



NATIONAL COALITION FOR FOOD AND AGRICULTURAL RESEARCH

Media Advisory

CAN PROCESSED FOODS BE HEALTHY?

How Do Processed Foods Fit into a Healthy Lifestyle?

Washington, DC – February 29, 2012, For Immediate Release – The dietary role of processed foods is the subject of National C-FAR's Hill Research Seminar on Monday, March 5, at 10 AM in 337 Russell Senate Office Building and again at a 'Lunch~N~Learn' at noon in 1302 Longworth House Office Building. The featured speaker is Dr. Eric Decker, Department Head of UMass Amherst Food Science.

"Science has much to offer in taking a critical look at the origin and composition of processed foods to evaluate if they can fit into a healthy lifestyle," says Decker.

"This presentation provides an excellent example of the value of federally funded food and agricultural research in producing the scientific outcomes and outreach needed to meet 21st century challenges and opportunities," says Chuck Conner, President of the National Coalition for Food & Agricultural Research (National C-FAR).

Summary: 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.

Seminar presentations are available at http://www.ncfar.org/Hill_Seminar_Series.asp. The seminar is open to the public and the media.

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. National C-FAR's Hill Seminar Series, now in its sixth year, regularly presents leading-edge researchers working to provide answers to pressing issues confronting the public and Congress. The Hill Seminar Series helps demonstrate the value of public investment in food and agricultural research—investment that returns 45 percent per year on average, and \$20 in economic benefit from every \$1 investment in food and ag research.

Go to http://www.ncfar.org/Hill_Seminar_Series.asp for more information about the seminar series and past topics. Interviews with National C-FAR President Chuck Conner are available by request. For additional information, go to www.ncfar.org; or contact Tom Van Arsdall, Executive Director, at tom@vanarsdall.com or (703) 509-4746.