



plant-based  
canada

# Canadian Plant-Based Nutrition Conference 2023



## WHEN

May 27<sup>th</sup>, 2023

8:00 AM – 5:30 PM EST



## WHERE

**In-Person:** Ontario Bar Association  
20 Toronto Street Toronto, ON M5C 2B8  
**Virtual option available**

# This conference is generously sponsored by

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Website: <https://proveg.com/>



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Website: <https://thisisplantcurious.com/>



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# Introduction





# Welcome

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We are happy to welcome you all to our 4th Canadian conference on Plant-Based Nutrition and Health, showcasing Canadian expertise. The conference is brought to you by Plant-Based Canada. We are excited we can be in person again after so long!

The conference will provide evidence-based education in the field of plant-based nutrition and Lifestyle Medicine for the prevention and management of chronic disease, and for Planetary Health. The conference is aimed at health professionals and members of the public, and covers a wide range of topics.

The theme of this year's conference is transformation, both at an individual and systems level. Our food paradigm is a central driver of our multiple interconnected global crises; health, climate, and ecological. Institutional and policy transformation is vital if we are to move towards a plant-based system and have a meaningful impact on these global issues. This year our speakers will showcase plant-based advocacy in different forums and demonstrate what a major impact these measures can achieve. We thank them for volunteering their time and efforts for this conference and for their constant advocacy.

Our sincere gratitude goes to all who helped in the realization of this conference with special thanks to our expert speakers, attendees, and sponsors.

Sincerely,

**Plant-Based Canada**

# Organizers, Contributors & Advisors

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**Zahra Kassam** MBBS, MSc, FRCR (UK),  
FRCP(C), DiplABLM

**Michelle Fedele** BaSC, RD

**Cassandra Carey** MSc

**Laura Chiavaroli** MSc, PhD

**Stephanie Nishi** RD, MSc, PhD

**Vanessa Kennedy** C.H.N

**Clinton Stamatovich**

**Jennifer Marshall** BDes  
UX/UI & Brand Designer

**Nital Jethalal**

**Krista Hiddema** PhD

**All our speakers**

# Agenda

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***Saturday, May 27<sup>th</sup>***

*All times are EST*

**8:00 AM – 8:25 AM**

**Registration**

**8:25 AM – 8:30 AM**

**Welcome and Introduction**

Nathaniel Erskine-Smith  
Member of Parliament

**8:30 AM – 9:15 AM**

**Keynote: Plant-Based Dietary Patterns For  
Cardiometabolic Risk Reduction: Moving From  
Evidence To Guidelines To Clinical Practice**

Dr. John Sievenpiper, MD PhD FRCPC

**9:15 AM – 9:30 AM**

**Q and A**

**9:30 AM – 10:00 AM**

**Increasing Plant-Based Foods In Healthcare And  
Beyond**

Nital Jethalal

**10:00 AM – 10:10 AM**

**Q and A**

**10:10 AM – 10:40 AM**

**Break**

|                            |  |
|----------------------------|--|
| <b>10:40 AM – 11:25 AM</b> | <b>Keynote: The Role Of Plant-Based Diets In Improving Human And Planetary Health</b><br>Dr. Frank B Hu, MD MPH PhD                    |
| <b>11:25 AM – 11:40 AM</b> | <b>Q and A</b>   |
| <b>11:40 AM – 12:10 PM</b> | <b>Implementing A Plant-based Menu In Child Care: Lessons Learned</b><br>Valerie Trew  |
| <b>12:10 PM – 12:20 PM</b> | <b>Q and A</b>   |
| <b>12:20 PM – 1:30 PM</b>  | <b>Lunch</b>   |
| <b>1:30 PM – 2:15 PM</b>   | <b>Keynote: Implementing A Plant Based Lifestyle Medicine Program in a Large Safety Net Setting</b><br>Dr. Sapana Shah, MD MPH DipABLM |
| <b>2:15 PM – 2:30 PM</b>   | <b>Q and A</b>   |
| <b>2:30 PM – 3:00 PM</b>   | <b>The Psychology Of Behavioural Change: How To Talk About Diet To Inspire Change</b><br>Dr. Tim Guimond, MD, FRCPC, PhD               |
| <b>3:00 PM – 3:10 PM</b>   | <b>Q and A</b>   |

**3:10 PM – 3:30 PM**

**Break**

**3:30 PM – 4:00 PM**

**Advocacy For Human And Planetary Health: Where  
Are We At And How Can We Empower Positive  
Change?**

Dr. Laura Chiavaroli, PhD

**4:00 PM – 4:10 PM**

**Q and A**

**4:10 PM – 4:45 PM**

**Discussion and Networking**

Michelle Fedele RD

Co-Founder, Plant-Based Canada





# Speaker Biographies & Learning Objectives





## Nathaniel Erskine-Smith

MP

### Welcome and Introduction

8:25 AM – 8:30 AM

### BIOGRAPHY

Nathaniel Erskine-Smith has served as the Member of Parliament for Beaches - East York since 2015.

In addition to his roles as a MP, such as sitting on the Standing Committee on Industry, Science and Technology, Nathaniel has been in vocal support improving animal protections and operationalizing the Canada Food Guide which places an emphasis on fruits and vegetables.

In the 42<sup>nd</sup> Parliament, Nathaniel helped establish a Liberal Animal Welfare Caucus to highlight important animal welfare issues within his own caucus.

In the 43<sup>rd</sup> Parliament, he established, and chaired, the All-Party Animal Welfare Caucus on Parliament Hill, to address wide ranging topics from zoonotic diseases and pandemic risk, the role of animal welfare to achieving Canada's health and environmental commitments, the illegal wildlife trade, and the exporting of horses from Canada for slaughter.

Nathaniel has also introduced animal welfare legislation in 2016 which, while defeated, put animal welfare on the government's agenda in a way that it hadn't been before.

Nathaniel has had the good fortune of participating in Humane Canada's 2021 and 2022 National Animal Welfare Conferences, and has been honoured to have received their Animal Welfare Leadership and innovation Award in December of 2020.





## Nathaniel Erskine-Smith

*(Continued)*

MP

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Through his work as a MP he has also been able to launch the interview podcast Uncommons, which often has episodes dedicated to both animal welfare and health.

Before politics, Nathaniel obtained his B.A. (Politics) and J.D. (Law) from Queen's University and his B.C.L. (Master of Laws), with distinction, from the University of Oxford. He has worked as a lawyer at a commercial litigation firm in Toronto, and supplemented his practice with volunteer work fighting public interest matters in court, and research for the Canadian Civil Liberties Association.

Nathaniel resides in Beaches - East York with his wife Amy Symington, a prominent Toronto chef and nutritionist, and their two sons Mackinlay and Crawford. They are all vegan.



## Dr. John L Sievenpiper

MD, PhD, FRCPC

*Keynote Speaker*

### **Keynote: Plant-Based Dietary Patterns For Cardiometabolic Risk Reduction: Moving From Evidence To Guidelines To Clinical Practice**

8:30 AM – 9:30 AM

#### **OBJECTIVES**

1. Explain the rationale for the transition from a focus on single nutrients to foods and dietary patterns in clinical practice guidelines.
2. Discuss the evidence in support of different dietary patterns for cardiometabolic risk reduction.
3. Apply plant-based dietary patterns in clinical practice.

#### **BIOGRAPHY**

Dr. Sievenpiper is a Clinician Scientist who holds appointments as an Associate Professor in the Departments of Nutritional Sciences and Medicine and the Lifestyle Medicine Lead in the MD Program at the University of Toronto. He is also a Staff Physician in the Division of Endocrinology & Metabolism, Lead of the Toronto 3D Knowledge Synthesis and Clinical Trials Unit, and Scientist in the La Ka Shing Knowledge Institute at St. Michael's Hospital. Dr. Sievenpiper completed his MSc, PhD and Postdoctoral Fellowship training in the Department of Nutritional Sciences at the University of Toronto. He completed his MD at St. Matthew's University followed by Residency training in Medical Biochemistry at McMaster University leading to his certification as a Fellow of the Royal College of Physicians of Canada (FRCPC). He has established an internationally recognized research program focused on using randomized controlled trials and epidemiological approaches to address questions of clinical and public health importance in relation to diet and cardiometabolic disease prevention with a particular interest in the role of sugars, carbohydrate quality, and plant-based dietary patterns.



**Dr. John L Sievenpiper**  
**(Continued)**  
**MD, PhD, FRCPC**

*Keynote Speaker*

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He is directly involved in knowledge translation with appointments to the nutrition guidelines' committees of Diabetes Canada, European Association for the study of Diabetes (EASD), Canadian Cardiovascular Society (CCS), and Obesity Canada. He is the recipient of numerous awards including an Insulin 100 Emerging Leader Award, Khursheed Jeejeebhoy Award, CNS Young Investigator Award, PSI Foundation Graham Farquharson Knowledge Translation Fellowship, Diabetes Canada Clinician Scientist Award, Banting & Best Diabetes Centre Sun Life Financial New Investigator Award, and CIHR-INMD/CNS–New Investigator Partnership Prize. He has authored > 250 scientific papers and 17 book chapters.



**Dr. Frank Hu**  
MD, MPH, PhD

*Keynote Speaker*

**Keynote: The Role Of Plant-Based Diets In Improving Human And Planetary Health**

10:40 AM – 11:40 PM

**OBJECTIVES**

1. Describe current evidence on the role of plant-based eating patterns in improving human and planetary health.
2. Understand the biological mechanisms underlying plant-based diets and prevention of chronic diseases.
3. Describe recent advances in precision/personalized nutrition technologies in facilitating dietary behavior changes.

**BIOGRAPHY**

Dr. Frank Hu, MD, MPH, PhD, is the Fredrick J. Stare Professor of Nutrition and Epidemiology and Chair of the Department of Nutrition at the Harvard T.H. Chan School of Public Health. He is also Professor of Medicine at Harvard Medical School and Brigham and Women's Hospital. His major research interests include epidemiology and prevention of cardiometabolic diseases through diet and lifestyle; gene-environment interactions and risk of obesity and type 2 diabetes; nutritional metabolomics in type 2 diabetes and cardiovascular disease; and nutrition transition, metabolic phenotypes, and cardiovascular disease in low and middle-income countries. Dr. Hu serves as Director of Dietary Biomarker Development Center at Harvard University. He has published a textbook on Obesity Epidemiology (Oxford University Press) and >1400 peer-reviewed papers with an H-index of 300. Dr. Hu served on the 2015 Dietary Guidelines Advisory Committee, USDA/HHS. He has served on the editorial/advisory board of The Lancet Diabetes & Endocrinology, Diabetes Care, and Clinical Chemistry. Dr. Hu was elected to the National Academy of Medicine in 2015.



**Dr. Sapana Shah**  
MD, MPH, DipABLM

*Keynote Speaker*

**Keynote: Implementing A  
Plant Based Lifestyle Medicine  
Program in a Large Safety Net  
Setting**

1:30 PM – 2:30 PM

**OBJECTIVES**

1. Understand why the Bellevue Plant Based Lifestyle Medicine Program was established.
2. Describe how the program is structured and how it has changed to respond to the needs of the population it serves.
3. Review the clinical outcomes and the patient reported outcomes of the pilot study.
4. Explain the current expansion of the Lifestyle Medicine Program to other sites within NYC Health and Hospitals.
5. Highlight the other plant forward initiatives that NYC has undertaken to address the rise in chronic disease.

**BIOGRAPHY**

Dr. Sapana Shah is an Assistant Professor at New York University Grossman School of Medicine and an Internist at Bellevue Hospital, the oldest hospital in the United States. She is passionate about promoting lifestyle medicine and nutrition to optimize the health of her patients. As a Merrin Master Clinician Fellow from 2014-2016, Dr. Shah and a colleague developed and implemented an evidence-based nutrition curriculum for faculty and residents leading to a greater awareness of how our diet contributes to the most common chronic diseases treated in primary care, such as cardiometabolic diseases and specific malignancies. She has lead successful 30 day healthy eating challenges with the administrative and clinical staff at Bellevue Hospital, providing support and education, including potlucks and cooking demonstrations, for those wanting to take control of their health. She has given numerous talks to community groups on the benefits of consuming a plant based diet through the nonprofit Plant Powered Metro NY.

She is board certified in Lifestyle Medicine and has been a provider in the Bellevue Plant Based Lifestyle Medicine Program since its inception in 2019 and took over as director of the program as of January 2022.



**Dr. Sapana Shah (Continued)**  
**MD, MPH, DipABLM**

*Keynote Speaker*

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This program is the first of its kind in a safety net setting, ensuring that individuals from lower socioeconomic backgrounds have equal access to a comprehensive lifestyle medicine approach that emphasizes healthy eating, adequate physical activity, sleep and the tools to manage stress. She co-authored a review article on how plant based diets can prevent and reverse diabetes in 2017 and more recently coauthored papers on the implementation and clinical outcomes of the pilot phase of the Bellevue Plant Based Lifestyle Medicine Program.



## Nital Jethalal

### **Increasing Plant-Based Foods In Healthcare And Beyond**

9:30 AM – 10:10 AM

#### **OBJECTIVES**

1. The bigger picture of whole, plant-based nutrition in healthcare.
2. Highlight where and how audience can shift their food environments plant-based.
3. Outline areas for future collaboration across sectors.

#### **BIOGRAPHY**

Nital is a Toronto-based policy analyst and economist committed to food systems change. Discovering the power of whole-food, plant-based (WFPB) nutrition through his father's medical practice, over twenty-five years ago, set him on a path to connect the benefits from greater plant-based food consumption and accessibility between health, environmental, economic and social justice policy to build the case for systems change.

Nital is currently working as a strategic policy advisor for the Plant-Based Treaty, a global non profit, where he is developing a global policy framework accompanied by guides to make plant-based change easier for stakeholders in all food environments, including municipalities, education systems, healthcare facilities and corporations.

Nital is part of the Plant-Based Data research team, where he oversees economics and policy, and also sits on the Board of Directors for VegTO, the Toronto Vegetarian Food Bank and Studio 89. He holds a Bachelor of Commerce and a Master's of Science in International Economics from Queen's University.



## Valerie Trew

### **Implementing a Plant-Based Menu in Child Care: Lessons Learned**

11:40 AM – 12:20 PM

#### **OBJECTIVES**

1. Benefits of a plant-based menu in an institutional setting.
2. Challenges to implementing plant-based menus in institutional settings.
3. Barriers to operationalizing the Canada Food Guide.
4. The role of health care professionals in supporting institutional change.

#### **BIOGRAPHY**

Valerie Trew is the Director of a University early learning lab school in Ontario, Canada. As a Registered Early Childhood Educator with a Master of Arts in Leadership, she also teaches in the Bachelor of Applied Science program at the University of Guelph and Guelph-Humber applying a lens of social and environmental justice to studies in policy, administration, and leadership. Valerie views teaching - from early learning to post-secondary - as a political act and does so with a view to provoke radical social transformation towards a post-colonial world. Valerie has spent 20 years working in children's services through child welfare, postsecondary education, regional government, early intervention, and early learning and child care. Holding a Certificate in Plant Based Nutrition, and as a member of the founding advisory for the Plant Based Nutrition Certificate at the University of Guelph, Valerie is also passionate about transforming our food systems for human and planetary health and to end oppression. Valerie also developed and teaches the course Implementing a Plant-Based Menu in an Institutional Setting. Valerie is currently completing doctoral studies in Social Justice Education at the University of Toronto, OISE and plans to investigate how systems of oppression operate in early learning environments and the opportunity this provides us to dismantle oppressive systems through our youngest citizens.





**Dr. Tim Guimond**  
MD FRCPC PhD

**The Psychology Of Behavioural Change: How To Talk About Diet To Inspire Change**

2:30 PM – 3:10 PM

**OBJECTIVES**

1. To understand the principles of motivational interviewing (RULE).
2. To consider stage of change when tailoring discussions about diet.
3. To be able to apply some clinical conversation skills to practice (pros/cons; affirmations; reflections; rolling with resistance).

**BIOGRAPHY**

Dr. Tim Guimond is a psychiatrist and biostatistician at CAMH, and the mental health director at HQ (a health hub for gay, bisexual, and other men who have sex with men and transgender and nonbinary people). He provides clinical services to people with concurrent disorders, has experience teaching medical students, residents and students of other health disciplines in substance use treatments including Motivational Interviewing, Dialectical Behaviour Therapy, Community Reinforcement Approach and medication options. Tim’s educational background includes medical school at the Johns Hopkins University, a psychiatric residency at the University of Toronto, a Master’s of Science in Statistics, and a PhD in Biostatistics from the Dalla Lana School of Public Health at the University of Toronto. His research interests focus on psychotherapy, substance use disorders, HIV care, cost-effectiveness, and semi-parametric Bayesian statistical techniques applied to problems of causal modelling. He recently learned to play dungeons and dragons during the COVID pandemic and plays a monk who is a 2 ½ foot tall wood elf.



## Dr. Laura Chiavaroli

PhD

### **Advocacy For Human And Planetary Health: Where Are We At And How Can We Empower Positive Change?**

3:30 PM – 4:10 PM

#### **OBJECTIVES**

1. To highlight the intersection of our global health and environmental challenges.
2. To recognize strategies for positive change, both at the level of empowering individuals and at large through policy changes.

#### **BIOGRAPHY**

Dr. Laura Chiavaroli recently joined the Department of Nutritional Sciences as an Assistant Professor. She completed her MSc and PhD in the Department of Nutritional Sciences, University of Toronto and Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital with Dr. David Jenkins where she conducted multidisciplinary randomized controlled trials on dietary patterns for diabetes and cardiovascular risk management. She completed her first post-doctoral fellowship training at the University of Parma, Italy, where she developed course content on trial methodology and explored variables affecting glycemic response. She then received a Mitacs Elevate scholarship for a post-doctoral fellowship with Dr. John Sievenpiper at the Department of Nutritional Sciences, University of Toronto where she expanded her skillset to include nutritional epidemiology, specifically in the conduct of large systematic reviews and meta-analyses, as well as analyses of national survey data using the Canadian Community Health Survey. In the last few years of her post-doctoral fellowship, she expanded her experience in knowledge translation strategies, including patient- and physician-facing resource development and web-based mobile app development.



## Dr. Laura Chiavaroli (*Continued*)

PhD

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Her current research focus is on developing tools and strategies to translate clinical practice guidelines on dietary patterns and Canadian Food Policy, including strategies to change food environments and health service delivery models, to assess uptake, adherence and effectiveness for the prevention and management of diabetes and cardiovascular disease. Her work includes strong collaboration with stakeholders, particularly those at high cardiovascular risk, and practices to address equity, diversity and inclusivity throughout. She also has a great interest in education and mentorship.



## Michelle Fedele

RD

*Co-Founder, Plant-Based Canada*

### **Discussion and Networking**

4:10 PM – 4:45 PM

#### **BIOGRAPHY**

Michelle Fedele is a Registered Dietitian. She graduated from Ryerson University with Bachelor of Science in Human Nutrition, then completed her dietetic internship University Health Network in Toronto. Michelle is currently completing her Masters of Science specializing in Health care leadership. She has worked at the Stronach Regional Cancer Centre in Newmarket, Ontario since 2010. Her clinical focus is in the importance of the role that nutrition holds throughout the cancer trajectory. She sits on several provincial oncology committees with Cancer Care Ontario. She has co-founded Plant-Based Canada with the mission to promote plant-based whole food nutrition that is sustainable, the healthiest possible, and promotes the well-being of the planet and all its inhabitants.

Michelle is an active member in the community advocating for optimal nutrition for school-aged children and encouraging a plant based lifestyle. She is currently a member of a school council and helps facilitate their healthy school program. She is a proud mama to an amazing little girl and to the cutest mini golden doodle.





# About Plant-Based Canada



# Plant-Based Canada Team Members

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**DR. ZAHRA KASSAM MBBS, MSC, FRCR(UK), FRCP(C), DipABLM**

*Co-founder and Director*

Dr. Zahra Kassam is a radiation oncologist at the Stronach Regional Cancer Centre in Newmarket, Ontario, and an assistant professor in the Department of Radiation Oncology at the University of Toronto. Zahra received her medical degree from the Imperial College of Science, Technology and Medicine in 1995 and completed her specialist training in Clinical Oncology in 2006 in the UK. She undertook 3 years of additional clinical and research fellowship training in Radiation Oncology at the Princess Margaret Cancer Centre, Toronto, with a Masters in Clinical Epidemiology at the University of Toronto. Her areas of clinical practice are in gastrointestinal and breast cancers. She has co-authored a number of peer-reviewed papers in these malignancies as well as in education and mentorship. She is the research lead in the Radiation Medicine Program at her cancer centre. A few years ago, Zahra discovered the significant body of evidence demonstrating the benefits of nutrition in the prevention and treatment of chronic diseases. Zahra is a certified Lifestyle Medicine physician with the American Board of Lifestyle Medicine. Zahra is currently the co-Chair of the Canadian Lifestyle Medicine Advocacy Member Interest Group of the American College of Lifestyle Medicine. She has also completed the eCornell Plant-Based Nutrition Certification and the Plant-Based Nutrition Certification at the University of Winchester. In 2019, she co-founded Plant-Based Canada with the mission to promote plant-based whole food nutrition that is sustainable and the healthiest possible, and which also promotes the well-being of the planet and all its inhabitants. Her first book, co-authored with her sister Shireen, was published in January 2022 and is called *Eating Plant-Based, Scientific Answers to Your Nutrition Questions*. Together with Shireen and Lisa Simon RD, Zahra is co-editor of the textbook *Plant-Based Nutrition in Clinical Practice*, released in 2022.



## MICHELLE FEDELE RD

*Co-founder and Director*

Michelle Fedele is a Registered Dietitian. She graduated from Ryerson University with Bachelor of Science in Human Nutrition, then completed her dietetic internship University Health Network in Toronto. Michelle is currently completing her Masters of Science specializing in Health care leadership. She has worked at the Stronach Regional Cancer Centre in Newmarket, Ontario since 2010. Her clinical focus is in the importance of the role that nutrition holds throughout the cancer trajectory. She sits on several provincial oncology committees with Cancer Care Ontario. She has co-founded Plant-Based Canada with the mission to promote plant-based whole food nutrition that is sustainable, the healthiest possible, and promotes the well-being of the planet and all its inhabitants.

Michelle is an active member in the community advocating for optimal nutrition for school-aged children and encouraging a plant based lifestyle. She is currently a member of a school council and helps facilitate their healthy school program. She is a proud mama to an amazing little girl and to the cutest mini golden doodle.



## SHIREEN KASSAM MBBS, FRCPath, PhD, DipIBLM

*Director, International Team Member*

Shireen is a Consultant Haematologist and Honorary Senior Lecturer at King's College Hospital, London with a specialist interest in the treatment of patients with lymphoma (cancer of the lymphatic system). She is also passionate about promoting plant-based nutrition for the prevention and reversal of chronic diseases and for maintaining optimal health after treatment for cancer.

She qualified as a medical doctor in 2000, initially training in general medicine, and gaining Membership of the Royal College of Physicians (MRCP; 2003). She then specialised in Haematology and achieved Fellowship of the Royal College of Pathologists (FRCPath; 2008). During training, she took time out to undertake a PhD (University of London, 2011). Her research investigated the role of selenium, an essential micronutrient, in sensitising cancer cells to chemotherapy. She was able to show that supra-nutritional doses of selenium could enhance the action of chemotherapy in the laboratory. She has published a number of peer-reviewed papers in the field of lymphoma.

Shireen discovered the power of nutrition for the prevention and treatment of disease in 2013 and since then has been following a whole food plant-based diet. She has immersed herself in the science of nutrition and health and completed the eCornell certification in plant-based nutrition. In 2019 she became certified as a Lifestyle Medicine Physician by the International Board of Lifestyle Medicine. She is also a certified CHIP (Complete Health Improvement Program) practitioner.

Shireen founded Plant-based health professionals UK in 2017 in order to bring evidence-based education on plant-based nutrition to the UK. Since then she has been appointed as Visiting Professor of Plant-Based Nutrition at Winchester University where she has developed and facilitates the UK's only University-based CPD-accredited course on plant-based nutrition for healthcare professionals. In January 2021, Shireen co-founded and launched the UK's first CQC registered, online, multi-disciplinary, plant-based lifestyle medicine healthcare service, [Plant Based Health Online](#). She is also a member of the Research Advisory Committee for the Vegan Society. Her work has been published by The Times, Mirror, Metro, Plant Based News and BBC food. Her first book, co-authored with her sister Zahra, was published in January 2022 and is called *Eating Plant-Based, Scientific Answers to Your Nutrition Questions*.





#### CLINTON STAMATOVICH

Clint Stamatovich is a news producer and writer currently based in Toronto. He's a senior news producer for CP24, Toronto's breaking news, and covered national and international breaking news as a producer with CTV News Channel. But before that, he produced for local ABC, CBS, and FOX affiliates in the Midwest -- including WSBT 22 in South Bend, Indiana and WKBW in Buffalo, New York.



#### VANESSA KENNEDY C.H.N

Vani Kennedy specializes in transformative vitality. She shares the timeless tools of yoga and plant-based nutrition so that people can not just identify the debilitating patterns of stress and overwhelm, but chose to build a practical and sustainable wellness plan that enables them to amplify their wellness, their energy and transform their world. Vani is an 800-hour advanced certified Jivamukti Yoga teacher, also trained in yoga movement alignment, and graduate of both the Canadian School of Natural Nutrition holistic nutrition program and the Plant-Based Nutrition Certificate through eCornell and the T. Colin Campbell Centre for Nutrition Studies. Vani describes herself as a “modern living hippie” and Yogic Living Guide. She uses her training in journalism, yoga, holistic nutrition – and even tarot reading – to guide socially and spiritually engaged women to successfully survive stress so and bring their fullest selves to their wellness, work and world.



#### CASSANDRA CAREY MSc

Cassandra Carey earned her MSc under the supervision of Dr. David Jenkins in the department of Nutritional Sciences with a collaborative specialization in Public Health Policy from the University of Toronto. Cassandra's research focus intersects the relationship between diet, human health, and environmental impacts. She has additionally been involved in cancer research at the Stronach Regional Cancer Centre and has completed her Palliative Care Core Concepts training. Cassandra is certified in Plant-Based Nutrition through Cornell University and is an 800 hour Registered Yoga Teacher. She plans to continue her education in medicine and inform policies based on peer-reviewed research to enhance human and environmental health.



#### **DR. LAURA CHIAVAROLI MSc, PhD**

Dr. Laura Chiavaroli recently joined the Department of Nutritional Sciences as an Assistant Professor. She completed her MSc and PhD in the Department of Nutritional Sciences, University of Toronto and Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital with Dr. David Jenkins where she conducted multidisciplinary randomized controlled trials on dietary patterns for diabetes and cardiovascular risk management. She completed her first post-doctoral fellowship training at the University of Parma, Italy, where she developed course content on trial methodology and explored variables affecting glycemic response. She then received a Mitacs Elevate scholarship for a post-doctoral fellowship with Dr. John Sievenpiper at the Department of Nutritional Sciences, University of Toronto where she expanded her skillset to include nutritional epidemiology, specifically in the conduct of large systematic reviews and meta-analyses, as well as analyses of national survey data using the Canadian Community Health Survey. In the last few years of her post-doctoral fellowship, she expanded her experience in knowledge translation strategies, including patient- and physician-facing resource development and web-based mobile app development. Her current research focus is on developing tools and strategies to translate clinical practice guidelines on dietary patterns and Canadian Food Policy, including strategies to change food environments and health service delivery models, to assess uptake, adherence and effectiveness for the prevention and management of diabetes and cardiovascular disease. Her work includes strong collaboration with stakeholders, particularly those at high cardiovascular risk, and practices to address equity, diversity and inclusivity throughout. She also has a great interest in education and mentorship.



#### **DR. STEPHANIE NISHI PhD, RD**

Stephanie Nishi is a registered dietitian, research coordinator, and instructor. Stephanie has worked with the Department of Nutritional Sciences, Faculty of Medicine, at the University of Toronto, and is now pursuing a CIHR (Canadian Institute of Health Research) post doctoral fellowship at the Universitat Rovira i Virgili in Reus, Spain. For over a decade, Stephanie has been involved in chronic disease prevention from a nutritional perspective, as well as advancing evidence-based practice and knowledge dissemination with the ultimate goal of informing public health policy and nutrition guidelines. In her teaching, research, and clinical practice, Stephanie strives to be inspired and inspiring, with the aim of creating and cultivating positive, productive environments.



### **JENNIFER MARSHALL BDes**

Jennifer Marshall is a User Experience and User Interface Designer. Since successfully completing her Bachelor of Honours in Design, she has been dedicating her skills to help spread the whole food plant-based message and aid environmental organizations.

You can learn more about Jennifer and her work on her website,  
[byjennifermarshall.com](http://byjennifermarshall.com)

# Activities of Plant-Based Canada (2022 & 2023)



## 3<sup>rd</sup> virtual Canadian Plant-Based Nutrition Conference 2022

In 2022 we hosted our 3<sup>rd</sup> Plant-Based Nutrition Conference virtually. We had amazing multidisciplinary experts from Canada and the US. We were honored to have Dr. Brooke Goldner and Dr. Hana Kahleova as our keynote speakers. Dr. Brooke Golder MD ([goodbyelupus.com](http://goodbyelupus.com)), is a board certified medical doctor and the author of 3 best-selling books, *Goodbye Lupus*, *Goodbye Autoimmune Disease*, and *Green Smoothie Recipes to Kick-Start Your Health & Healing*. She has been featured in multiple documentaries such as *Eating You Alive*, *Whitewashed*, and *The Conspiracy Against Your Health*, has been featured on tv news, radio shows and podcasts, and is a highly sought after keynote speaker. Dr. Hana Kahleova MD, PhD, MBA, is the Director of Clinical Research for the Physicians Committee for Responsible Medicine. She has conducted several clinical trials, using a plant-based diet in the treatment of obesity, diabetes, and metabolic disease.



## PBC Podcast

In 2021 we launched our PBC podcast led our team members Clint, Stephanie and Cassandra. We have been blown away by the work of our amazing guests who have joined us to explore the field of nutritional sciences and how our food choices impact our health and the environment. We have chatted to Canadian doctors, dietitians, athletes, climate experts, chefs, journalists, food justice advocates, and more, to break down the evidence behind a whole food plant-based diet, the impact on individual and planetary health, and how to be an advocate in your community. We have so many wonderful guests still to come.

You can check out our interviews at: <https://plantbasedcanadapodcast.buzzsprout.com> and subscribe on iTunes, Google, Spotify, Stitcher, Amazon Music and more.



### **Fun Facts Friday & Monday Meals**

Our co-founder Michelle Fedele, inspires us weekly on our social media pages with her Monday Meals and Fun Facts Fridays, featuring of course Luna, our ambassador for happiness. Check out Michelle's posts on our social media.

Facebook: [@plantbasedcanadaorg](#)

Instagram: [@plantbasedcanadaorg](#)

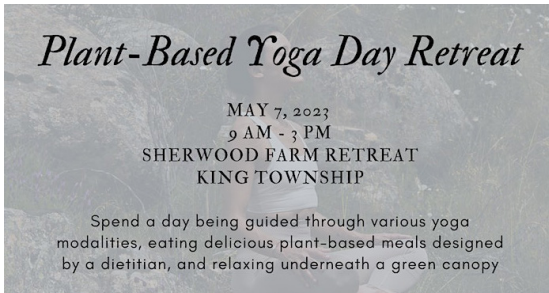
### **Webinars**

We have participated in a number of educational webinars and podcasts. You can watch some of these recordings at: <https://www.plantbasedcanada.org/plant-based-canada-events>



### **Wellness Wednesdays with Vanessa**

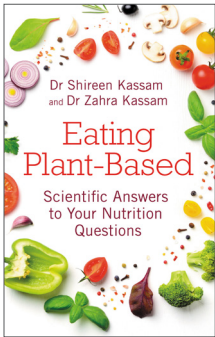
In 2021 we launched Wellness Wednesdays, on FB and IG [@plantbasedcanadaorg](#), with team member Vanessa Kennedy who shares her expertise in wellness and lifestyle tools. This is an experiential series that introduces practices like yoga, meditation, breathing, conscious relaxation, and more to grow personal wellness and self-care. Watch out for a range of options from 5 minute techniques to 20-30 minute classes - there's something for everyone with different tools for different needs.



## **Inaugural Plant-Based Canada Retreat**

On May 7<sup>th</sup> 2023 we were so excited to host our inaugural Plant-Based Canada Plant-Based Retreat, led by team member Cassandra Carey, with delicious plant-based food planned and prepared by Michelle Fedele RD. Our attendees nourished themselves with a day of healthy plant-based eating while exploring different yoga modalities in a picturesque rural property, [Sherwood Farm Retreat](#), in beautiful King Township, just North of Toronto. A big thank you for our sponsors: [Love my mat](#), [Nuts for Cheese](#), [Manitoba Harvest](#), and [Nagi Raw Organic](#), [Three Farmers](#) and Teresa from Sherwood Farm Retreat, as well as all our friends who came to help!

If you are a plant-based health professional and wish to join our free directory, please submit your details at: <https://www.plantbasedcanada.org/plant-based-canada-directory>



## **Eating Plant-Based: Scientific Questions to your Nutrition Questions**

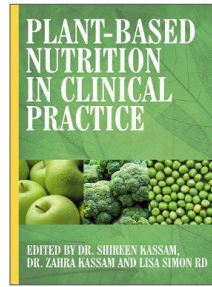
*By Shireen Kassam and  
Zahra Kassam*

This book follows a Q&A format, with the aim of answering the commonly asked questions and concerns raised when people first consider transitioning to a plant-based diet. How do you get enough protein? Is it safe for children? Is soya problematic for hormones? The answers are supported with the scientific background and we hope it will be helpful for anybody transitioning to a plant-based diet as well as for health professionals who are increasingly meeting people who have chosen a plant-based diet. This is available on Amazon and other bookstores, or directly from the publisher. If you order the paperback directly from the publisher at the link below the ebook is free. The first chapter is available to read here also.

<https://www.hammersmithbooks.co.uk/product/eating-plant-based/>

To hear more about the book, listen in to an interview for UK Health Radio here:

<https://bit.ly/3LaSaPY>



## **Plant-Based Nutrition in Clinical Practice**

*Edited by Dr. Shireen  
Kassam, Dr. Zahra Kassam  
and Lisa Simon RD*

We have co- edited an academic textbook ‘Plant-Based Nutrition in Clinical Practice’ with our sister organization Plant-Based Health Professionals UK. [Plant-Based Nutrition in Clinical Practice](#) is an evidence-based, edited textbook aimed at health professionals and provides an up-to-date evidence-based review of the uses, benefits and practical application of a plant-based diet in clinical practice, taking both a holistic and a systems-based approach. This book contains chapters that cover the abundant evidence for the beneficial impact of plant-based nutrition on the chronic diseases of our time, its impact at all stages of life, the barriers and strategies for behaviour change, and the growth of the evidence-based specialty of Lifestyle Medicine. The book concludes with a chapter on how our food system is in fact a central driver of our current planetary health crises, with root causes that are common to our health crisis, and how a shift to plant-based nutrition can help mitigate them.



# Resources





# International Conference on Nutrition in Medicine

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When: Thu Aug 10 - Sat Aug 12, 2023

Register at: <https://www.pcrm.org/events/icnm2023>

Register today for the online International Conference on Nutrition in Medicine. This program is jointly provided by the Physicians Committee for Responsible Medicine and the George Washington University School of Medicine and Health Sciences.

Register at: <https://www.pcrm.org/events/icnm2023>

## REGISTRATION INCLUDES

- 20 continuing education credits for physicians, nurses, dietitians, and pharmacists
- Presentations from 25 speakers on the latest nutrition research.
- Networking sessions.
- Delicious meals throughout the conference
- Discounted hotel room rates at the Grand Hyatt Washington

View full details and register for our 2023 conference [here](#).

# University of Guelph Plant-Based Nutrition Certificate

## BETTER YOU, BETTER PLANET: CHOOSING PLANT-BASED NUTRITION FOR A BETTER FUTURE

Discover the benefits of adopting a plant-based diet. Unique to OpenEd at the University of Guelph, the online Plant-Based Nutrition Certificate is designed for anyone looking to explore the nutritional elements of plant-based diets, human health and disease prevention, and how different diets impact the environment.

Take individual courses for personal interest or finish the entire program by completing seven courses—five required and two electives. All courses are four weeks in length and can be completed entirely online. After completing the program, you can feel confident implementing a balanced plant-based diet, providing information to others, and addressing common concerns in starting and following a plant-based diet.



**OPENED**

OPEN LEARNING AND  
EDUCATIONAL SUPPORT

We've designed the following courses to give you a well-rounded education in plant-based nutrition:

- Introduction to Plant-Based Diets (required)
- Nutritional Benefits and Considerations (required)
- Disease Prevention and Management (required)
- Diets and their Environmental Impacts (required)
- Policy Implications of Plant-Based Diets (required)
- Plant-Based Diets across the Lifespan (elective)
- Plant-Based Diets for Athletes (elective)
- Implementing a Plant-Based Diet at Home (elective)
- Implementing a Plant-Based Diet in an Institutional Setting (elective)

There is no application process. Courses are open to anyone 18 years of age or older and can be taken in any order.

Learn more about this exciting new program and [register today](https://uoguelph.ca/pbn) at [uoguel.ph/pbn](https://uoguelph.ca/pbn).

# Winchester University Plant-Based Nutrition Certificate

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This is a fully online, 8-week, distance learning course, facilitated and taught by [Dr. Shireen Kassam](#) and includes lectures by 18 plant-based health professionals and experts. It will require around 6 hours of study per week and consists of a combination of written material, pre-recorded lectures, quizzes to test learning and a weekly compulsory written discussion on a controversial topic. There is no live or in person requirement. The course is completely self-paced and in your own time. This course has been accredited for 30 CPD hours by the [British Society of Lifestyle Medicine \(BSLM\)](#). This can be counted towards [maintenance of certification](#) for the International Diploma in Lifestyle Medicine. At the end of the course students will be issued a certificate of completion from the University. This course is open to those in and outside the UK. You can find more information and a link for booking [here](#).

## ANIMAL FARMING IS A LEADING CAUSE OF CLIMATE BREAKDOWN

**32%**

of methane emissions  
come from meat, dairy  
and eggs

# CLIMATE ANXIETY?

## TAKE ACTION!

Sign the Plant Based  
Treaty to demand a  
plant-based food  
system now!



Ask your city to  
endorse the Plant  
Based Treaty

**EAT PLANTS • PLANT TREES**  
[plantbasedtreaty.org](http://plantbasedtreaty.org)

# VegTO

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At [VegTO](#), our mission is to inspire people to choose vegan living – for the animals, our health and the planet. We envision Toronto as a place where many more people choose a vegan lifestyle, where plant-based options are easily accessible, and where we work together to combat climate change and to promote compassion for animals.

We take an inclusive, community-focused approach that brings people together with an accessible, annual [membership](#) that makes it easier for people to adopt a vegan way of life today.

When you become a member, you are supporting impactful events like our annual Veg Food Fest, North America’s largest, free-to-attend, all-vegan event. Members also power our [Vegan Near Me](#) interactive map, which is a free to use, searchable-by-location list of VegTO’s trusted retail partners throughout the GTA, including 60+ that offer member-exclusive discounts. Membership, including the VegTO Discount Card is just \$25/year. Visit our [website](#) for more information and inspiration.

Website: <https://veg.ca/>



# Toronto Vegetarian Foodbank

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Toronto Vegetarian Food Bank is a vegan food bank that has served over 350,000 meals worth of fresh healthful plant-based whole food groceries to community members experiencing poverty and food insecurity.

People who reach out to food banks for help are often severely food insecure and [facing multiple forms of marginalization](#).

And the sad reality is that, at regular food banks, where the options are already extremely limited, there is almost nothing that vegans can eat.

*“We don’t want people to have to compromise their health, or their ethics, when they are already in such a vulnerable position.”* - Matt Noble, Executive Director

Veg Food Bank was created in 2015 to ensure that people who are following a plant-based diet for the planet, their health, or the animals, have somewhere they can turn to when they can’t afford groceries.

We’re fortunate to have an amazing and supportive team of volunteer nutrition consultants who provide free sessions for food bank clients who are trying to eliminate meat or other animal products from their diets.

And while we do provide support in the form of groceries, it is important to note that food banks are not a solution to poverty and food insecurity.

Food banks are forced to exist because the politicians in power have failed to provide adequate financial support for citizens who are unable to work, or to those who live below the poverty line despite working multiple jobs.



That’s why, in 2023, Veg Food Bank is launching *Put Food Banks Out Of Business*, a national campaign advocating for a guaranteed basic income floor below which no Canadian can fall.

In Spring 2022, Veg Food Bank started a small 1/4 acre farm, at [Wishing Well Sanctuary](#), so that we can grow local [veganic](#) produce for the food bank and connect people with the stories of animals who have been rescued from our inhumane food system.

In Fall 2022, as a way of advancing plant-based cooking and nutrition literacy in the community, Veg Food Bank started hosting *free plant-based cooking classes* for clients of the Yonge Street Mission food bank, in partnership with the T. Colin Campbell Center for Nutrition Studies.

The participants of the classes also receive groceries to be able to make the meals at home for themselves and their families.

If you are looking for more information about the food bank, [making a donation](#), or how to register with us, please reach out to us at [TOvegfoodbank@gmail.com](mailto:TOvegfoodbank@gmail.com)

## **Matt Noble**

Executive Director

Toronto Vegetarian Food Bank & Farm



# Plant Based Data

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This comprehensive and unique website holds a library of resources supporting a plant-based lifestyle, created by Dr. Tushar Mehta, MD, Nicholas Carter, M.A, and Nital Jethalal.

Website: <https://www.plantbaseddata.org/>



# T. Colin Campbell Center for Nutrition Studies (CNS)

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The T. Colin Campbell Center for Nutrition Studies (CNS) is a 501(c)3 nonprofit organization committed to increasing awareness of the extraordinary impact that food has on the health of our bodies, our communities, and our planet. Through science-based education, service, and advocacy, they seek to inspire and connect all people, providing practical solutions to enable a healthier life, more equitable communities, and a sustainable world.

Their [Plant-Based Nutrition Certificate](#) has over 20,000 students and counting and the [Whole Communities](#) brings together changemakers to network, learn, and explore ways to create resilient communities of health through whole food, plant-based nutrition.



T. COLIN CAMPBELL  
Center for Nutrition Studies

# Evaluation





## Evaluation

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How did we do?

We'd like to know!

### TELL US HOW WE DID!

We would be grateful for your evaluation after the conference. To fill out our survey and give us feedback, click [here](#).



# Certificate of Attendance





# Certificate of Attendance

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A certificate of attendance can be found here:

[CPBNC 2023 Certificate of Attendance](#)





plant-based  
canada



## Questions?

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### WEBSITE

[plantbasedcanada.org](http://plantbasedcanada.org)

### EMAIL

[plantbasedcanadaorg@gmail.com](mailto:plantbasedcanadaorg@gmail.com)

### SOCIAL MEDIA

[@plantbasedcanadaorg](https://www.instagram.com/plantbasedcanadaorg)

