

Educational Session Proposal Form
2026 Food & Nutrition Conference & Expo® – Nashville, TN
(Call Site Opens September 1 - Closes November 16, 2025)

Session Details

Proposed Session Title* *(Please keep brief. Containing no abbreviations.) 15 words maximum*

Creatine in Reproductive Health: Research, Practical Counseling, and Supplement Safety

Session Format* - How will this session be presented?

☒	Lecture	☐	Debate	☐	Panel Discussion
☐	Interview/Fireside Chat	☐	Case Study	☐	Story Telling
☐	Roundtable	☐	Research Review	☐	Other

Session Track* - Select the most appropriate track for your session.

- | | |
|-------------------------------------|--|
| ☐ | Aging & Long-Term Care |
| ☐ | Behavioral & Mental Health |
| ☐ | Career Advancement & Skill Development |
| ☐ | Chronic Disease Prevention & Management |
| ☐ | Culinary Nutrition & Food Trends |
| ☐ | Education, Preceptorship & Workforce Development |
| ☐ | Food Systems |
| ☐ | Gut Health & the Microbiome |
| ☐ | Media & Communication |
| ☒ | Pediatric & Adolescent Health |
| ☐ | Public Health, Health Equity & Community Nutrition |
| ☐ | Sports & Human Performance Nutrition |
| ☐ | Technology & Innovation |
| ☐ | Weight & Metabolic Health |
| ☐ | Women's Health |

Session Duration*

- | | |
|-------------------------------------|------------|
| ☐ | 60 minutes |
| ☒ | 90 minutes |

CPE Level*

- | | |
|-------------------------------------|---|
| ☐ | Level 1 (basic knowledge/experience) |
| ☐ | Level 2 (intermediate knowledge/experience) |
| ☒ | Level 3 (advanced knowledge/experience) |

Primary Target Audience*

** indicates a required field*

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☐	Student/intern
☐	Practitioner (1-5 years)
☒	Practitioner (6-14 years)
☐	Practitioner (15+ years)
☐	Retired

Session Description*

*Explain the session content and rationale for presentation to conference attendees. This statement may be used in supportive promotional materials for the session and should be reflective of the stated objectives. **200 words maximum***

Creatine is widely recognized for its role in sports performance, yet emerging research highlights its potential benefits in fertility, pregnancy, labor, and infant development. As interest in creatine supplementation grows, dietitians are uniquely positioned to translate the science into practice and guide clients in making informed decisions.

This session will bring together three perspectives to provide a comprehensive overview of creatine across the reproductive continuum. A leading nutrition researcher will summarize the latest evidence on creatine's impact on maternal and infant outcomes, including fertility, pregnancy, labor, and growth in the first year of life. A practicing dietitian will share practical strategies for counseling individuals who are planning pregnancy or are currently pregnant, highlighting real-world considerations in clinical care. Finally, a dietitian-researcher with experience in the supplement industry will review creatine delivery systems and supplement formulations, addressing key questions about quality and efficacy that both dietitians and consumers should be aware of.

Attendees will leave with an up-to-date understanding of the science, practical insights for counseling, and tools to critically evaluate creatine products, equipping them to better support clients during this critical life stage.

Session format*

Use the space provided to include a brief description of the format style. Consider adding a [session enhancement](#) to increase audience engagement.

While this will be a primarily lecture-based session, we will incorporate case-based role play to demonstrate applying emerging research across pregnancy and postpartum contexts. Melanie Sulaver, RDN (Speaker #2), will act as the dietitian demonstrating how to personalize guidance, assess readiness for supplementation, and balance risk versus benefit using shared decision making. Example scenarios include:

Scenario 1: The Competitive Recreational Athlete — "Pregnant and Still Training"
Context: Jess is 32, a recreational CrossFit athlete, 10 weeks pregnant, and has been taking creatine monohydrate for years. She's unsure whether she should continue.
Key Discussion Points: Assess baseline diet and supplement use, review emerging research on creatine safety in pregnancy, frame shared decision making, and coordinate with OB/midwife care.

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Scenario 2: The Postpartum Endurance Athlete — “Rebuilding Strength and Identity”
Context: Sam is 6 months postpartum, training for her first half marathon, breastfeeding, and feeling chronically depleted. She is curious about creatine but concerned about milk supply and hydration.

Key Discussion Points: Discuss energy and hydration needs, review creatine’s role in recovery and brain health, assess readiness for supplementation, and communicate dosing and monitoring strategies.

Scenario 3: The Postpartum Non Athlete — “Trying to Feel Like Herself Again”

Context: Maria is 8 weeks postpartum, not currently exercising, feeling weak and foggy, and curious about creatine.

Key Discussion Points: Translate performance focused science into everyday language, distinguish performance vs. physiologic benefits, assess nutrition, sleep, and mental health, and emphasize a holistic framework rather than a quick fix.

References*

Submit 1-3 recent, relevant references for established or emerging science topics. For experiential topics, describe what outcomes will be presented and source of evidence (e.g., unpublished quality improvement project at workplace). Please include links (DOIs) to resources when possible. **300 words maximum**

(1) Smith-Ryan, A. E., DelBiondo, G. M., Brown, A. F., Kleiner, S. M., Tran, N. T., & Ellery, S. J. (2025). Creatine in women's health: bridging the gap from menstruation through pregnancy to menopause. *Journal of the International Society of Sports Nutrition*, 22(1), 2502094. <https://doi.org/10.1080/15502783.2025.2502094>

(2) de Guingand, D. L., Palmer, K. R., Callahan, D. L., Snow, R. J., Davies-Tuck, M. L., & Ellery, S. J. (2024). Creatine and pregnancy outcomes: a prospective cohort study of creatine metabolism in low-risk pregnant females. *The American Journal of Clinical Nutrition*, 119(3), 838-849.

(3) Kreider, R. B., Jäger, R., & Purpura, M. (2022). Bioavailability, Efficacy, Safety, and Regulatory Status of Creatine and Related Compounds: A Critical Review. *Nutrients*, 14(5), 1035. <https://doi.org/10.3390/nu14051035>

Session Outline*

Briefly describe each speaker’s presentation: key points, teaching methods, parallels to the session’s learning objectives, and any unique audiovisual or equipment requirements. Highlight new and/or significant contributions, and/or cutting-edge information to the profession

Kaitlyn Eck, PhD, RDN, LDN

Speaker Outline

Kaitlyn will serve as the moderator for this session.

Stacey Ellery, BBioMedSc (Hons), PhD

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Speaker Outline

The nutrition researcher will provide an evidence based lecture that summarizes emerging evidence on creatine's role in fertility, pregnancy, labor, and infant development. The presentation will highlight findings from clinical trials and mechanistic studies, while also identifying critical gaps in current knowledge. By expanding the audience's understanding of creatine beyond its traditional applications in sports performance, this session will broaden the professional scope of how dietitians consider creatine in practice. At the end of the presentation, audience members will be able to summarize emerging research on creatine for fertility, pregnancy, and early infant development (LO #1)
Melanie Sulaver (Boehmer), MS, RD, CDN, CISSN

Speaker Outline

The practicing dietitian will translate the science into real world practice, focusing on strategies to counsel individuals who are planning pregnancy or are currently pregnant. Using case examples and client scenarios, the presentation will demonstrate how to address common questions, ensure safety, and provide evidence informed recommendations. This perspective bridges the gap between research and practice, offering tools that dietitians can apply directly in patient care. At the end of the presentation, audience members will be able to describe practical counseling strategies for discussing creatine supplementation with individuals across the preconception and pregnancy stages (LO #2).

Susan Kleiner, PhD, RD, FACN, CNS-E, FISSN

Speaker Outline

The dietitian-researcher will provide an overview of creatine delivery systems and supplement formulations, including emerging products on the market. The session will review issues of product safety, quality, regulation, and accessibility, highlighting what dietitians and consumers should consider when evaluating supplement options. By presenting the latest developments in supplement design and delivery, this talk will give dietitians new insight into a rapidly evolving area of nutrition practice. At the end of the presentation, audience members will be able to outline considerations related to creatine delivery systems, supplement formulations, and product safety for dietitians and consumers (LO #3).

Learning Objectives*

Provide three learning objectives that are **clear, measurable, and achievable** and describe the **outcomes or impact** resulting from the presentation. All objectives should complete the following statement: "After this presentation, the attendee will be able to...". Use action verbs to begin each learning objective such as list, describe, define, demonstrate, conduct, etc. **25 words maximum for each objective**

e.g. Describe how changes in the aging gut impact digestion and absorption, and utilize this knowledge in order to plan effective nutrition strategies.

1. Summarize emerging research on creatine's impact on fertility, pregnancy, labor, and infant development.
2. Describe counseling strategies for discussing creatine supplementation with individuals planning pregnancy or are currently pregnant.
3. Outline considerations related to creatine delivery systems, supplement formulations, and product safety for dietitians and consumers.

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Additional Session Details

Is this proposal being submitted as a DPG/MIG spotlight or in conjunction with a specific committee, professional association or organization?* *(All DPG/MIG submissions must be approved by the Chair)*

☒ No
☐ Yes

If yes, provide the name of the group or organization.

Is there a day which a speaker cannot present?* While we will do our best to accommodate all requests, sessions are scheduled based on programming needs.

☐ October 25, 2026
☐ October 26, 2026
☒ October 27, 2026
☐ No conflict

If your proposal is declined, do you wish to be considered for a webinar? * This question is not considered in the review process.

☐ No
☒ Yes

Practice Competencies*: Please include three practice competencies for your session. For more details on practice competencies, you may review the [Commission on Dietetic Registration's Essential Practice Competencies guide](#).

(1) 5.1.2 Interprets and integrates evidence-based research and literature in decision making.
(2) 11.3.7 Recommends nutrition support, therapeutic diets and dietary and oral nutrition supplements.
(3) 9.1.3 Evaluates the chemical nature and composition of food quality, acceptability, and compatibility to inform product development, menu planning and food preparation techniques.

Session Participants

Program Planner*

The program planner is responsible for the session. All fields are required.

First Name

** indicates a required field*

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Last Name	Eck
Credentials	PhD, RDN, LDN
Academy Member	(Yes/No) - (*If yes, please provide member number)
Employer	Jefferson University
Title	Assistant Professor

Program Planner– CV*

This will be uploaded as an attachment in the web portal. This must be a 1 MB .PDF/.doc/.docx format

Program Planner- Bio*

*Please keep succinct. This will be published to the website and mobile app if the proposal is accepted for presentation at FNCE®. **200 words maximum***

Kaitlyn Eck, PhD, RDN, LDN is an assistant professor and postdoctoral fellow at Thomas Jefferson University in the Nutritional Sciences and Family and Community Medicine departments. She earned her PhD in Nutritional Sciences from Rutgers University. Her primary research interest is in studying factors that impact eating and health-related behaviors, particularly in active individuals.

Moderator*

The moderator is responsible for on-site moderation of the session, ensuring timeliness while maintaining the flow of the session, and conducting a question and answer period at the end of the presentation. The moderator cannot also be a session speaker. All fields are required.

First Name	Kaitlyn
Last Name	Eck
Credentials	PhD, RDN, LDN
Academy Member	Please provide member number – membership required for all moderators
Employer	Jefferson University
Position/Title	Assistant Professor

Moderator – CV*

This will be uploaded as an attachment in the web portal. This must be a 1 MB .PDF/.doc/.docx format

Moderator- Bio*

*Please keep succinct. This will be published to the website and mobile app if the proposal is accepted for presentation at FNCE®. **200 words maximum***

Kaitlyn Eck, PhD, RDN, LDN is an assistant professor and postdoctoral fellow at Thomas Jefferson University in the Nutritional Sciences and Family and Community Medicine departments. She earned her PhD in Nutritional Sciences from Rutgers University. Her

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primary research interest is in studying factors that impact eating and health-related behaviors, particularly in active individuals.

Speaker #1*

This Speaker will be the first Speaker in the session. All fields on this form are required.

First Name	Stacey
Last Name	Ellery
Credentials	BBioMedSc (Hons), PhD
Academy Member	(Yes/No) - (*If yes, please provide member number)
Employer	Hudson Institute of Medical Research
Position/Title	Emerging Leader Fellow and Head of the Bioenergetics in Reproduction Lab

Have you presented at FNCE® in the last two years?

☒	No
☐	Yes

If yes, when?

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Speaker #1 – CV*

This will be uploaded as an attachment in the web portal. This must be a 1 MB .PDF/.doc/.docx format

Speaker #1- Bio*

*Please keep succinct. This will be published to the website and mobile app if the proposal is accepted for presentation at FNCE®. **200 words maximum***

Dr. Stacey Ellery is an NHMRC Emerging Leader Fellow and Head of the Bioenergetics in Reproduction Lab at the Hudson Institute of Medical Research in Melbourne, Australia. A pregnancy physiologist and mother of two, she investigates energy homeostasis, maternal nutrition, and obstetric complications driven by cellular energy failure. Her research aims to address the 800,000 neonatal and 3 million infant deaths that occur annually from placental insufficiency and hypoxia. She is passionate about developing affordable therapies accessible in low-resource settings, where most tragedies occur. Since completing her PhD at Monash University in 2015, Dr. Ellery has gained international recognition for her research on creatine metabolism in reproduction, pregnancy, and newborn health. She pioneered studies exploring creatine supplementation to protect against pregnancy-related complications, using in vitro models, preclinical studies, human cohort studies, and clinical trials. Her team discovered that the human placenta can synthesise creatine and that disruptions in this pathway are linked to placental pathologies leading to fetal demise. She has published over 40 peer-reviewed papers on creatine and secured more than \$6.2 million in competitive grants. She serves on the Creatine for Health Scientific Advisory Board and regularly provides expert commentary for outlets including Time and Oprah magazines.

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Optional: Professional Social Media Networks and Past Speaking Videos

Speakers can include professional social media profiles and/or short video clips of a previous speaking engagement.

Speaker #2*

This Speaker will be the second Speaker in the session. All fields on this form are required.

First Name	Melanie
Last Name	Sulaver (Boehmer)
Credentials	MS, RD, CDN, CISSN
Academy Member	(Yes/No) – (*If yes, please provide member number)
Employer	Nutrition By Mel LLC
Position/Title	Founder & CEO

Have you presented at FNCE® in the last two years? *

☒	No
☐	Yes

If yes, when?

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Speaker #2 – CV*

This will be uploaded as an attachment in the web portal. This must be a 1 MB .PDF/.doc/.docx format

Speaker #2- Bio*

*Please keep succinct. This will be published to the website and mobile app if the proposal is accepted for presentation at FNCE®. **200 words maximum***

Mel Sulaver, MS, RD, CDN, CISSN, is a registered dietitian and performance nutrition expert specializing in women's health, fertility, pregnancy, and postpartum. Her work blends science, compassion, and lived experience to help women fuel their bodies and thrive through every life stage.

A former collegiate athlete who struggled with disordered eating and body dysmorphia, Mel's early experiences inspired her mission to change the culture of sport and protect athletes from the same harm she endured. After building a strong clinical foundation in both inpatient and outpatient care, she founded Nutrition by Mel—a practice dedicated to helping women nourish strength and resilience through evidence based, real world support.

Motherhood deepened Mel's purpose. During her own pregnancy and postpartum journey, she witnessed the wide gap between the care women deserve and the care they receive—especially in athletic and high performing populations. Her work now bridges performance

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nutrition with maternal health, integrating research, cultural wisdom, and practical strategies to help women fuel, recover, and reconnect with their power.

Mel's mission is to elevate the standard of care for female athletes—challenging convention, advancing the science, and holding space for women redefining what strength and motherhood can look like.

Optional: Professional Social Media Networks and Past Speaking Videos

Speakers can include professional social media profiles and/or short video clips of a previous speaking engagement.

Speaker #3* (if applicable)

This Speaker will be the third Speaker in the session. All fields on this form are required.

First Name	Susan
Last Name	Kleiner
Credentials	PhD, RD, FACN, CNS-E, FISSN
Academy Member	(Yes/No) – (*If yes, please provide member number)
Employer	Founder and Owner
Position/Title	High Performance Nutrition® LLC

Have you presented at FNCE® in the last two years? *

☒	No
☐	Yes

If yes, when?

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Speaker #3 – CV*

This will be uploaded as an attachment in the web portal. This must be a 1 MB .PDF/.doc/.docx format

Speaker #3- Bio*

*Please keep succinct. This will be published to the website and mobile app if the proposal is accepted for presentation at FNCE®. **200 words maximum***

Dr. Susan Kleiner is a globally recognized trailblazer in nutrition and human performance, and her expertise and groundbreaking research have earned her stellar reputation as a visionary leader in industry. Dr. Kleiner's seminal research on male and female bodybuilders launched the study of the nutritional needs of muscle building, power, and strength. Her expertise and research have expanded to all athletic

** indicates a required field*

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endeavors, and she is passionate about the nutritional needs of athletic women and girls. She is a Registered Dietitian, the founder and owner of the internationally recognized consulting firm High Performance Nutrition, LLC, the Chief Science Officer for Electrolyte Boost LLC and the co-host of the “Your Food Matters Podcast”. Author of the best-selling legacy book Power Eating® now published in its fifth edition as The New Power Eating, Dr. Kleiner is also the author of many other popular books, numerous academic chapters, and peer-reviewed scientific journal articles, as well as featured columns in all forms of media. She is co-founder and Fellow of the International Society of Sports Nutrition and a Fellow of the American College of Nutrition, a member of The American College of Sports Medicine and The National Strength and Conditioning Association.

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Speakers can include professional social media profiles and/or short video clips of a previous speaking engagement.

CDR CPE Prior Approval Policies*

As of April 1, 2024, the new CDR CPEU Prior Approval Policies have been enforced by CDR. These updated policies impact the content permissible in presentations. Below, you'll find key highlights from these revised policies.

- CPE may contain informational content but must not contain promotional content.
- CDR defines informational content as that which raises awareness through education. Informational content is based on best available research evidence, which is supported by documentation from reputable, peer-reviewed scientific research.
- CDR defines promotional content as that which advertises an organization, product, or service, and is used to influence purchasing decisions. We highly encourage you to read section 7.0 in the Provider Policy Manual to familiarize yourself with these new policies.
- All FNCE® sessions are recorded and made available for viewing/purchase 3-4 weeks post-FNCE®. Per new CDR Prior Approval Guidelines, session recordings are required to be accompanied by five multiple choice quiz questions relating back to the objectives of the session in order to provide CPE.

☒ I acknowledge and am aware of these new policies.

Roles, Responsibilities, and Benefits

I have read and communicated expectations regarding roles and responsibilities, including benefits and honorarium, to all parties involved in this proposal. I understand that benefits are non-transferable. Additionally, I confirm that this information will not be presented prior to FNCE® 2026.

☒ I have read and agree to the above terms and conditions.

** indicates a required field*

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Disclosures*

Each author is required to submit a Conflict-of-Interest Disclosure. Each other can enter the portal to fill out this section.

You can access each author's form by clicking on the name(s) below.

In addition, the button next to each name will create an automatic email to that speaker inviting them to complete the form.

- 1. In the past 12 months, have you (or an immediate family member) had a financial relationship with a commercial organization that produces, markets, re-sells or distributes health care goods or services consumed by, or used on, patients? This includes, but is not limited to, pharmaceutical companies, medical device manufacturers, supplement companies, food and beverage manufacturers, or other entities that could influence clinical practice or research. If so, click the 'Add a financial relationship' link below.**

☒	I have no real or apparent conflicts of interest to disclose.
☐	I or my spouse/partner) do have potential conflicts of interest to disclose.

2. Financial Relationships (add a financial relationship if applicable)

Company Name

Individual(s) Involved

☐	Self
☐	Spouse/Partner
☐	Both myself and my spouse/partner

Type of Financial Relationship (*check all that apply*)

☐	Grant/Research Support
☐	Advisory Board
☐	Consultant
☐	Stock Shareholder (excluding mutual funds)
☐	Honorarium
☐	Other Financial or Material Support
☐	Other Research Support
☐	Other: Please describe

3. Presentation Bias

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If you reported relationship(s) above with a commercial organization that produces health care products or services. Does the educational content (over which you have control) involve the products or services of the commercial organization? *

☐	Yes
☐	No
☒	N/A

4. Attestation

I certify that the information I have provided is complete to the best of my knowledge and I accept responsibility for the accuracy of the information in response to the aforementioned questions.

Sign Name

By signing this box with my electronic signature, I attest that all information above is true and correct. *