

**ASPEN 2026
NUTRITION
SCIENCE &
PRACTICE
CONFERENCE**



**FEBRUARY 14–17, 2026
LONG BEACH, CA AND VIRTUAL**

Connect. Learn. Lead.

Sessions are both in-person and virtual unless marked with  for in-person only.







PRECONFERENCE COURSES*

SATURDAY, FEBRUARY 14

- 7:00 AM – 11:00 AM** **Pediatric Preconference Course • Human Milk and Substitutes: Beyond the Basics (PPC-2026)** 
Explore current research, product information, and practice applications for the use of human milk and human milk substitutes in medically complex pediatric patients. Topics include U.S. and international formula regulations and standards, macro- and micronutrient components, human milk use in chronic conditions, thickening, human milk substitutes, formula safety, and donor milk.
- 7:00 AM – 12:30 PM** **Physician Preconference Course • Comprehensive Nutrition Therapy: Tactical Approaches in 2026 (PHY-2026)** 
Connect with physicians who incorporate nutrition into patient treatment plans and emphasize its vital role in improving outcomes. Sessions explore nutrition care across a range of diseases and conditions and conclude with in-depth presentations of complex clinical case vignettes. *Students and trainees may register and attend free with valid proof of status.*


MAIN CONFERENCE PROGRAMMING*

SATURDAY, FEBRUARY 14

- 11:00 AM – 12:15 PM** **Section Forums** 
- 11:00 AM – 12:30 PM** **Corporate Symposia**
- 1:00 PM – 2:15 PM** **President's Address (SA10)**
Networking Is Your Net Worth: Membership in Professional Organizations Saves Lives
Kathleen Gura, PharmD, BCNSP, FASHP, FPPA, FASPEN, FMSHP
- 2:30 PM – 4:00 PM** **Breakout Sessions**
Nutrition Support Management in Nano-Preterm Infants: Navigating the Complexities Among Infants Born Less Than 25 Weeks or 750 Grams (SA20) 
Intestinotrophic Hormones in Real Patients Today and Tomorrow (SA21) 
Deteriorating Muscle Health in Clinical Conditions: Measuring and Attenuating Muscle Wasting (SA22)
Shift from Ethics as Theory to Ethics in Action: Real-World Clinical Practice (SA23)
Nutrition and Metabolism Research Paper Session: Parenteral Nutrition Therapy (SA24)
Basic Skills in Parenteral Nutrition Management - Part A (SA25) 
- 4:00 PM – 5:30 PM** **ASPEN EXPO Opening Reception** 
- 6:00 PM – 7:15 PM** **Section Forums** 
- 7:30 PM – 9:00 PM** **Corporate Symposia**

*Tentative schedule as of 8/13/2025. Visit nutritioncare.org/2026conference for course details and most current information.



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SUNDAY, FEBRUARY 15

6:00 AM – 7:30 AM	Corporate Symposia
8:00 AM – 9:30 AM	Dudrick Research Symposium (SU10) The Protein Hype: Are We Getting It Right in Aging, Obesity, and Chronic Disease? <i>Planned by the 2025 Stanley J. Dudrick Research Scholar Award Winner, Carla Prado, PhD, RD, FCAHS</i>
9:00 AM – 2:00 PM	Exhibits, Posters, and Innovation Theaters 
9:30 AM – 10:30 AM	Poster Presentations 
10:30 AM – 12:00 PM	Breakout Sessions Navigating Home Parenteral Nutrition (HPN): An Interprofessional Team Approach to Pediatric HPN Success (SU20)  The Questions Nobody Is Answering: Empirical Responses From the Experts (SU21) The ASPEN Nutrition Guidelines for Adult Patients With Head and Neck Cancer (SU22) Navigating the Timely Application of Parenteral Nutrition in Solid Organ Transplant Patients (SU23) Basic Skills in Parenteral Nutrition Management - Part B (SU25) 
10:30 AM – 12:30 PM	Breakout Session Premier Paper Session and Vars Award Competition (SU24)
12:45 PM – 2:00 PM	Section Forums 
2:00 PM – 3:30 PM	Breakout Sessions Stronger Bones in Intestinal Failure: An Interprofessional Healthcare Team Approach (SU30)  Peggi Guenter Excellence in Clinical Practice Award Lecture (SU31)  Chemistry Fundamentals in Nutrition Support: Stability, Drug-Nutrient Interactions, and Incompatibilities (SU32) Late Breaking Session (SU33) Nutrition and Metabolism Research Paper Session: Malnutrition and Nutrition Assessment (SU34) Enteral Access Skills Lab (SU35) 
3:45 PM – 5:15 PM	Breakout Sessions Evolution of Pediatric Weight Management: Nutrition and Obesity Medication Therapy (SU40)  Charles Van Way III Nutrition Research Discoveries Symposium and Celebration (SU41) LIFT-ECHO 'Live' - Tele-learning in Intestinal Failure (SU42) Nutrition Interventions for Patients with Cardiovascular Diseases: An Outcome-Oriented Approach (SU43) Current Insights Into Critical Care Nutrition (SU44) Roundtable Sessions (RT1)  
6:00 PM – 7:15 PM	Section Forums 
7:30 PM – 9:00 PM	Corporate Symposia




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MONDAY, FEBRUARY 16

6:00 AM – 7:30 AM	Corporate Symposia
8:00 AM – 9:15 AM	Rhoads Research Lecture and Awards Ceremony (M10)
9:00 AM – 2:00 PM	Exhibits, Posters, and Innovation Theaters 
9:15 AM – 10:15 AM	Poster Presentations 
10:15 AM – 11:45 AM	Breakout Sessions Navigating Disordered Eating in Complex Adolescent and Adult GI Patients (M20)  Closing the Gaps in Parenteral Nutrition (PN) Safety: Results and Implications of the 2025 ASPEN PN Use Survey (M21) Using Artificial Intelligence to Improve Patient Care: A 2026 Update (M22) When Nutrition Gets Surgical: Interprofessional Team Management of Complex Surgical Oncology Cases (M23) Nutrition and Metabolism Research Paper Session: Pediatric, Neonatal, Pregnancy, and Lactation (M24)  Nutrition Assessment Skills Lab (M25) 
12:45 PM – 2:00 PM	Section Forums 
1:30 PM – 3:30 PM	Breakout Session Unraveling the POTS, MCAS, and EDS Triad: Gastrointestinal Manifestations and Nutritional Challenges (M30)
2:00 PM – 3:30 PM	Breakout Sessions Bruce R. Bistrian Nutrition Mentorship Award Lecture (M31) Knowing What to Ask: A Crucially Overlooked Component of Shared Decision Making (M32) Fueling the Failing Liver: Nutrition Therapy for Liver Disease (M33) Nutrition and Metabolism Research Paper Session: Enteral Nutrition Therapy (M34) Pediatric Skills Lab (M35)  
3:45 PM – 5:15 PM	Breakout Sessions Using the Gut to Help it Grow: Enteral Therapies in Pediatric Short Bowel Syndrome (M40)  The Global Leadership on Malnutrition (GLIM): Application and Integration (M41) Surfs Up! Development of Successful Disaster Preparation Plans for Nutrition Support Patients (M42) Clinical Practice Enhancement Through Inquiry and Dissemination: A Focus on Performance Improvement, Evidence-Based Practice, and Research (M43) Nutrition and Metabolism Research Paper Session: Critical Care and Critical Health Issues (M44) Roundtable Sessions (RT2)  
6:00 PM – 7:15 PM	Section Forums 
7:30 PM – 9:00 PM	Corporate Symposia

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TUESDAY, FEBRUARY 17

6:00 AM – 7:30 AM **Corporate Symposia**

7:45 AM – 9:15 AM **Breakout Sessions**

The ASPEN/SCCM Pediatric Critical Care Nutrition Guidelines (T10) 
The New Malnutrition-Based Chronic Disease Model: Operationalizing for Future Implementation (T11)
Optimizing Nutrition During Advanced Organ Support: Lessons From the Frontlines (T12)
Nutrition and Metabolism Research Paper Session: GI, Obesity, Metabolic, and Other Nutrition-Related Concepts (T13)

9:30 AM – 11:00 AM **Breakout Sessions**

Clinical Guidelines for Feeding Tube Placement Verification: How Does Your Practice Measure Up? (T20) 
Gestational Malnutrition: Consequences for a Lifetime (T21) 
Understanding and Promoting Positive Health Behaviors in Patients with Chronic Intestinal Failure on Home Parenteral Nutrition (T22)
99 Problems and Nutrition is One: Addressing Challenges to Nutrition in Neurodegenerative Diseases (T23)

11:15 AM – 12:15 PM **ASPEN26 Closing Session (T30)**

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