



FREE Webinar for Research, Food and Culinary Professionals, and Oncology DPG members!

Presenters: Dr. Heather Leidy and Dr. Michelle Braun

Title: Dietary Protein for Appetite Control, Improvements of Diet Quality and Body Composition: Recent Research Findings

Date: Tuesday, May 17, 2016

Time: noon Central Time Zone (1 hour)

[Register](#)

After your request has been approved, you'll receive instructions for joining the meeting. If you already registered for this meeting, you do not need to register again.

This webinar is Academy-approved for 1 CEU.

At the end of the presentation, attendees will be able to:

1. Identify the mechanism by which protein may be impacting ingestive behaviors
2. Review existing evidence of physiologic effects of protein consumption, related to timing and amount.
3. Relate findings from a recent study to current literature related to satiety in adults and apply it to impact on diet quality.

Abstract:

Improve your protein prowess by attending this webinar that will share findings from recent clinical trials, in context with the body of literature that investigates the effects of dietary protein in acute and chronic studies in young people. Research in adults has demonstrated the role of higher protein diets supporting greater satiety, reductions in total daily food intake, and improved body composition in adults. However, it is less well-known if young people have the same response. Dr. Heather Leidy has a novel approach for studying satiety, with a focus on the effects of protein. She will share findings from a recent acute study that assessed whether an afternoon snack rich in protein improved appetite control, satiety, and reward-driven eating behaviors compared to high-fat snacking or no snacking in normal to overweight adolescents. Dr. Braun will share findings from a chronic study in which children increased their protein intake by incorporating a protein-containing breakfast and snack while still consuming a diet consistent with the Dietary Guidelines. Given that many groups are recommending increased energy from protein, this approach may be an option to help aid or manage obesity.



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