

Professional Qualifications of

Brenda Davis, R.D.
Registered Dietitian/ Nutrition Consultant

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EDUCATION:

Sept. 1982 - Sept. 1983

Dietetic Internship
Ottawa Regional Dietetic Internship Program

Sept. 1978 - June 1982

Honors BSc (Applied Human Nutrition)
University of Guelph

PROFESSIONAL MEMBERSHIPS:

Academy of Nutrition and Dietetics (#00850237)
Dietitians of Canada (#387)
College of Dietitians of British Columbia (#0217)

EXPERIENCE:

January 2006 to present

**Position Projects and
Responsibilities**

**Lead Nutritionist, Diabetes Wellness Research Project,
Canvasback Missions, Majuro, Marshall Islands.**

Establish a close working relationship with key staff members in the Marshall Islands Ministry of Health. Assist in the building and establishment of the Diabetes Wellness Center.

Assist in the design, development, and implementation of all aspects of the research project.

Develop and implement health education resources, including presentations, interactive workshops, shopping tours and handouts.

Develop all menus and recipes for research project and special events.

Provide one on one consultation to all research intervention participants and follow up when needed.

Oversee all aspects of the diet and nutrition component of the research study.

Provide guidance, orientation, and counsel to other staff dietitians.

Train and supervise kitchen staff – Marshallese and non-Marshallese.

Work with MOH staff, providing education and training as needed.

Develop intervention schedules, as needed.

Assist investigators with research, as needed.

Develop and maintain working relationships with government and community leaders, and project partners, including grocery store managers, restaurant owners and chefs and agriculture experts.

May 1999 to present

Position Projects and Responsibilities

Private Practice Nutrition Consultant, Author, Speaker (Calgary, Alberta)

Manage private practice business.

Provide nutrition consultations to corporations and individuals.

Create continuing education courses for health professionals and consumers.

Author books with publishers, The Book Publishing Company, HCI Books, and Harper Collins Canada.

Lecture to health professionals and general public.

Appear on radio, television, and other media; answer media enquiries.

Volunteer with ACLM, PCRM, and many other nonprofit groups.

Sept. 2003 – April 2004

Position Projects and Responsibilities

Nutrition and Health Director – 40-State CARE Tour – Christian Vegetarian Association (CVA)

Provide presentations on diet and nutrition, disease risk reduction and vegetarian nutrition for physicians, dietitians and other health professionals in hospital and university settings, and to the general public. Provide cooking demonstrations and practical diet and nutrition seminars.

Respond to media inquiries, providing interviews and appearing on television and radio shows when requested.

Assist in planning and preparation of conference and lecture events.

Dec. 1995 to May 1999

Position Projects and Responsibilities

Academic Instructor (West Coast College)

Teach basic nutrition to college students.

Develop course outline, learning objectives, classroom teaching materials, projects, and exams.

Oct. 1990 to May 1999

Position Projects and Responsibilities

Private Practice Nutrition Consultant and Co-owner of 21st Century Nutrition

Co-manage private practice.

Market services to physicians, health professionals, businesses and the general public.

Offer individual and group counseling (specializing in diets for coronary artery disease, obesity, vegetarianism, cancer, and diabetes).

Provide lectures and workshops for health professionals (physicians, dietitians, and nurses) and the general public. Provide continuing nutrition education classes for health professionals and the general public.

Offer regular nutrition/cooking classes emphasizing plant-based diets and practical management of hyperlipidemias. Develop educational materials for all projects and programs.

Sept. 1993- June 1997

Nutrition Specialist for Fraser Cardiology

Position Projects and Responsibilities

Provide nutrition consultation for cardiology patients. Develop nutrition education materials for cardiology patients.

Provide group nutrition education classes for cardiology patients.

Provide lectures on cardiac nutrition for medical doctors and nurses at annual cardiology conferences in the Vancouver area.

July 1996 to 1998 (casual)

Preventive Medicine Research Institute (PMRI) Nutrition Specialist (San Francisco, California)

Position Projects and Responsibilities

Dean Ornish retreat nutritionist and consultant to PMRI. Serve as a nutrition specialist for retreat participants.

April 1985 - July 1990

Nutrition Consultant and Director of Nutrition Services (Algoma Health Unit, Elliot Lake, Ontario)

Position Responsibilities

Direct, plan and evaluate nutrition programs.

Provide nutrition education and consultation to agency staff, community professionals, media, schools, recreation and social service agencies, community groups and local consumers.

Develop nutrition education materials, techniques, guidelines, and policies.

Assess the overall nutrition needs of the community and establish priorities and policies to meet those needs.

Design, implement, evaluate, and modify nutrition programs.

Coordinate and conduct diabetes education meetings and workshops.

Teach the breastfeeding and nutrition components of the prenatal program.

Write a bi-weekly nutrition column for the local newspaper and a nutrition newsletter for district schools.

Respond to media inquiries, providing radio and television interviews as needed.

**PROFESSIONAL OFFICES/
RELATED VOLUNTEER WORK**

Plant-based Nutrition Support Group (PBNSG) board of directors (2019-2021)
Member of American College of Lifestyle Medicine Expert Panel. (2017-present)
Chair - Health Education Committee Canvasback Missions Inc. (2014-present)
Council of Directors - Glimmer Initiative True Health Coalition (David Katz and Dan Buettner)
Member Scientific Advisory Board Physicians Committee for Responsible Medicine (2015-present)
Scientific Advisor – Cancer Guidelines Advisory Committee for the Physicians Committee for Responsible Medicine (2011-present)
Vice-President of the Okanagan Health Forum (2004-present)
Food and Nutrition Director – TRACS – Kelowna (2004-present)
Vegan Advocacy Director, CARE (Compassion for Animals Road Expedition and Lecture Tour), (2003-2004)
Past Chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association (2001-2002)
Chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association (2000-2001)
Chair-elect of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association (1999-2001)
Board of Advisors, Institute of Nutrition Education and Research, Hawaii (2000-present)
Board of Advisors, Earthsave International (2001-present)
Scientific Advisory Board of VegNews (2000-present)
Eat This Speaking Tour, Board of Advisors (2000-2002)
Scientific Advisory Council of the American Humane Society (1999-2000)
Executive Member of B.C. Vegetarian Dietitian's Group (1993-1996).
Consulting Nutritionist to CBC Radio (1984 to present).
Coordinator of a Local Health Unit-Based Eating Disorders Program (1987-1990)
Volunteer Nutritionist -- Canadian Cancer Society (1987-1994) and Canadian Heart and Stroke Foundation (1987 to 1998)
Leader of Elliot Lake Nursing Mothers Group (1987-1990)

**PUBLISHED BOOKS/
PROFESSIONAL
JOURNAL ARTICLES**

Rosenfeld RM, Kelly JH, Agarwal M, Aspary K, Barnett T, Davis BC, Fields D, Gaillard T, Gulati M, Guthrie GE, Moore DJ, Panigrahi G, Rothberg A, Sannidhi DV, Weatherspoon L, Pauly K, Karlson MC. **Dietary Interventions to Treat Type 2 Diabetes in Adults with a Goal of Remission: An Expert Consensus Statement from the American College of**

Lifestyle Medicine. *Am J Lifestyle Med.* 2022;16(3):342-362. 2022; May 18.

Ketogenic Diets and Chronic Disease: Weighing the Benefits Against the Risks. Crosby L, Davis B, Joshi S, Jardine M, Paul J, Neola M, and Barnard N. *Front Nutr.* 2021 Jul 16;8:702802.

Nourish: The Definitive Plant-based Nutrition Guide for Families. Shah R and Davis B. HCI Books, 2020.

An Intensive Lifestyle Intervention to Treat Type 2 Diabetes in the Republic of the Marshall Islands: Protocol for a Randomized Controlled Trial. Davis B, Jamshed H, Peterson C, Sabate J, Harris R, Koratkar R, Spence J, and Kelly J. *Front Nutr.* 2019 Jun 5;6:79.

Kick Diabetes Essentials: The Diet and Lifestyle Guide. Davis, B. Book Publishing Company, 2019.

The Kick Diabetes Cookbook. Davis B and Melina V. Book Publishing Company, 2018.

Applying the Precautionary Principle to Nutrition. Gonzales J, Barnard N, Jenkins D, Lanou A, Davis B, Saxe G and Levin S. *J Am Coll Nutr.* 2014;33(3):239-46.

Becoming Vegan, Comprehensive Edition. Davis B and Melina V. Book Publishing Company, 2014.

Becoming Vegan, Express Edition. Davis B and Melina V. Book Publishing Company, 2013.

Omega-3 Fatty Acids (n-3PUFA) and Vegetarian Diets Saunders A, Davis B, and Garg M. *Medical Journal of Australia Open*, 1 Supp 2, June 4, 2012.

Optimizing Essential Fatty Acids In Vegetarian Diets. Davis, B. *Today's Dietitian* (lead article), March 2010.

Defeating Diabetes: Lessons from the Marshall Islands. Davis, B. *Today's Dietitian* (lead article), August 2008.

Becoming Raw. Davis, B Melina V, and Berry R. Book Publishing Company, 2010.

The Complete Vegetarian. Ed. by Peggy Carlson – fats chapter by Davis B. University of Illinois Press, 2008.

Raw Food Revolution Diet. Soria C, Davis B, and Melina V. Book Publishing Co. 2008.

Defeating Diabetes. Davis B and Barnard T. Book Publishing Co. 2003.

The New Becoming Vegetarian. Melina V and Davis B. Book Publishing Co., 2003.

Dairy-free and Delicious (Davis B, Clark Grogan B, and Stepaniak J. Book Publishing Co. 2001.

Becoming Vegan. Davis B and Melina V. Book Publishing Co. 2000.

Becoming Vegetarian (Melina V, Davis B, and Harrison V. Macmillan Canada, 1994; Book Publishing Company, 1995.

Achieving Optimal Essential Fatty Acid Status in Vegetarians: Current Knowledge and Practical Implications, Davis B and Kris-Etherton P. *Am J Clin Nutr.* 2003;78(3 Suppl):640S-646S.

SELECTED LECTURES/WORKSHOPS

2022

Kaiser Lifestyle Medicine Physician Education Webinars. Plant-based diets in the prevention and treatment of Chronic Disease. Online. January 20.

National Health Association Conference. Unleashing the Power of Plant-based Diets and /Getting it Right – Ensuring adequacy of plant-based diets from birth to geriatrics and everything in between. Jun 24-26.

International Conference on Nutrition in Medicine. Canada's Food Guide and A Healthful Diet for Children. Aug 18-20, 2022.

2021

Climate Change Mastermind Conference. Red Alert: triple threat. The story of the Marshall Islands. Online. Jan. 30.

The Pregnancy Advantage Summit. Plant-based Pregnancy. Online. Feb. 1.

VegMed. Germany. Nutrition Through the Growing Years. Online. March 1, 2021.

Delaware Medical School. Pediatric Nutrition. Online. March 3.

ProVeg International 2021 Conference. Canada's Food Guide. Online. April 22.

The Real Truth About Health. Nourishing Plant-based Children from Birth through Adolescence. Online. April 24.

The Healing Earth Health Conference. Low-Carb, High-Cost Diets. Online. April 24.

Unleashing the Power of Plant-based Diets. 2nd Annual Canadian Healthcare Conference. Keynote Address. Online. May 29-30.

Philippines Postgraduate Medical Conference. Designing Plant-based Diets for Children. Online. May 30.

Plant Pure Communities. Nutrition for Families. Online. June 16.

5th Annual Philippine College of Lifestyle Medicine Annual Conference. Unleashing the Power of Plant-based Diets. Online. Sept. 27.

PBNSG Virtual Seminar. Plant-based Nutrition for Families. Online. Oct. 7.

Lifestyle Medicine Mexico. Unleashing the Power of Plant-based Diets. Monterrey Mexico. Nov. 19-21.

2020

Holistic Holiday at Sea. 3 lectures. Caribbean Cruise. Feb 21-24.

Fork Smart Summit. Unleashing the Power of Plant-based Diets. Calgary Alberta. March 11.

P-Pod Conference. Designing an Optimal Diet for Disease Prevention. Online. July 24-26.

Holistic Holiday at Home. Designing an Optimal Diet for Disease Prevention. Online. July 26-Aug 1.
International Plant-based Nutrition Healthcare Conference. Deconstructing Keto and Paleo Diets. Online. Sept. 11-14.
Portland Health Conference. Fine-tuning Plant-based Diets. Online. Oct. 17.
PAN South Africa. Plant-based Diets for Pregnancy and Young Kids. Online. Nov. 5.
Plant-based Health Professionals UK. Plant-based Pediatric Nutrition. Online. Nov. 12.
Pregnancy Advantage Summit. Pregnancy and Plant-based Diets. Online. Feb. 1.

2019

The Real Truth About Health. Low Carbohydrate Diets; Unleashing the Power of Plant-based Diets; Are Meat, Milk, Fish and Milk Nutritional Necessities? New York, New York. Jan. 31-Feb. 3.
Holistic Holiday at Sea. 6 lectures. South and Central America. March 3-13.
FAM Philly. Plant-based Diets and Disease: Maximizing Protective Capacity. April 6, 2019.
Our Beginning. Moving Forward with Nutrition for Infants and Children. May 4, 2019.

2018

Eat Well Stay Well. Unleashing the Power of Plant-based Diets. Columbia Maryland. Nov. 4, 2018.
Northwest Health and Nutrition Conference. Deconstructing Keto and Paleo Diets. Portland OR. Oct. 19, 2018.
Plant-based Conference. Designing an Optimal Plant-based Diet. Are Meat, Fish and Milk Nutritional Necessities? Sao Paulo Brazil. Oct. 9, 2018.
Plant-based Prevention of Disease (P-Pod). Defeating Disease with Plant-based Diets. Raleigh NC. May 19-21, 2018.
VegMed. Scientific Conference on Plant-based Nutrition. Defeating Diabetes with a Plant-based Diet. Plant-based Nutrition for the Prevention and Treatment of Disease. Berlin, Germany. April 20-22, 2018.
International Conference on Plant-based Diets. Designing an Optimal Plant-based Diet. Cali Columbia. March 23, 2018.
International Congress of Vegetarian Nutrition. Loma Linda CA. Reversing Disease with Lifestyle Medicine. Feb. 26-28, 2018.
Healthy Children, Healthy Future. Optimal Nutrition for Vegetarian Pregnancy and Lactation. Nutrition Essentials for Vegetarian Babies and Toddlers. , Loma Linda CA. Feb. 25, 2018.
WHOLE Conference. Camarillo CA. Deconstructing the Paleo Diet. Feb. 18, 2018.

Sedona Health and Nutrition Conference. Plant-based Diets in the Prevention and Treatment of Chronic Disease. Sedona AR USA. Jan. 18-19, 2018.

2017

American College of Lifestyle Medicine. Keynote. Unleashing the Power of Plant-Based Diets. Tucson AR. Oct. 21-25, 2017.

International Plant-based Nutrition Healthcare Conference. (PBNHC). Plant-Based Nutrition Scientific Foundations. Los Angeles USA. Sept 21-24, 2017.

Food is Medicine. Midland Health. Designing an Optimal Plant-based diet. Midland TX. Aug. 12, 2017.

Marshall Islands Healthy Schools, Healthy Kids. Developed curriculum for K-6; workshops for staff in 10 schools.

3rd International Lifestyle Medicine Conference. Keynote. Plant-Based Diets in the Prevention and Treatment of Chronic Disease. Kaunas Lithuania. March 17, 2017.

2016

Food = Medicine. Plant-based diets and disease. Atlanta Georgia. Nov. 11-13, 2016.

International Plant-based Nutrition Healthcare Conference. (PBNHC). Deconstructing the Paleo Diet. Los Angeles USA. Sept. 21-24, 2016.

17th International Congress of Dietetics. Plant-based Diets and Disease... current state of the evidence. Granada Spain. Sept. 9, 2016.

Plant-based Diets and Diabetes. Dietitians and health professionals. Sydney Australia. April 12, 2016.

2015

FNCE. The Annual Conference of the Academy of Nutrition and Dietetics. Nashville TN. Vegetarian Nutrition for a Healthy Body and a Healthy Planet. Oct. 6, 2015.

CHIP Summit Australia. Plant-based diets and disease; The Paleo Phenomenon: facing facts. Feb. 13-15, 2015.

Tackling Current Controversies in Nutrition. Australian Dietitians. Sydney Australia. Feb. 11, 2015.

2014

Plant-based Diet Symposium. Plant-based diets: current state of the evidence. Sutter Health - Mills Peninsula Health Services. Burlingame CA. Nov. 22, 2014.

P-Pod Conference. Plant-based diets and disease; Defeating Diabetes: a story of hope from the Marshall Islands.

Asheville NC. Nov. 14-16, 2014.

CHIP Summit North America. Plant-based diets and disease; Paleo diets: facing facts. Loma Linda CA. Oct. 25-27, 2014.

International Conference on Diabetes. Defeating Diabetes: lessons from the Marshall Islands. Washington D.C. July 18-19, 2014.

Food as Medicine. Plant-based diets: An Update for Health Professionals. San Francisco. June 7, 2014.
2014 BC Cardiology Update. Diet in the Prevention and Treatment of Cardiovascular Disease. Kelowna BC. May 3, 2014.

2013

Dietitian Central Webinar. Plant-based Diets in the Prevention and Treatment of Chronic Disease. 2 CE credits. November 26, 2013.
Dietitian Central Webinar. Cutting Edge Vegan Nutrition. 1.5 CE credits. April 11, 2013.
Enhancing Health with Plant-Based Nutrition. Plant-based Diets in the Prevention and Treatment of Chronic Disease. Portland Oregon Oct. 2013.
Food as Medicine. Defeating Diabetes: A story of hope from the Marshall Islands. Indianapolis IL. 2013.
Grand Rounds, Kelowna General Hospital. Plant-based Diets in the Prevention and Treatment of Chronic Disease. Kelowna, BC. 2013.

2010-2012

The 6th Annual Diabetes Management Conference: Upgrade your Clinical Toolbox; Defeating Diabetes: lessons from the Marshall Islands (keynote address). Dallas, Texas. 2012.
Food as Medicine; Vegetarian, Vegan and Raw Diets. Washington, DC. 2012.
Federation of European Nutrition Societies (FENS); Designing an Optimal Plant-based Diet. Madrid, Spain. 2011.
Advanced Study Weekend. Designing Optimal Raw Vegan Diets; Defeating Diabetes Santa Rosa, CA. 2011.
University of British Columbia. Special Lecture Series – Pharmacology Students. Defeating Diabetes; 5 Simple Steps to Disease Protection. Vancouver, BC. 2010.
Enhancing Health through Plant-based Nutrition (medical and health professional conference). Portland, Oregon. 2010.
American Association of Diabetes Educators Annual Meeting. Overcoming the Diabetes Epidemic: A Story of Hope from the Marshall Islands. San Antonio, Texas. 2010.

2007-2009

Tzu Chi International Medical Association Annual Conference. Defeating Diabetes; Big Blunders. Keynote address. Hualein, Taiwan. 2009.
1st Annual Vegetarian Nutrition Conference of Taiwan. Defeating Diabetes; Cutting Edge Vegetarian Nutrition. Taipei, Taiwan. 2009.
Dietitians of Canada Annual Conference. Fine Tuning Vegetarian and Vegan Diets. Charlottetown, PEI. 2009.

World Vegetarian Congress. Big Blunders; Simple Solutions – Plenary Session. Defeating Diabetes. Dresden Germany 2008.

Dietitians of Canada Annual Conference. Defeating Diabetes: Lessons from the Marshall Islands. Winnipeg, Canada. 2008.
Marshall Islands Ministry of Health. Cardiac Counterattack. Majuro, Marshall Islands. 2008.

The Health Professionals Forum – Penticton Health Center and Kelowna General Hospital. Defeating Diabetes: Lessons from the Marshall Islands. Kelowna and Penticton BC. 2007.

2004-2006

Ministry of Health Physicians and Health Professionals Conference. Defeating Diabetes. Majuro, Marshall Islands. 2006.

Physicians Grand Rounds. The Optimal Diet. Majuro Hospital, Marshall Islands. 2006.

3rd Annual Nutrition and Health Conference – University of Arizona Program in Integrative Medicine. Plenary Session - Vegetarian Nutrition in Practice: Big Blunders, Simple Solutions; Breakout Session - Ask the Expert. Tucson, Arizona. 2006.

BC Interior Cardiology Update. Cardiac Counterattack. Kelowna, BC. 2005.

National Nutrition Conference of Belgium. Defeating Diabetes and Practical Issues in Vegetarian Nutrition. Brussels, Belgium. 2005.

2nd Annual Nutrition and Health Conference. University of Arizona Program in Integrative Medicine. Plenary - Cutting Edge Vegetarian Nutrition. Tucson, Arizona. 2005.

Interior of BC Cardiology Update for Physicians. Cardiac Counterattack. Kelowna BC Canada. 2005.

North Dakota Dietitian's Association Annual Meeting. Cutting Edge Vegetarian Nutrition. Grand Forks, North Dakota. 2005.

Coronary Health Improvement Project – Scientific Presenter. The Optimal Diet; Defeating Diabetes; Exploding Nutrition Myths; Cutting Edge Vegetarian Nutrition and Fine-Tuning Fats. Vancouver, BC. 2004.

Diabetes Educators Update. Defeating Diabetes. Shawnee Mission Medical Center, Kansas City, Kansas. 2004.

2000-2003

National Institutes of Health. The Optimal Diet. Washington, D.C. 2003.

State College Faculty and Staff In-Service. Defeating Diabetes. State College, PA. 2003.

4th Annual National Nutrition Conference. Maximizing Essential Fatty Acid Status in Vegetarians. London, England. 2003.

National Institutes of Health. Defeating Diabetes. Washington D.C. 2003.

Dept. of Family Medicine Grand Rounds. Cutting Edge Vegetarian Nutrition – SUNY Stony Brook Hospital, Long Island, New York. 2003.

Mather Hospital Staff Nutrition Update. Cutting Edge Vegetarian Nutrition; The Optimal Diet and Exploding Nutrition Myths. Long Island, NY. 2003.

Brookhaven National Labs Occupational Medicine Clinic. The Optimal Diet. Long Island, NY. 2003.

Occupational and Environmental Physicians of Michigan Annual Conference. Defeating Diabetes. Kalamazoo, MI 2003.

Binghamton Hospital Physician's Grand Rounds. Defeating Diabetes., Binghamton, New York. 2003.

Diabetes Education Center Long Island Update for Physicians, Dietitians and Diabetes Educators. Defeating Diabetes. Long Island, NY. 2003.

Center for Health. Defeating Diabetes. New Jersey (2003).

Chestnut Hill Hospital. Defeating Diabetes. Philadelphia, Pennsylvania 2003.

Cutting Edge Vegetarian Nutrition. Medical Update Conference. Brussels, Belgium. 2003.

The Fourth International Congress on Vegetarian Nutrition. Essential Fatty Acids in Vegetarian Diets. Loma Linda University, Loma Linda, California 2002.

The American Dietetic Association Annual Conference and Exhibition. Becoming Vegetarian: what dietitians need to know. St. Louis, Missouri. 2001.

Convocation. Changing the World One Bite at a Time; Nutritional Assessment Workshops. Colorado Springs, Colorado. 2001.

National Nutrition Conference of Belgium - Fine Tuning the Fat for Infants and Children. Brussels, Belgium (2000).