Canadian Nutrition Society
Société canadienne de nutrition

2026 FOOD FOR HEALTH PRE-CONFERENCE WORKSHOP

Fresh Perspectives on Highly Processed Foods and Health:

Global Evidence and Challenges

May 07 2026 | Halifax Convention Centre

Highlights!

- **Expert Speakers:** who will present the latest research findings on the health impact of HPFs and share insights into ingredient science from both processing and regulatory perspectives.
- **Inter-disciplinary Discussions:** that will engage the audience to explore the implications of HPFs for nutrition policy, food innovation, and global dietary guidance.
- **Interactive Group Activity:** to discuss how HPFs are defined and share innovative ideas on definitions applicable to national dietary recommendations according to the latest evidence on HPFs.
- **Networking Opportunities:** with fellow professionals, researchers, and thought leaders to exchange ideas and foster collaborations

For more info visit:

https://conference2026.cns-scn.ca/pre-conference/food-for-health-workshop

#CNS26Halifax