

Considerations for Formulation and Degree of Processing in Food Classification Systems that Support Research

May 16-17, 2023

740 15th St. NW, Suite 300

Washington, DC 20005

Institute for the Advancement of Food and Nutrition Sciences

Meeting Objectives:

Evaluate food classification systems that incorporate formulation and degree of processing, specifically the:

- Science basis and validity,
- Utility for research on food-health relationships and supporting policy decisions, and
- Opportunities for alignment

Outline considerations for food classification systems that support sound research on food-health relationships.

Day 1: May 16 all times Eastern

11:30 – 12:00 pm **Boxed Lunch Available**

12:00 – 12:10 pm

I. Welcome and Opening Comments

Wendelyn Jones, PhD; John Erdman, PhD – Meeting Chair

12:10 – 1:25 pm

II. Value and Consequences of Food Processing

John Erdman, PhD – Moderator

Value and consequences of food processing for food safety, preservation, cost, waste reduction

Eric Decker, PhD

Value and consequences of food processing for nutrition

Connie Weaver, PhD

Industry perspective: Value of food processing from farm to fork

Jackie Schulz, MS RDN LDN

1:25 – 1:45 pm

BREAK

1:45 – 3:00 pm

III. Landscape of Existing Food Classification Systems – Excluding and Including Processing and Formulation

Jessica Campbell, PhD – Moderator

Overview of food classification systems including science basis and validity

Adam Drewnowski, PhD

Comparison of food classification systems

Rachel Bleiweiss-Sande, PhD

Applying food classification systems to assess the healthfulness of the Canadian food supply

Nadia Flexner, MPH, University of Toronto

3:00 – 3:20 pm

BREAK

3:20 – 3:50 pm

IV. The Evolution of Dietary Patterns, Indexes, and Scores for Policy and Research Applications

Regan Bailey, PhD MPH RD

3:50 – 5:00 pm

V. Stakeholder Perspectives on Food Classification Systems for Research on Food-Health Relationships

Barbara Rolls, PhD – Moderator

Perspectives from the 2023 USDA Research Roadmap meeting

Lauren O'Connor, PhD MPH

Perspective from The Academy of Nutrition and Dietetics

Alison Steiber, PhD RDN

Perspective of the Institute of Food Technologists

Anna Rosales, MJ RD

Food processing to address the needs of a modern and healthy food supply

Kristi Reimers, MS PhD RDN

Lynn Yu, PhD RD

Developing a healthy dietary pattern with ultra-processed foods

Julie Hess, PhD

4:50 – 5:00

Standardizing NOVA classification for US dietary data

Kirsten Herrick, PhD MSc

5:00 – 5:25 pm

VI. Panel Discussion

Barbara Rolls, PhD – Moderator, Sections IV and V Speakers

5:25 – 5:30 pm

Closing Day 1

John Erdman, PhD

5:30 – 7:00 pm

Reception

Day 2: May 17, all times Eastern

8:30 – 9:00 am ET Coffee and continental breakfast

9:00 – 9:05 am

VII. Welcome and Opening Comments

David Klurfeld, PhD

9:05 – 11:00 am

VIII. Consumption of Foods Classified by Processing Level or Formulation and Health Outcomes: Mechanistic Links

David Klurfeld, PhD – Moderator

Ultra-processed food: Research and policy challenges

Mike Gibney, PhD

The impact of sensory and hedonic properties of ultra-processed foods on eating behavior and energy intake

Ciaran Forde, PhD

Potential mechanisms underlying overeating and weight gain

Kevin Hall, PhD

Potential mechanisms underlying epidemiologic relationships

Filippa Juul, PhD MSc

Panel Discussion

11:00 – 11:20 am BREAK

11:20 - noon

IX. Discussion: Considerations for Formulation and Degree of Processing in Food Classification Systems that Support Research

Mario Ferruzzi, PhD

noon - 12:05 pm

X. Next Steps and Closing

John Erdman, PhD