

MINNESOTA LOCAL SECTION

OCTOBER 13TH: NUTRITION POTPOURRI: EVERYTHING YOU WANTED TO KNOW ABOUT NUTRITION BUT WERE AFRAID TO ASK

Speaker: Dr. Julie Miller Jones

Where: Bent Brewstillery, 1744 Terrance Drive, Roseville, MN 55113

Time: Executive meeting at 5 pm, Dinner at 6 pm, Seminar at 7 pm

Cost: \$10 in advance, \$15 at the door, \$5 for students

Menu: Davanni's pizza, salad, dessert, cash bar

Meal Ticket: Go to the "Web Store" link to purchase meal reservations through PayPal.

Deadline: Must register by Thursday, October 8th

Abstract: A cursory look at the world of food and nutrition controversies from arsenic in rice, mercury in fish, BPA in cans, 'toxic' gliadin, villainous carbs and artificial sweeteners, organic and conventional foods, plant-based diets and paleo diets and "redeemed" saturated fats, eggs and cholesterol. There are media stories about all of these complex issues where a few correctly distill the science and most make sound bites that misrepresent it. Further muddling the mix are individuals who use the motto "I eat, therefore I know" and share their perspective in a blog. Sciences, including chemistry and biochemistry, give one perspective; yet their answers and the pronouncements of regulatory bodies the world over are distrusted by consumers barraged with recommendations to "not eat chemicals and to avoid eating things their grandmothers never ingested." Many consumers subscribe to their dietary principles with the same passion with which they hold religious beliefs. The science behind the current nutrition controversies will be discussed along with various other points of view.

Bio: <http://grainfoodsfoundation.org/experts/julie-miller-jones-phd-ln-cns/> (<http://grainfoodsfoundation.org/experts/julie-miller-jones-phd-ln-cns/>).

Members Area

[Sign In](#) or [Register](#)

Upcoming Events



Chemists in the Library

Saturday, Apr 6 at 1:30 PM - 3:30 PM



Chemists in the Library

Saturday, Apr 27 at 1:30 PM - 3:30 PM



Chemists in the Library

Saturday, Jun 8 at 1:30 PM - 3:30 PM



Chemists in the Library

Saturday, Jun 29 at 1:30 PM - 3:30 PM

Featured Products



- February 18th, 2019 Student Meal Ticket
\$5.00



- February 18th, 2019 Meal Ticket
\$15.00

Copyright ©2016