

Global Whole Grain Regulations: How Increased Whole Grain Consumption Supports Healthier Populations

Kelly LeBlanc

Oldways Whole Grains Council, Boston, USA

Abstract

In this session, Kelly LeBlanc, MLA, RD, LDN, the director of nutrition at the Oldways Whole Grains Council, will give an overview of whole grains' nutritional importance drawing from epidemiological, clinical, and health economics research. This session will also highlight how different nations around the world include whole grains in their dietary guidelines and regulations, and will also include an update on the Whole Grain Initiative's efforts from the international whole grain Intake Recommendation group.

PRESENTER BIOGRAPHY: KELLY LEBLANC

Kelly LeBlanc, MLA, RD, LDN, is the Director of Nutrition at Oldways and the Oldways Whole Grains Council. The Oldways Whole Grains Council has been involved in whole grain labeling and standards in the United States and in many other countries for the past two decades through the Whole Grain Stamp, a 3rd-party certification program. Kelly holds a BS in nutrition from the University of Texas, where she completed her dietetic internship, and also holds a master's degree in Gastronomy from Boston University, with a concentration in food policy.