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NATIONAL



C-FAR

THE NATIONAL COALITION FOR
FOOD & AGRICULTURAL RESEARCH

Program:

CAN PROCESSED FOODS BE HEALTHY?

*“How Do Processed Foods Fit into a
Healthy Lifestyle?”*

March 5, 2012

PROGRAM

Welcome and Introduction

WILL FISHER
NATIONAL C-FAR REPRESENTATIVE

Distinguished Speaker

DR. ERIC DECKER
UNIVERSITY OF MASSACHUSETTS, AMHERST

Open Forum

Closing

WILL FISHER

NATIONAL C-FAR IS a nonprofit, nonpartisan, consensus-based and customer-led coalition that brings food, agriculture, nutrition, conservation and natural resource stakeholders together with the food and agriculture research and extension community, serving as a forum and a unified voice in support of sustaining and increasing public investment at the national level in food and agricultural research, extension, and education. For additional information, go to www.ncfar.org; or contact Tom Van Arsdall, Executive Director, at tom@vanarsdall.com.

ABSTRACT

Now more than ever, the role of food in health is of great interest and concern to many people. Part of this concern has been generated by the numerous books, TV shows and movies that have attempted to define the healthiest diet. During much of this debate, processed foods have been demonized as the root of our nutritional problems. However, when you look at this issue more closely many questions arise: What exactly is a processed food? Are all processed foods equal? Can we really eliminate processed foods from the diet? Is there any evidence that processed foods are unhealthy? This seminar will take a critical look at the origin and composition of processed foods to evaluate if they can fit into a healthy lifestyle.

SPEAKER BIOGRAPHY

Eric Decker, Ph.D., is currently a Professor and the Department Head of UMass Food Science. Dr. Decker has been actively conducting research to characterize mechanisms by which lipids and antioxidants oxidize in foods and the health implications of antioxidants and lipid oxidation products. Dr. Decker has over 300 publications and has been named as one of the Most Highly Cited Scientists in Agriculture. Dr. Decker has served on numerous committees including work with the FDA and the Institute of Medicine. His research has been recognized by awards from the Institute of Food Technologists, the American Oil Chemist Society, the Agriculture and Food Chemistry Division of the American Chemical Society and the International Life Science Institute.

SEMINAR SERIES DESCRIPTION

National C-FAR's Seminar Series regularly presents leading-edge researchers to address pressing issues confronting the public and Congress. National C-FAR and the Seminar Series serve as a resource to policymakers and all congressional staff.

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R. Thomas Van Arsdall, Executive Director

Phone: (703) 509-4746

E-mail: tom@vanarsdall.com