

Sunday, July 12, 2026

12 p.m. | Welcome & Workshop Framing

- Why this topic matters now (industry + public health context)
- How fats, fiber, sodium, and sugars intersect in formulation decisions
- Overview of tools and resources participants will gain

Speaker: Wendelyn Jones, *Institute for the Advancement of Food & Nutrition Sciences (IAFNS)*

12-1 p.m. | Reformulation and Regulatory Fundamentals: Balancing Fat, Fiber, Sodium, and Sugar

- Interdependence of the four ingredients in product systems
- Nutrition priorities and emerging guidance (e.g., fiber gaps, sodium reduction, added sugars, fat quality)
- Key formulation and sensory tradeoffs
- Common reformulation pitfalls

Speaker: Farida Mohamedshah, *Senior Food, Nutrition, Policy & Regulatory Professional*

1- 3:30 p.m. | Ingredient Deep Dive: Science Meets Formulation

- Part 1 (75 mins): Fats & Fiber – Structure, Texture, and Function
 - Fat functionality: mouthfeel, stability, flavor delivery
 - Fiber functionality: bulking, texture, water binding, satiety
 - Interactions between fat reduction and fiber addition
 - Sensory tradeoffs and consumer acceptance
 - Applied case studies and lessons learned

Speaker: Martha Belury, *The Ohio State University*

- Part 2 (75 min): Sodium & Sugars – Flavor, Preservation, and Perception
 - Sodium roles: taste, preservation, functionality
 - Sugars roles: sweetness, bulking, browning, texture
 - Reduction strategies and alternatives
 - Sensory perception and adaptation
 - Applied case studies and lessons learned

Speaker: Youngsoo Lee, *Washington State University*

Speaker: Soo-Yeun Lee, *Washington State University*

3-3:15 p.m. | Break

3:15 – 3:45 p.m. | Tools & Resources for Healthier Formulation

- IAFNS science frameworks and evidence summaries
 - Formulation decision tools and evaluation models
 - CoDeveloper capabilities
 - Prototype/optimization workflows
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Speakers: IAFNS + CoDeveloper

4:10 – 4:30 p.m. | Integration & Takeaways

- Key insights across all ingredient systems
- “What would you change Monday?” reflection prompt
- Final resources

Speakers: Wendelyn Jones, *Institute for the Advancement of Food & Nutrition Sciences (IAFNS)*
Ariel Garsow, *Institute for the Advancement of Food & Nutrition Sciences (IAFNS)*
