition, Hormones & Strength	Protein Intake in Practice: Current Evidence, Food Applications, and Risks of Overconsumption Planned with the Committee for Lifelong Learning
Stars at Night B1	Why Bitter Is Better: Harnessing an Untapped Taste for Health and Deliciousness	Diet Adherence in Medically Tailored Meals: Rethinking What "Food Is Medicine" Really Means	Technology in Weight Management: Where Do Dietitians Fit? Planned with the Weight Management DPG	Why Facts Fail and What Dietitians Can Do About It
Stars at Night B2/B3	The Role of Nutrition in the Nerve-Wracking Complexity of Diabetes and Neuropathies Planned in Collaboration with the Association of Diabetes Care and Education Specialists	Creatine in Reproductive Health: Research, Practical Counseling, and Supplement Safety	Dyslipidemia Management in 2026: New Guidelines, Tailored Strategies, Real-World Application for Your Nutrition Practice Planned with the Committee for Lifelong Learning	The Weight of Change: Eating Disorders During Perimenopause
Stars at Night B4	Positivity and Joy: Key Drivers of a Successful Nutrition Practice and Career Satisfaction	The Hidden Epidemic: What Every Dietitian Needs to Know About Kidney Stones Planned with the Renal Dietitians DPG	Candid Conversations: Navigating Clients, Cash Flow, and Care in Private Practice	Feeding the Brain: Practical Nutrition Strategies for Cognitive Health Planned with the Committee for Lifelong Learning
Hemisfair C1	Uncovering Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD): What You Need to Know Planned with the Committee for Lifelong Learning	From Fight-or-Flight to Rest-and-Digest: Integrating Trauma-Informed Tools in GI Nutrition Care Planned with the Dietitians in Medical Nutrition Therapy DPG	Generative-AI: Your Creative Partner to Build Simulations for Dietetics Practice, Education, and Interprofessional Training	Psychotherapeutic Medications and Nutritional Status: Integrating Mental Health and Nutrition Care Planned with the Dietetics in Health Care Communities DPG
Hemisfair C2	Food Affordability and the Future of Public Health: A Conversation with the 2026 Langholz Award Recipient, Dr. Adam Drewnowski	Elevating Voices: Exploring Lifestyle, GLP-1 Therapies, and Equity in Diabetes Care for Black Women Planned with National Organization of Blacks in Dietetics and Nutrition (NOBIDAN) MIG	From Policy to Practice: Advancing Nutrition Education in Healthcare Planned with the Academy's Policy Initiatives and Advocacy Team	Vibe Check: Engaging Gen Z and Alpha Without the Awkward
Hemisfair C3	Don't Call Me Fat: Reframing Pediatric Obesity Counseling	Protecting Consumers from Harmful Wellness and Performance Products through Cross-Sector Partnerships and Evidence-Based Resources	Night Shift Nutrition: Supporting the Health of Shift Workers with Chrononutrition Strategies Planned with the Committee for Lifelong Learning	Seasoned with Identity: Nourishing Health Through Culinary Cultural Wisdom
Room 301	Center Store Solutions: Leveraging Commodity Foods and Consumer Insights to Build Healthy Dietary Patterns	Invisible Until Now: Understanding Neurodivergent Traits in Late Diagnosed Women for Improved Nutrition Care	Emerging Evidence and Care Strategies for Malnutrition-Related Diabetes Planned with the Global MIG; 2026 Wimpfheimer-Guggenheim International Lecture	Implementing Pediatric Malnutrition Care Pathways: Lessons from Clinical Practice, Quality Improvement, and Informatics
Room 302	Data-Driven Insights from Diverse Practitioners on Career Advancement Across the Profession	Advancing Lifestyle Medicine Through Case Studies and Innovation: RDN-Led Longevity Solutions	Food as Medicine: Building Partnerships Between Dietitians and Food Banks	Investigating Diseases of Increasing Prevalence: Eosinophilic Esophagitis, Scleroderma, and Superior Mesenteric Artery Syndrome Planned with the Dietitians in Nutrition Support DPG
Room 303	The Role of Nutrition and Eye Health in Diabetes	Supporting Health and Food Security for Military Communities and Families	Pediatric Nutrition Therapy: Evidence-Based Care in a World Without Complete Evidence	Applying Systems Thinking to Solve Complex Challenges in Nutrition and Dietetics
Room 304	Redefining Oncology Support: Collaboration Through Virtual Nutrition Psychoeducation Groups	Preparing for What's Next: Scratch Cooking, USDA Standards, and the Future of School Meals Co-Planned with the Committee for Lifelong Learning, the School Nutrition Services DPG and the Academy's Policy Initiatives and Advocacy Team	The Nutrition Power Play: Bringing Clinical Nutrition to the Executive Agenda	Unpacking Bias & Advancing Equity: Cultural Perspectives in Nutrition Care
Expo Hall	Exhibits: 9:00 a.m. – 3:30 p.m. Poster Topics: Clinical Care; Critical Thinking and Decision Making; Ethics and Professionalism; Informatics; Research and Scholarship (Authors present from 11:15 a.m. – 12:45 p.m.)			

FNCE® Sessions

Monday, October 26

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Room	8:00 a.m. – 9:00 a.m.	10:00 a.m. – 11:30 a.m.	1:30 p.m. – 3:00 p.m.	3:30 p.m. – 5:00 p.m.
Hall 1		Mission in Motion: Visions of 2035: The Future of Food and Nutrition	Trending or True? Making Sense of Nutrition Headlines <i>Planned with the Committee for Lifelong Learning</i>	Everyday Electrolytes? What Practitioners Need to Know About the Growing Hydration Trend <i>Planned with the Committee for Lifelong Learning</i>
Stars at Night B1	A Gut Feeling: Nutrition’s Role in the Rise & Treatment of Early-Onset Colorectal Cancer <i>Co-Planned with the Committee for Lifelong Learning and the Oncology DPG</i>		Menopause is Mandatory. Suffering is NOT: Help Clients Thrive Now and for Decades to Come	Beyond Fresh: Culinary Techniques to Elevate Pantry and Frozen Foods
Stars at Night B2/B3	The Great Breakfast Debate: Eat or Skip? <i>Planned with the CV-Well DPG</i>		GLP-1 Therapies: A Fireside Chat on the Evolving Landscape and Clinical Hot Topics	Clearing the Fog: Understanding, Measuring, and Managing Brain Fog Through Nutrition
Stars at Night B4	Longevity Rx: Lifestyle Medicine Strategies for Older Adults		The Science of Choice: What Shapes How We Eat	Evolving With AI: A New Relationship with Food, Data, and Decision-Making
Hemisfair C1	No More Power Struggles: Helping Families Win at Feeding		Macros and Mobility: Making Movement Matter	Bodies, Beliefs and The Bedroom: An Integrative Approach to Nutrition and Sexual Health
Hemisfair C2	2026 Distinguished Lecture: What Actually Changes Food and Nutrition Policy? Lessons From the Front Lines of Advocacy		Navigating Telehealth Practice with Confidence: A Conversation on Legal, Billing, and Clinical Best Practices <i>Planned with the Academy's Policy Initiatives and Advocacy Team</i>	Food Is Medicine in Action: Linking Global and Local Pathways to Food Security and Health Equity
Hemisfair C3	Fueling the Athlete on GLP-1 Medications: Meeting Energy and Performance Needs with a Suppressed Appetite <i>Planned with the Sports and Human Performance Nutrition DPG</i>		Culinary Nutrition and Culinary Medicine: Working Towards Global Standards in Food as Medicine	High-Risk Pregnancy: The Interplay between Diet, Lifestyle, Gut Microbiome and Epigenetics in Pre-eclampsia
Room 301	Beyond Translation: Culturally Tailored, Personalized Nutrition Strategies for Hispanic Patients with Obesity and Chronic Disease		Planetary Health on the Menu: Shifting Norms and Applying EAT-Lancet 2.0 in Institutional Foodservice	Overcoming the Machismo Mindset: Culturally Adaptive Methods for Behavior Change <i>Planned with the Cultures of Gender and Age (COGA) MIG</i>
Room 302	Hidden Relational Traps in Eating Disorder Treatment: Recognizing and Responding to Countertransference		When Difficult Isn’t Bad: Leading Through Courageous Conversations <i>Planned with the Committee for Lifelong Learning</i>	From Farm to Community: Strengthening Partnerships Between Farmers and Dietitians <i>Planned with the Committee for Lifelong Learning</i>
Room 303			Bridging Nutrition Gaps: Enhancing Physician Education and Collaboration Through Advanced Dietitian Documentation	The Unexpected Low: Navigating MNT in Post-Bariatric Hypoglycemia <i>Planned with the Diabetes DPG</i>
Room 304	Inclusive Nutrition and Performance Strategies for Adults and Athletes with Disabilities <i>Planned with the Disabilities in Nutrition and Dietetics MIG</i>	Breaking Limits: Building Connections: Expanding Access and Impact with AI and Digital Innovation <i>Co-Planned with the Pediatric Nutrition and Nutrition Informatics DPGs</i>	From Guidelines to Action: Empowering Families in the Fight Against Pediatric and Adolescent Obesity	
Expo Hall	Exhibits: 9:00 a.m. – 3:30 p.m. Poster Topics: Community, Population, and Global Health; Leadership and Advocacy; Quality Management (Authors present from 11:45 a.m. – 1:15 p.m.)			

FNCE® Sessions

Tuesday, October 27

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Room	8:00 a.m. – 9:00 a.m.	9:30 a.m. – 11:00 a.m.	Noon – 1:00 p.m.
Hall 1	Turning Complexity into Clarity: Nutrition Strategies for Autoimmune Conditions <i>Planned with the Committee for Lifelong Learning</i>		Closing Session: Beyond the Medal – A Conversation with Aly Raisman
Stars at Night B1	Beyond Turmeric: A Cultural & Ayurvedic Approach to Gut Microbiome Diversity	Eating with Purpose: Enhancing Interoception and Implementing Self-regulation Strategies Across the Lifespan	
Stars at Night B2/B3	Sustaining Success in the GLP-1 Era: A Dual Lens on Science and Personal Experience	Mouthfeel Matters: The Science Behind Texture and Dietary Choices	
Stars at Night B4	Owning Your Path: Purpose, Pay, and Possibility in Modern Dietetics	Level Up Your Voice: Using LinkedIn to Advance Dietetics and Build Professional Credibility	
Hemisfair C1	Technology Reads Data, Humans Read People: Essential Skills for Tomorrow's Dietitians	Raising Confident Eaters: Feeding Guidance That Fits Real Life	
Hemisfair C2	A Hospice Dietitian's Field Guide to Nutrition for the Terminally Ill Patient	Evidence from the Field: RDs Advancing Food as Medicine Using Robust Nutrition Education	
Hemisfair C3	Repairing and Protecting the Brain: Micronutrient Interventions for Mild Traumatic Brain Injury and Concussion	Preserving Evidence, Empathy, and Trust in an AI Era	
Room 301	Leveraging Retail Partnerships to Improve Patient Outcomes	Fostering Psychological Safety and Trust in Diabetes Management During Pregnancy	
Room 302	Feeding Minds: The Academic Case for Universal School Meals	Tomorrow's Table: Technology Transforming Healthcare Foodservice <i>Planned with the Management in Food & Nutrition Systems DPG</i>	
Room 303	Building Clinical Confidence Through Virtual Simulation	The Patchwork Problem: When States Rewrite the Food Policy Rulebook	
Expo Hall	Exhibits: 9:00 a.m. – 1:00 p.m. Poster Topics: Business, Industry and Product Development and Marketing; Communications; Education and Counseling; Food, Nutrition and Dietetics and Physical Activity; Foodservice Systems Management; Organization Management (Authors present from 10:00 a.m. – 11:30 a.m.)		