



A WORKSHOP

NATIONAL
ACADEMIES

Sciences
Engineering
Medicine

December 5 • 9AM – 4PM ET

The Role of Science, Technology, and Communication in Advancing Healthful Foods and Diets

DECEMBER 5, 2025

9:00 am **Welcoming Remarks**
Eric Decker, University of Massachusetts Amherst, Food Forum Chair

SESSION 1 – Food Categorization Landscape

Moderator: *Carolyn Slupsky, University of California, Davis*

9:10 am **Food Classification Systems for Identifying Healthfulness of Foods**
Aviva Musicus, Center for Science in the Public Interest

9:25 am **FDA's Updated "Healthy" Nutrient Claim**
Sarah Gebauer, Food and Drug Administration

9:40 am **IAFNS Guiding Principles for Food Classification Systems**
Britt Burton-Freeman, Illinois Institute of Technology

9:55 am **Q&A and Discussion**

10:25 am **Break**

SESSION 2 – Exploring Potential Factors that Impact the Healthfulness of Foods

Moderator: *Anna Rosales, Institute of Food Technologists*

10:40 am **The Independent and Combined Role of Energy Density and Eating Rate on Energy Intake**
Ciaran Forde, Wageningen University

10:55 am **Flavor Chemistry Meets Consumer Choice: A Pathway to Healthful Diets**
Devin Peterson, Ohio State University

- 11:10 am** **FDA Approach to Regulatory & Safety Assessment of Food Additives and Ingredients**
Kristi Muldoon Jacobs, Food and Drug Administration
- 11:25 am** **Leveraging Deep Data on Foods and Food Ingredients – a WISEcode Case Study**
Richard Black, WISECode
- 11:40 am** **Q&A and Discussion**
- 12:10 pm** **Lunch Break**

SESSION 3 – Moving Forward: Opportunities with the Greatest Impact

- Moderator:** *Katie Brown, National Dairy Council*
- 1:10 pm** **Behavioral Economics Insights to Improve Diets**
Marco Palma, Texas A&M University
- 1:25 pm** **Federal Nutrition Assistance Programs: Evidence of Impact, Policy Shifts, and the Path Forward**
Sara Bleich, Harvard University
- 1:40 pm** **Opportunities and Challenges in the Processing & Formulation of more Healthful Foods**
Johan B. Ubbink, University of Minnesota
- 1:55 pm** **Narrating the Future of Food**
Jack Bobo, University of California, Los Angeles
- 2:10 pm** **Q&A and Discussion**
- 2:40 pm** **Break**

SESSION 4 – Building Trust Through Effective Communication

- 2:55 pm** **Panel Session**
- Moderator:** *Susan Mayne, Yale University*
- Panelists:*
- *Jen Bordenick, The Unbiased Science Podcast*
 - *Brinda Adhikari, Why Should I Trust You? Podcast*
 - *Hank Cardello, Georgetown University*
 - *Christopher Gardner, Stanford University*
- 4:00 pm** **Adjourn Workshop**

WORKSHOP PLANNING COMMITTEE

Eric Decker, Ph.D., M.S. (Chair)
Professor
University of Massachusetts, Amherst

Katie Brown, Ed.D., RDN, FAND, FASN
President
National Dairy Council

Sarah Gebauer, Ph.D., FASN
Nutrition Scientist
Office of Nutrition and Food Labeling
Nutrition Center of Excellence
Human Food Program
U.S. Food and Drug Administration

Susan Mayne, Ph.D.
Professor (Adjunct)
School of Public Health
Yale University

Marco A. Palma, Ph.D., M.S.
Professor of Agricultural Economics
Director
Human Behavior Laboratory
Associate Director
Institute for Advancing Health through Agriculture
Texas A&M University

Kristin Reimers, Ph.D., M.S., RDN
Research Fellow, Nutrition
Conagra Brands

Chelsea R. Singleton, Ph.D., M.PH.
Assistant Professor
Department of Social, Behavioral, and Population
Sciences
Celia Scott Weatherhead School of Public Health &
Tropical Medicine
Tulane University

Carolyn Slupsky, Ph.D.
Professor
Department of Nutrition
Department of Food Science & Technology
University of California, Davis

The Food Forum convenes scientists, administrators, and policymakers from academia, government, industry, non-profits, professional societies, and consumer groups on an ongoing basis to issues related to food (including safety, regulation, systems, nutrition, and health) and identifying approaches to address them. It provides a unique way to identify areas of concordance among these diverse interest groups. It does not make recommendations, nor does it offer specific advice. It compiles information, develops options, and brings interested parties together.

The Food Forum was established in 1993 to allow selected science and technology leaders in the food industry, top administrators in the federal government, representatives from consumer interest groups, and academicians to periodically discuss and debate food and food-related issues openly and in a neutral setting. The Forum provides a mechanism for these diverse groups to identify possible approaches for addressing food and food safety problems and issues surrounding the often complex interactions among industry, academia, regulatory agencies, and consumers.

About the National Academies of Sciences, Engineering, and Medicine: The National Academies are private, nonprofit institutions that provide independent, objective analysis and advice to the nation to solve complex problems and inform public policy decisions related to science, technology, and medicine. The National Academies operate under an 1863 congressional charter to the National Academy of Sciences, signed by President Lincoln. See more at: <https://www.nationalacademies.org/our-work/food-forum>