

Speaker Sessions & Bios

Opening Keynote: **“A Look Into the 2025-2030 Dietary Guidelines for Americans: From Creation to Dissemination”**

Toby Amidor, MS, RD, CDN, FAND

Since 1980, the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) have released the Dietary Guidelines for Americans (DGA) every 5 years. With the 2025-2030 guidelines underway, the presenter will discuss the process involved in the creation of the DGAs, newly released insight into the selection of members of the the DGA committee, and debunk common myths surrounding the process. In addition, new recommendations from the 2025-2030 DGAC report will be reviewed.

Learning Objectives:

- Describe the evidence-based process used to create and update the Dietary Guidelines for Americans (DGAs).
- Identify and summarize the recommendations of the dietary guidelines committee report.
- Create and share actionable healthful eating messages with clients based on the DGAs.



Toby is the founder of Toby Amidor Nutrition, PC, where she provides nutrition and food safety consulting services for individuals, restaurants and food brands. She is a Wall Street Journal bestselling cookbook author and has 10 published cookbooks with her 11th cookbook titled, Health Shots: 50 Simple, Healing Tonics to Help Improve Immunity, Ease Anxiety, Boost Energy, and More released in December 2024. For over 17 years Toby has been the nutrition expert for [FoodNetwork.com](https://www.foodnetwork.com), and founding contributor to their Healthy Eats Blog. Toby is a regular contributor to many national online publications and for over 10 years has been penning the “Ask the Expert” column in Today’s Dietitian Magazine. She is also on the medical board for [Forbes.com](https://www.forbes.com) and [EatThis.com](https://www.eatthis.com) and on the editorial board for Today’s Dietitian Magazine. As a nutrition expert, she has been quoted in hundreds of publications and regularly appears on local and national television shows. For 11 years Toby was an adjunct professor at Teachers College, Columbia University teaching food service management and also taught at CUNY Hunter School of Public Urban Health and Lehman College in NYC. Toby trained as a clinical dietitian at New York University. Through ongoing consulting and faculty positions, she has established herself as one of the top experts in culinary nutrition, food safety, and media communications. In 2018, Toby was awarded by the Academy of Nutrition & Dietetics the coveted Media Excellence Award.

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“Empowering Moms: A Guide to Starting Every Child on a Pathway to Lifelong Wellness”

Katie Brown, Ed.D., RDN

Good nutrition during pregnancy and early childhood creates an opportunity for kids to reach their full physical and cognitive developmental potential. Motivation for eating well is high during these important life stages yet 50% of moms report receiving mixed messages about nutrition and eating guidance. It's time to cut through the clutter and empower moms with the knowledge and tools they deserve. This presentation highlights the modern wellness benefits top of mind for parents today—nourishing brains, bones and bodies to help their children grow and perform at their best. Paired with the science supporting good nutrition, including dairy foods as contributive to healthy development, with pro tips and culturally relevant resources, participants will leave the session empowered to effectively educate moms with a 'food first' approach to start every child on a pathway to lifelong wellness.

Learning Objectives:

- Discuss the importance of optimal nutrition during pregnancy, lactation, and early childhood to unlock the potential for a lifetime of positive health and wellness.
- Describe the current and evolving nutrition science, with a focus on dairy foods, in supporting the development of brains, bones and bodies in growing infants and young children.
- Provide strategies and tools to empower moms to adopt healthy eating patterns and guide children toward enjoying nutritious foods from the start.



Dr. Katie Brown is a registered dietitian and holds bachelor's and master's degrees in nutrition and a doctorate degree in education. These two passions—nutrition and education, have guided her career as a nutrition practitioner, academic, entrepreneur and national leader dedicated to designing and implementing nutrition programs and interventions aimed at improving lives for the better. An experienced leader, Dr. Brown spent nearly a decade as the National Nutrition Director for the Academy of Nutrition and Dietetics Foundation and is now serving as the President of National Dairy Council, a nonprofit organization founded with the purpose to research the health benefits of dairy foods — milk, cheese and yogurt — and to educate the public about them. Katie has authored numerous papers published in peer-reviewed journals and has presented at more than 140 national and international professional conferences and is a recent TEDx speaker on the topic of the importance of diet in maternal and child health. She is frequently quoted as a nutrition and wellness expert in health professional, consumer and trade media. In 2024, Dr. Brown was named the University of Kansas Distinguished Health Professions Alumna.

Speaker Session Bios

“Mindful Eating for Optimal Well-Being & Tasting Activity”

Michelle May, M.D., CSP

Decades of ineffective dieting have left Americans feeling guilty, disappointed, and less healthy. This eye-opening session will deconstruct the Mindful Eating Cycle and explore the bio-psycho-social drivers of each decision point. You'll learn a powerful and universal approach to complex issues contributing to eating behaviors, activity, and self-care. We'll delve into six unconventional strategies that promote the fearless and mindful enjoyment of food and movement.

Following this interactive presentation, participants will deepen their new skills during a facilitated mindful eating experience.

Learning Objectives

- Provide strategies and tools to empower moms to adopt healthy eating patterns and guide children toward enjoying nutritious foods from the start.
- Identify the six crucial decision points in the Mindful Eating Cycle and the psycho-social-behavioral patterns in overeating and restrictive eating.
- List six specific mindful eating strategies to help patients develop a more positive, balanced relationship with food and physical activity.
- State 4 instructions for eating a snack or meal mindfully.



Michelle May, M.D., is a recovered yo-yo dieter and the founder and CEO of Am I Hungry?® Mindful Eating Programs and Training. She has trained over 800 health professionals to offer mindful eating workshops, coaching, and therapy in 35 countries. She is the award-winning author of the Eat What You Love, Love What You Eat book series.

A “retired” family physician with sixteen years of clinical experience, Dr. May served as President of the Arizona Academy of Family Physicians, the Chairperson for the Americans in Motion (AIM) wellness initiative for the 93,000-member American Academy of Family Physicians (AAFP), consultant to the AIM-Healthy Intervention research project, and as a member of the AAFP Commission on the Health of the Public and Science.

She is a Faculty Associate at Arizona State University where she teaches Mindful Eating. She earned the Certified Speaking Professional (CSP) designation from the National Speakers Association and has inspired tens of thousands of audience members with her compelling message and constructive approach to a vibrant life.

Speaker Session Bios

“Milk Matters: Connecting Animal Care and Consumer Choices”

Michelle Schack, DVM

This talk is designed to give medical professionals and nutritionists a closer look at dairy cow care, helping build confidence in the safety and quality of animal-based food choices. We'll explore key practices in dairy farming, such as responsible antibiotic and hormone use, nutrition, and welfare standards, showing how these methods support healthy, high-quality products. By understanding the rigorous care and science behind dairy farming, attendees can feel assured in recommending animal products, knowing the efforts farmers put into ethical and effective livestock management.

Learning Objectives:

- Discuss how animal care practices in dairy farming influence milk quality, nutritional value, and food safety.
- Explore the intersection of ethics and farming to address consumer concerns about sustainability and animal welfare.
- Gain tools and evidence-based information to address client questions about dairy farming practices and guide them in making informed food choices.



Dr. Michelle Schack is a practicing dairy veterinarian and enjoys working with dairy farmers as a herd veterinarian and through her role in DairyKind. She went to UC Davis School of Veterinary Medicine and has been practicing in Arizona for the past 9 years. She is co-founder of DairyKind, a company focused on improving on-farm animal well-being through high-quality training and resources and is active on social media @DairyDoc. With a passion for connecting farmers, consumers, and animals, she is committed to fostering sustainability and compassion in dairy farming.

Speaker Session Bios

“Food Allergies with a Focus on Cow’s Milk”

Cindy Salm Bauer, M.D., FAAAAI, FACAAI

This talk will primarily discuss IgE mediated food allergies for which cow’s milk is a common culprit along with peanut, tree nuts, soybean, hen’s egg, wheat, sesame, finfish and shellfish. Substitutions, especially for those with cow’s milk allergy, will be reviewed with a focus on the varying nutritional differences between the available options. With regards to other types of food reactions, food intolerances like lactose intolerance, oral allergy syndromes, eosinophilic esophagitis, and more will be reviewed.

Learning Objectives:

- Contrast IgE-mediated food reactions to other types of adverse food reactions.
- Discuss the current diagnostic modalities for food allergy testing including the limitations.
- Review recent recommendations on timing of food introduction as it pertains to the prevention of food allergy.
- Compare the current treatments, including emerging treatments, for food allergies.



Dr. Bauer has been part of Phoenix Children’s medical staff for more than a decade. She founded Phoenix Children’s Allergy and Immunology Clinic in 2013 and has served as its medical director since 2019. When the section of allergy and immunology was elevated to a full division earlier this year, Dr. Bauer was appointed division chief. Under her leadership, the division expanded its services to a fourth clinical location this past year. In the community, Dr. Bauer is involved with Camp-Not-A-Wheeze and is past President of the Arizona Allergy and Asthma Society. Outside of work, Dr. Bauer is married and has 3 children. She enjoys spending time with her family and often visits her hometown in Wisconsin.

Speaker Session Bios

"Laughter on the Dairy Farm: Why Humor is a Nutritional Necessity"

Jenny Locklin

Humor is just the vehicle for the deeper meaning. Attendees will review the power of laughing at your mistakes, being kind to yourself, and how to stay positive when things do not go as planned.

Learning Objective:

- Explore the value of using humor in navigating challenges, reducing stress, and building resilience in both personal and professional settings.



Jenny Locklin is a seasoned humorist and motivational speaker known as "The Undercover Speaker." She brings unexpected laughter and unforgettable energy to corporate events, conferences, and seminars. With a unique approach that blends humor with impactful insights, Jenny helps audiences unlock the healing power of laughter, engage in memorable ways, and embrace the value of learning from mistakes. Her interactive sessions leave attendees inspired, energized, and with a fresh perspective on workplace wellness and resilience.