



IUFoST

International Union of
Food Science and Technology

Strengthening Global Food Science and
Technology for Humanity

IUFoST RELATED RESOURCES

JOURNALS:

***Npj Science of Food* 9, 56 (2025)** Defining the role of processing in food classification systems - the IUFoST formulation & processing approach Ahrné, L., Chen, H., Henry, C.J., Kim H-S., Schneeman B. & Windhab E.J. <https://doi.org/10.1038/s41538-025-00395-x>

SCIENTIFIC INFORMATION BRIEFS (SIBS):

Special series: *authored by IUFoST Expert Task Force* (Ahrné, L., Chen, H., Henry, C.J., Kim H-S., Schneeman B. & Windhab E.J. – available online September 2025 <https://iufost.org>

- Nutritional Optimization Under Responsible Ingredient Selection and Handling (NOURISH)
- Introducing the PRISM Framework: A Comprehensive Multi-Faceted Food Quality Assessment System
- Food Processing: The Essential Toolbox for PRISM-Optimized Food Products

SCIENTIFIC ROUNDTABLE DISCUSSIONS (SRDS) AND REPORTS:

Scaling up Food Processing in Africa – The Role of Young Scientists (joint roundtable with Association of African Universities) May 2025

<https://iufost.org/scientific-roundtable-discussions> - roundtable video with presentations, biographies

Food Processing: sustainability and misconceptions (joint roundtable with International Dairy Federation (IDF) April 2025

<https://iufost.org/scientific-roundtable-discussions> - roundtable video with presentations, biographies

The Recipe for Health: How Food Processing and Formulation Shape Nutritional Value (joint roundtable with European Federation of Food Science and Technology, EFFoST) March 2025

<https://iufost.org/scientific-roundtable-discussions> - roundtable video with presentations, biographies

Navigating the ultra-processed food debate: Scientific insights and ASEAN perspectives (joint roundtable with FIFSTA, Federation of Institutes of Food Science and Technology of the ASEAN) February 2025

<https://iufost.org/scientific-roundtable-discussions> - roundtable video with presentations, biographies – and in process of being published

Advancing Food Processing in Africa: Challenges, Innovations and Opportunities (January 2025) (roundtable video with presentations, biographies

<https://iufost.org/scientific-roundtable-discussions> - roundtable video with presentations, biographies

VIDEOS: youtube.com/@IUFoST-Official

The value of food processing - Episode 1. *From Survival to Science*
Episode 2. *Longer Shelf life, Stronger Future*

IUFoST Rose Spiess Award winner September 2024: *Mission: Possible- Restoring peatlands and preserving local wisdom with food technology*

IUFoST FOOD FOR THOUGHT: SCIENCE IN ACTION SERIES <http://iufost.org>

- It's not whether a food is processed that matters, but how it's processed and what's in it
- If a food is 'natural' or made from scratch, it doesn't mean it's automatically good for you
- Food Processing: Processing is not a modern invention; it's a set of tools humans have used for centuries to keep food safe, nutritious, and available
- A processing-level label alone is unlikely to improve decisions. Clear nutrition information and consumer education are more effective in supporting healthy, balanced diets

ABOUT IUFoST

The International Union of Food Science and Technology (IUFoST) is the global non-aligned scientific organization representing more than 300,000 scientists, engineers and technologists from its work in more than 100 countries. IUFoST is a full scientific member of ISC (International Science Council), elected by its ISC peers . IUFoST represents food science and technology to many international organizations, including UNIDO, the World Bank, International Academies of Science, regulatory agencies, industry and national science bodies. IUFoST organizes world food congresses, among many other activities, to stimulate the ongoing exchange of knowledge and to develop strategies in those scientific disciplines and technologies relating to the expansion, improvement, distribution and conservation of the world's food supply. It aims to harness and strengthen scientific understanding and expertise for the global good. IUFoST has regional and disciplinary groupings to fulfil its mission.

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