

Protein Rules with Stuart Phillips: From Simple to Complex		
TIME	TOPIC	OBJECTIVES
9-9:30am	Breakfast, networking, visit vendors	
9:30-9:45am	Introductions	
9:45-10:45am	Protein 101: How Much, When, and Why It Matters.	Understand the evidence-based protein intakes and eating patterns that support muscle mass, function, and overall health across populations
10:45-11:00am	Break	*all meats are halal. Special diets avail
11:00-12:00pm	Protein Quality and Timing: Does the Source and Pattern Matter?	Evaluate how protein source, amino acid composition, and meal distribution influence muscle protein synthesis and adaptation in health and training
12:00-12:45pm	Vendor spotlight	Each vendor presents 5-7min, online and in person presentations
12:45-1:15pm	Lunch, networking, visit with vendors	*special diets avail and labelled
1:15-2:15pm	Protein Across the Lifespan: Growth, Aging, and Healthspan	Explain how protein needs and anabolic responsiveness change from youth to older age, and how protein supports healthy aging and physical independence
2:15-2:30pm	Break	
2:30-3:30pm	Protein Under Stress: Critical Illness, ICU Care, and Recovery	Critically assess protein requirements, delivery strategies, and limitations of anabolic responsiveness during critical illness, ICU stay, and post-ICU recovery
3:30-3:40pm	Closing remarks	
3:40-4:00pm	Networking, visit vendors	

Vendor presentation order:

1. Fresenius Kabi
2. Abbott
3. CHS/Avanos
4. Baxter
5. Nestle
6. Cardinal
7. Sperri