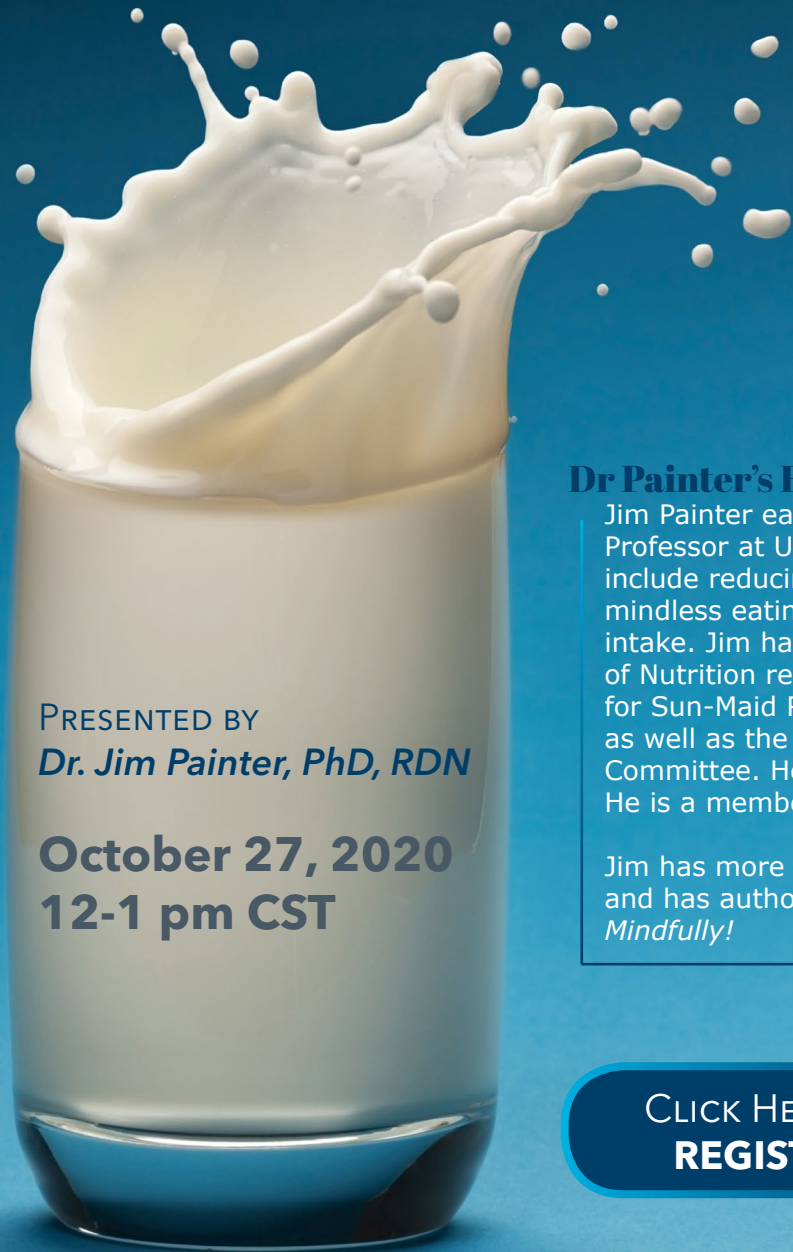


The Udderly Important Update on Dairy For Children's Health!



PRESENTED BY
Dr. Jim Painter, PhD, RDN

October 27, 2020
12-1 pm CST

Participants will be able to:

- Compare the nutritional content of dairy and non-dairy milk alternatives to make informed beverage choices
- Summarize the recent research on the effects of dairy fat on human health
- Explain the role of fermented dairy in reduction of antibiotic-associated diarrhea reduction and gut microbiome diversity

Dr Painter's Bio:

Jim Painter earned a Ph.D. from the University of Illinois and is currently an Adjunct Professor at University of Texas, School of Public Health. His current areas of research include reducing risk of heart disease through phyto-nutrient and dietary intervention, mindless eating by changing the dining environment by stealth to control calorie intake. Jim has been a Registered Dietitian since 1980 and has served as the Director of Nutrition research for the California Raisin Marketing Board, and nutrition adviser for Sun-Maid Raisin Growers of California and Paramount Farms Wonderful Pistachios, as well as the has served on American Heart Association's Healthier Diet Business Committee. He is the Chair of Sugarwise and consults for the National Dairy Council. He is a member of the Society for Nutrition Education and Behavior.

Jim has more than 100 peer reviewed publications and presentations to his credit and has authored the text book, *Nutrition You Can Use* and his latest book *Let's Eat Mindfully!*

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This seminar is a sponsored symposium add-on to the Alabama Chapter-AAP's 2020 Virtual Annual Meeting, and The Dairy Alliance is pleased to support this educational opportunity for Alabama pediatricians.

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