

Reading Materials and Resources

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IFIC and IFIC Foundation Resources (available at <http://ific.org>):

IFIC Foundation Functional Foods Backgrounder

<http://www.ific.org/nutrition/functional/upload/functionalfoodsbackgrounder.pdf>

IFIC Foundation and Institute of Food Technologists (IFT) Guidelines for Communicating the Emerging Science of Dietary Components for Health

<http://www.ific.org/nutrition/functional/guidelines>

IFIC Review: How to Understand and Interpret Food and Health-Related Scientific Studies

http://www.ific.org/publications/reviews/upload/How_to_Interpret.pdf

IFIC Functional Foods Foods/Foods for Health Consumer Research (1998-present)

<http://www.ific.org/research/funcfoodsres07.cfm>

IFIC Foundation Food & Health Survey: Consumer Attitudes toward Food, Nutrition & Health (2006-present) and other IFIC and IFIC Foundation Consumer Research

<http://www.ific.org/research>

IFIC Foundation Fact Sheets (antioxidants, omega-free fatty acids, pre- and probiotics, stanols and sterols, soy, whole grains)

<http://www.ific.org/publications/factsheets>

Tools for Effective Communication Web site

<http://www.ific.org/tools/intro.cfm>

Other Resources:

ADA Position Paper on Fortification and Nutritional Supplements

<http://www.eatright.org/ada/files/fortnp.pdf>

ADA Position Paper on Functional Foods

<http://www.eatright.org/ada/files/FunctionalFnp.pdf>

Institute of Food Technologists Expert Report on Functional Foods: Opportunities and Challenges

http://members.ift.org/IFT/Research/IFTEExpertReports/functionalfoods_report.htm

National Institutes of Health (NIH)/Office of Dietary Supplements (ODS) Web site

<http://ods.od.nih.gov>