

EXPLORING CAREERS

in culinary nutrition

*A Career Exploration Event for Nutrition & Dietetics Students,
Dietetic Interns, Dietetic Technicians, and Registered Dietitians*

**Wednesday, February 8, 2012
9 a.m. to 12:30 p.m.**

Join us for this half-day event at the world famous Culinary Institute of America (CIA) at Greystone where Registered Dietitians currently working in culinary nutrition will discuss how they developed their unique careers. The event will also include culinary demonstrations and tastings led by CIA chef-instructors followed by an optional three-course meal at the CIA's Wine Spectator Greystone Restaurant. The program will be submitted to the Commission on Dietetic Registration for review and approval of up to three CPEUs for Registered Dietitians and Dietetic Technicians, Registered.

Registration Categories & Prices

- Students & Interns = \$40
- Registered Dietitians or
Dietetic Technicians, Registered = \$95
- Others (including guests) = \$95
- Lunch Ticket = \$50

Register today at <http://bit.ly/n8QTse>



The Culinary Institute of America at Greystone
2555 Main Street
St. Helena, CA 94574
(707) 967-1100/main campus number

Program Contact Person for Questions: Amy Myrdal Miller, MS, RD ~ a_myrdal@culinary.edu

SANNA DELMONICO, MS, RD, is a nutrition instructor at The Culinary Institute of America (CIA) at Greystone. Sanna has been working with families on nutrition and feeding for more than 15 years, always with an emphasis on family meals and simple, seasonal food. She received an MS in human nutrition from Louisiana State University and is a registered dietitian. Her company, Tiny Tummies, provides children's nutrition consulting services, conducts nutrition and cooking classes for parents, and for many years published a nationally distributed food and nutrition newsletter for parents. Sanna has worked as a Newborn Intensive Care Unit Nutritionist, a pediatric outpatient nutritionist, and in a private practice setting. She also teaches nutrition and food science at Santa Rosa Junior College, where she also co-coordinates the Dietetic Technician program. Sanna is a member of the Planning Committee for the Napa Children and Weight Coalition, a dynamic local community organization. She is currently writing *The Tiny Tummies Family Cookbook*. (Napa, CA)

DIANA DELONIS is the associate director of education for The Culinary Institute of America (CIA) at Greystone where she works closely with students and manages the degree, certificate, and professional development programs. In her 14 years with the CIA, Ms. Delonis has held diverse positions ranging from special events chef to education program manager. Her previous foodservice industry stops include Millbrook Vineyards in Millbrook, NY, and The Tea Box Café at Takashimaya in New York City. Ms. Delonis is a graduate of both the CIA and Michigan State University. Ms. Delonis is a board member of the California Restaurant Association Educational Foundation. (Napa Valley, CA)

CHERYL FORBERG, RD, is a James Beard award-winning chef, a best-selling author, and the nutritionist for NBC's *The Biggest Loser* television show. A culinary expert as well as a registered dietitian, she has shared cooking and nutrition tips with the show's contestants for eight seasons. Forberg received her culinary education at the California Culinary Academy in San Francisco. After graduation, she embarked on a European apprenticeship journey that included stints at top French restaurants from Champagne to Strasbourg. She later was chosen for the opening team of Postrio restaurant, Chef Wolfgang Puck's first venture in Northern California. She also worked as a private chef for Lucasfilm Ltd. in Northern California. Forberg went on to earn a degree in nutrition and clinical dietetics from the University of California, Berkeley and to work as a research dietitian at Cedars-Sinai Medical Center in Los Angeles. Forberg has written or contributed to 11 books, including *The Biggest Loser: The Weight Loss Program*, *The Biggest Loser Complete Calorie Counter*, *The Biggest Loser 30-Day Jump Start*, and *Positively Ageless: A 28-Day Plan for a Younger, Slimmer, Sexier You*. She has contributed articles and recipes to several culinary and health publications, including *Health* and *Prevention* magazines and *The Washington Post*. She also writes a weekly blog of cooking and nutrition tips. (Napa, CA)

CONNIE GUTTERSEN, RD, PHD, is an author, nutrition consultant, and adjunct nutrition instructor at The Culinary Institute of America (CIA) at Greystone. Dr. Gutterson joined the CIA in July, 1995, and brings to the college's curriculum a synthesis of nutritional science with the culinary arts. Her role in working with culinary professionals to develop sound nutritional principles in the context of viable commercial food endeavors reflects the intent of the college's philosophy of food and cooking. She is also the author of *The New York Times* bestseller *The Sonoma Diet* (2005) and *The Sonoma Diet Cookbook* (2006). Her latest books are *The New Sonoma Diet* (2011) and *The New Sonoma Diet Cookbook* (2011). (Napa, CA)

AMY MYRDAL MILLER, MS, RD, is the director of programs and culinary nutrition at The Culinary Institute of America (CIA) at Greystone. A registered dietitian with a master's degree in nutrition communication from Tufts University School of Nutrition Science and Policy, Amy has focused her career on promoting the health, flavor, and culinary benefits of whole foods. An invited presenter at state, national, and international conferences, Amy is also frequently interviewed by national print and online media outlets. Prior to joining the CIA, Amy led domestic marketing and health research efforts for the California Walnut Commission, directed nutrition education and nutrition marketing programs for Dole Food Company, and conducted cardiovascular health research studies at the Rippe Lifestyle Institute in Shrewsbury, Massachusetts. Amy serves on the Northarvest Bean Growers Association Nutrition Editorial Board, the Farm Foundation Dialogue Project National Steering Committee, and the American Dietetic Association (ADA) Research Committee. She is also the immediate past-chair of the Food & Culinary Professionals Practice Group of ADA, the co-author of *The Healthy Heart Cookbook for Dummies*, and the executive editor of the *Dole 5 A Day Kids Cookbook*. (Sacramento, CA)

SCOTT SAMUEL is a chef-instructor and the conference chef for The Culinary Institute of America (CIA) at Greystone. A graduate of Washington State University's hotel and restaurant administration program, he apprenticed under Christophe DeGouix at Gerard's Relais de Lyon in Seattle and under Thomas Keller at the French Laundry. Chef Samuel worked in a number of kitchens and was the original chef for Seattle's Brie & Bordeaux, a combination wine and cheese shop and open-kitchen, 30-seat bistro. In 2000 he helped open the Waterfront Seafood Grill and later helped re-open the acclaimed Herbfarm in Woodinville, WA. Prior to joining the CIA he taught at the Seattle Culinary Academy and through his own company, which provided private classes in clients' homes. (Napa Valley, CA)



EXPLORING CAREERS IN CULINARY NUTRITION

- 9:00 AM **Registration**
Greystone Atrium, inside the front door of main building
- 9:30 AM **Welcome & Opening Remarks**
*Ecolab Theater (first floor)**
Amy Myrdal Miller, MS, RD
Director of Programs and Culinary Nutrition, Strategic Initiatives, CIA at Greystone
- 9:40 AM **Presentation**
An Overview of Culinary Arts Programs at the CIA at Greystone
Diana Delonis
Associate Director of Education, CIA at Greystone
- 10:00 AM **Presentation**
Focus on Food and Flavor: Teaching Nutrition to Culinary Students
Sanna Delmonico, MS, RD
Nutrition Instructor, Consultant
- 10:20 AM **Presentation**
The Flavors of Health: My Life as a Chef-RD
Cheryl Forberg, RD
Television Nutritionist, Chef, Author and Spokesperson
- 10:40 AM **Presentation**
The Sonoma Diet Story: Insights from a Best-Selling Author
Connie Guttersen, RD, PhD
Nutrition Instructor, Author, Consultant
- 11:00 AM **Break**
- 11:15 AM **Culinary Demonstration & Tasting**
MyPlate: Inspiration from the Mediterranean
Chef Scott Samuel
Chef-Instructor, CIA at Greystone
- 11:45 AM **Panel Discussion and Q&A with the Audience**
Moderator: Amy Myrdal Miller, MS, RD
Panelists: Sanna Delmonico, MS, RD
Cheryl Forberg, RD
Connie Guttersen, RD, PhD
- 12:30 PM **Optional Three-Course Lunch****
Wine Spectator Greystone Restaurant
***There is an additional \$50 fee for lunch in the restaurant.*

***Note: All presentations take place in Ecolab Theater (first floor) unless otherwise specified**