

CASHA
PROGRAM VIRTUAL MEETING

Join us on

Monday, November 14, 2022

from 6:00 to 8:00 p.m.

Virtually

(directions to access the meeting will be sent to you once you sign up)

Kelly Dorfman, M.S., LDN - Clinical Nutritionist and Author
will present

How Picky Eating, Food Reactions, and Nutrient Deficiencies Impact Attention, Behavior, and Mood: Upping nutrition awareness to support better clinical outcomes



ASHA CE
APPROVED PROVIDER

**Capital Area
Speech-Language-Hearing
Association**

This course is offered for 0.2 ASHA CEUs (Intermediate level, Professional area).

Visit the CASHA web site for more information www.cashany.org

Learning Outcomes - Attendees will be able to:

- tell how nutrition status can improve clinical outcomes
- describe the patients who may benefit from nutrition intervention
- describe how sensory processing issues cause picky eating and how picky eating increases the chances of sensory and mood disorders
- explain the difference between food allergies and food intolerance
- describe the difference between general picky eating and AFRID (Avoidant Restrictive Food Intake Disorder)

Time Ordered Agenda

- 6:00-6:15 Introduction to how nutrition intake impacts attention, learning and mood
- 6:15-6:30 Food reactions vs. allergies: How to recognize potential issues
- 6:30-6:45 When is dietary sugar a problem?
- 6:45-7:00 Symptoms of common nutrient deficiencies
- 7:00-7:15 Sensory processing disorder and ARFID
- 7:15-7:30 Closing nutrient gaps when children are not cooperating
- 7:30-7:45 Helping the picky eater
- 7:45-8:00 Questions and Answers

Disclosures

Financial Relationships:

- No affiliation with, nor financial gain from resources discussed today
- Kelly is receiving an honorarium for today's presentation

Non-financial Relationships:

- Kelly has no non-financial relationships to disclose