

# Relevance of research in food innovation

The relevance of research for food innovation is a crucial topic in the search for sustainable and efficient solutions to face current challenges related to the production, distribution and consumption of food products. Research plays a key role in identifying new approaches, technologies and practices that can positively transform the food industry, contributing to food security, public health, environmental sustainability and the circular economy.

In a current, global and constantly evolving world, food innovation has become a pressing need. The global population is growing, and the need and demand for increasingly nutritious and accessible food is increasing. Furthermore, environmental challenges, such as climate change and the scarcity of natural resources, impose the need to rethink and reformulate the way we produce, process and consume food.

Research in the area of food innovation covers a wide range of disciplinary areas, including chemistry, microbiology, food engineering and technology, food quality and safety, among others. This research seeks to improve the efficiency of production methods, develop more nutritious, enriched and safe foods, reduce food waste, explore alternative sources of protein and minimize the environmental impact of the food industry.

The application of new technologies plays a fundamental role in this dynamic process. Constant evolution in food processing technology not only makes it possible to create innovative products, but also significantly improves food preservation methods, making them more effective in terms of quality and durability, without compromising their sensorial characteristics.

The relevance of research for food innovation is also intrinsically linked to public health. The development of functional foods and understanding the effects of food on disease prevention are areas of research that can result in significant benefits for society.

Research plays an essential role in promoting food innovation. The continuous search for innovative and sustainable solutions in food production, processing and consumption is vital to face global challenges related to food security, health and sustainability. Collaboration between R&D Units, industry, government and society is essential to boost research and ensure a safer, healthier and more sustainable food future.

By Rita Pinheiro