

2026 FLFH CEU Summary | May 6-8, 2026

Day	Session Title	CEU Credit
Wednesday	Plenary Session I: Welcome and Summit Overview: Securing Our Future at the Nexus of Food, Culture, and Personal & Planetary Health	0.05
	Plenary II: Dietary Guidance for Americans in 2026: From Precision Nutrition and Food Is Medicine to the Wisdom of Traditional Food Cultures	0.1
	Plenary III: The Future of Care: New Health Ensembles in Action	0.1
	Plenary Session IV: Awaken Your Senses: Advancing Personal Nutrition and Global Biodiversity Through Flavor Discovery	0.075
	Breakout Session – Each workshop	0.1
	Breakout Session - The Antioxidant Kitchen: Global Ingredients and Culinary Techniques for Vitality	0.25
	Breakout Session - Field Excursion	0.2
Thursday	Plenary V: Integrating Nutrition and Sustainability: Plant-Forward Dietary Patterns for Resilient – and Unapologetically Delicious – Food Futures	0.15
	Plenary VI: Blue Foods to Feed the World: Aquatic Solutions to the Question “What’s for Dinner?”	0.075
	Plenary Session VII: Plant-Rich Diets and Culturally Responsive Patient Care	0.075
	Plenary Session VIII: The Living Kitchen: From Gut Health to Product Innovation – Elevating Plants Through Fermentation and Fungi R&D	0.1
	Breakout Session – Each workshop	0.1
	Breakout Session – The Antioxidant Kitchen: Global Ingredients and Culinary Techniques for Vitality	0.25
	Breakout Session – Field Excursion	0.2
Friday	Plenary Session IX: Bridging Policy and Care: The Path to Nutrition Security	0.1
	Plenary Session X: Everyone’s Table: Culinary Leadership and Innovation for Modern Health, Healing, and Joy	0.075
	Breakout Session – Each workshop	0.1
	Breakout Session - Field Excursion	0.2