

# FUNCTIONAL FOOD CENTER



## Functional Food Scientist/Professional Handbook



### This Handbook Contains

- FCC Missions and Values
- Eligibility
- How to apply
- Earning credits
- Pricing
- FFC Conference



FUNCTIONAL FOOD CENTER

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# TABLE OF CONTENTS

Who is the Functional Food Center?

3

Benefits of Certification

4

Eligibility & Choosing a Program

6

Standardized Program of Study

7

Personalized Project of Study

9

Guided Program of Study

10

Earning Credits

11

Application Process

12

Functional Food Center Conference

13

Academic Society

15



# Who is the Functional Food Center?

The Functional Food Center (FFC) is the world's leading organization for evaluating functional food products and educating the public in Functional Food Science. The primary goal of the FFC is to educate physicians, health professionals, researchers, scientists, students, and the public on the health benefits of functional foods and food bioactive compounds to increase their knowledge in this specific field of science. For these reasons, FFC organizes annual international conferences, publishes textbooks and research articles, and drafts informative newsletters promoting these events and accomplishments.

Since 1998, FFC has hosted 28 international conferences around the globe; maintained an open-access journals for more than 10 years; published more than 40 books including 8 textbooks on functional food science; and established the Academic Society of Functional Foods and Bioactive Compounds ([ASFFBC](#)), which has a growing membership base of more than 5,000 scientists.

## Definition of Functional Food

The lack of a universal definition of “functional food” between countries has led to unregulated publishing of health claims and limited functional food production. It has also caused misunderstanding and mistrust of “functional foods” and its definition amongst government officials, public health professionals, and the general. At Functional Food Center, we believe a clear and consistent definition is needed. A definition for functional food will foster clear, worldwide communication between food/nutrition scientists, policymakers, medical researchers and the public. Improved communication will promote the implementation of better policies and food education among non-experts. This will also lead to greater funding and support for nutrition research and policy initiatives. Additionally, a definition with legislative and research consensus will legitimize functional food science globally, and therefore allow for advancement in food, medical, and policy innovation. Furthermore, a formal definition will help dispel misconceptions held by the public about functional food.

*Definition: “Natural or processed foods that contain biologically-active compounds; which, in defined, effective, non-toxic amounts, provide a clinically proven and documented health benefit utilizing specific biomarkers, to promote optimal health and reduce the risk of chronic/viral diseases and manage their symptoms.”*

# What is a Functional Food Scientist/Professional Certification?

The Functional Food Scientist (FFS) or Functional Food Professional (FFP) certification is a degree that demonstrates your advanced knowledge in the field of functional foods. A Functional Food Scientist/Professional is a self-motivated individual who has been formally educated on the fundamentals of functional food science through FFC's Functional Food courses and has successfully passed their certification examination. By becoming a FFS/FFP, you will gain enough knowledge to understand current research in functional foods and integrate the topics of functional foods into your own career.

## Why Pursue This Certification?

Becoming a Certified Functional Food Scientist or a Functional Food Professional sets you apart from other employees in knowledge of functional foods. You will be seen as a higher professional for learning new skills and staying up to date on the latest research and your academic and work background will be of greater quality and more diverse than others. Additionally, you will be a better marketer in the field of functional foods by showing interest and commitment to the subject.

### Benefits by Occupation:

**Dietitians and Nutritionists:** An FFC Certification will provide knowledge of current functional food research applicable in the workplace. You will be introduced to biochemical compounds and the essential nutrients that provide their medicinal properties. You will also gain the unique ability of creating a medicinal meal plan of functional foods for your patient or client while receiving continuing education credits.

**Food and Nutrition Students:** An FFC Certification will help advance career opportunities by providing knowledge of the medicinal properties of bioactive compounds found in functional foods. You will also learn first hand how bioactive compounds support optimal health, wellness, and disease prevention. This knowledge will allow you to contribute information regarding the production of new functional foods or meal plan creation to future employers.

## Benefits by Occupation (cont.):

**Food and Nutrition Professors:** This course provides you with the qualification to teach an introductory course on functional foods at a university or accredited institution. With this certification, you can request to receive organized lectures and powerpoints designed for an interactive classroom setting, as well as all the other materials needed to teach the course. You will also be provided with current field research that you can use to further your studies and help your students grow. Textbooks are on for sale for use in the classroom if you would like to use the textbook for your students.

**Researchers:** Get the latest information on research in functional foods with the FFC Certification. With this certification, you will also have the knowledge to formulate functional food products that could lessen various diseases and assist in your future studies.

**Physicians and Nurses:** The FFC certification is designed for the medical doctor and nurse to bring functional food research to your practice. You will be able to provide your patients with information about the latest research on bioactive compounds in functional foods. The newest developments in functional foods and an understanding of the medicinal benefits that are provided when specific essential nutrients are consumed can be integrated into your practice.

**Food Industry Professionals:** Learn about functional foods and become familiar with some of the latest information in functional food science. Becoming a certified functional food scientist or functional food professional will allow you to bring functional foods to your business, which will make you unique compared to other businesses.

# Eligibility

## Functional Food Scientist

As a Functional Food Scientist, you will possess enough knowledge to critically understand current research in functional foods and integrate the topics of functional foods into your own career. This title applies to those who hold a PhD, MD, or are pursuing one of these degrees in a field of science. This certification will be valid for 5 years.

## Functional Food Professional

The title of Functional Food Professional, however, applies to all others that may be ineligible to apply for a position as a Functional Food Scientist but would still like to pursue a certification in order to expand their understanding of functional foods. Receiving this certification can benefit different careers in various ways. This certification will be valid for 5 years.

# Choosing a Program

Once you have established your eligibility, you can move on to decide which program is ideal for you. The Functional Food Center offers three different pathways to earn your Functional Food Scientist/Professional certification. Although previously offering 80 credit degrees for a certification duration of 3 years, the Functional Food Center has re-designed all programs. Each of our three programs of study allow you to earn a total of **80 credit degrees**, which is equivalent to **80 hours of training**. Due to the increase in credits, your certification will be **valid for 5 years**, as opposed to 3 years. All programs are equally respectable, but differ in their design and execution. These programs are:

- The Standardized Program of Study (SPS)
- The Personalized Project Program (PPP)
- The Guided Program of Study (GPS)

For a quick video summary on all programs, [click here](#).

# The Standardized Program of Study (SPS)

New Program!

## Goal of This Program:

The goal of this program is to provide a more objective route to earn your certification. The Standardized Program of Study will give you access to current research and findings within the field of functional foods and evaluate your knowledge on these topics. This independent project allows you to earn your certification at your own pace with structural support. Additionally, we will work with you to create a final project that may be presented or printed at our annual Functional Foods International Conference or in the journal of *Functional Foods in Health and Disease* and journal of *Bioactive Compounds in Health and Disease*.

## Program Layout

The program is **completely online** and consists of 8 pre-selected chapters from our Functional Foods textbook series, some of which include a comprehensive quiz at the end. Quizzes are about 8-13 questions long. Chapters should be read in full and a minimum of 80% is required to pass each chapter quiz. Once you are finished with the 8 chapters, you will take a final exam. The final exam is a fully online, multiple choice exam, with about 100 questions. Overall, candidates will complete **8 chapters, a few quizzes, and a final exam** to earn their Functional Food Science/Professional certification. More details will be given to enrollees. By completing this program, you will earn 80 credits, which are equivalent to **80 hours of training**.

## Benefits of the Standardized Program of Study

**Preparation for Functional Food Scientist (FFS) or Functional Food Professional (FFP).** By successfully completing an FFC SPS course, you will gain all 80 credits needed to become a certified FFS or FFP.

**Standardized education.** With set questions and answers, this program allows for an objective route to the certification.

**Self-guided education.** You will have the opportunity to pace your own learning experience while maintaining communication with your instructor via Skype and email in the event that you have any questions regarding the learning materials.

**Scientific experience.** Depending on the nature of your final project, you may have the chance to present at the Functional Foods International Conference or be published in the Functional Foods in Health and Disease journals.

**Complimentary Membership to the Academic Society of Functional Foods and Bioactive Compounds.** By completing this program, you will be granted a complimentary 6 month membership to the ASFFBC.

[Click here to apply!](#)



## Sample Quiz Questions

1) The two important concepts within the topic of bioactive compounds converting ordinary foods in-to functional foods (select two)

- a. The location of bioactive compounds
- b. The amount of bioactive compounds
- c. The type of bioactive compounds
- d. The ratio of bioactive compounds

The correct answer is b&d.

2) The main steps to bringing functional foods to markets are:

- a. Product development, phytonutrient analysis, pre-clinical screening, clinical trials, marketing, conduct in-market surveillance, epidemiological studies
- b. Phytonutrient analysis, pre-clinical screening, clinical trials, product development, marketing, epidemiological studies, conduct in-market surveillance
- c. Clinical trials, pre-clinical screening, product development, phytonutrient analysis, marketing, epidemiological studies, conduct in-market surveillance
- d. Marketing, conduct in-market surveillance, phytonutrient analysis, clinical trials, product de-velopment, pre-clinical screening, epidemiological studies

The correct answer is b.

3) The major difference between dietary supplements and functional foods:

- a. Dietary supplements are functional foods
- b. The recommended daily intake (RDI) is higher of a dietary supplement due to the pill, capsule, tablet, or liquid form
- c. Dietary supplements are intended for ingestion in pill, capsule, tablet, or liquid form, not the sole item of a meal or diet, functional foods are consumed as part of a normal diet and deliver one or more active ingredients that have physiologic effects and may enhance health
- d. Functional foods must be labeled and tested before they can be sold to consumers

The correct answer is c

4) The three classes of biomarkers in functional foods are:

- a. Exposure, intermediate endpoint, biological response
- b. Biological response, intermediate endpoint, heat
- c. Physical, exposure, intermediate endpoint
- d. Enzymatic, exposure, biological response

The correct answer is a



# The Personalized Project Program (PPP)

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## Goal of This Program:

Through the Personalized Project Program, we will collaborate with you to create a personalized learning experience that will train you to be more knowledgeable in the functional food topics of your choice. We will construct customized lesson plans based on select chapters from the almost 200 chapters available in our Functional Foods textbook series. In addition, we will work with you to create a personalized project that will solidify your understanding and provide you with a hands-on education of functional foods.

## Program Layout

This course includes **80 hours of training, equivalent to 80 credits**, which involves self-guided study, virtual meetings with your functional foods instructor, and completion of your personalized project. You will meet with your instructor, who is an experienced expert in the field of functional food science, who will craft **a project that is tailored to your interests**. Once you begin your project, you will have periodic meetings with your instructor, during which you will discuss your progress and how the knowledge you have acquired can be applied in your field.

## Benefits of the Personalized Project Program

**Preparation for Functional Food Scientist (FFS) or Functional Food Professional (FFP).** By successfully completing an FFC GPS course, you will gain all 80 credits needed to become a certified FFS or FFP.

**Competency in the emerging, rapidly evolving field of functional food science.** In-depth understanding of bioactive compounds and functional foods will make you a unique, viable candidate for a job position and open more opportunities to expand your career.

**Self-guided education.** You will have the opportunity to pace your own learning experience while maintaining communication with your instructor via Skype and email in the event that you have any questions regarding the learning materials.

**Scientific writing experience.** Depending on the nature of your personalized project and learning goals, you may have the chance to gain experience in writing scientific articles or reports

**Complimentary Membership to the Academic Society of Functional Foods and Bioactive Compounds.** By completing this program, you will be granted a complimentary 6 month membership to the ASFFBC.

[Click here to apply!](#)

# The Guided Program of Study (GPS)

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## Goal of This Program:

The goal of this program is to provide a unique guided experience in the field of functional foods. Unlike other training programs, you will receive daily guidance on your objectives and regularly discuss the theory behind functional food concepts as well as new research in the field with your instructors and supervisors. This is a very unique and invaluable program that will allow you to learn about functional foods directly from the most prominent organization in the field of functional foods.

## Program Layout

Through **80 hours of guided study** and training, equivalent to **80 credits**, we will work with you to create a personalized project that will provide you with a hands-on education of functional foods. As indicated by the program's name, your instructor will personally walk you through your learning and provide a more hands-on approach to your certification training. Although your instructor will be very involved, you are still able to customize how you will earn your credits.

## Benefits of the Guided Program of Study

**Preparation for Functional Food Scientist (FFS) or Functional Food Professional (FFP).** By successfully completing an FFC GPS course, you will gain all 80 credits needed to become a certified FFS or FFP.

**Guided education.** With regular correspondence between students and professors, this program allows for a more personal education on functional foods than other online alternatives.

**Practical experience and hands-on learning.** This program allows you to learn by being an active researcher and will therefore set you apart from other individuals in the field of functional foods.

**In-depth understanding of bioactive compounds.** Learning about bioactive compounds that your body needs as well as the functional foods that provide them will enable you to create recipes and food labels for healthy and functional foods.

**Scientific writing experience.** Through day-to-day coaching on your personal project, you will learn about the definition and usage of functional foods and gain experience in writing scientific articles and newsletters

**Complimentary Membership to the Academic Society of Functional Foods and Bioactive Compounds:** By completing this program, you will be granted a complimentary 6 month membership to the ASFFBC.

[Click here to apply!](#)

# Earning Credits (GPS & PPP)

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80 credits are necessary to earn your Functional Food Professional/Scientist certification through either the Standardized Program of Study (SPS), Personalized Project Program (PPP), or the Guided Program of Study (GPS). These credits must be earned within a span of 3 years. After 3 years, your credits will reset to zero. Unlike the SPS, the PPP and GPS programs allow you to pick and choose how you earn your credits. The Functional Food Center provides numerous options to earn credits, appealing to diverse styles of learning.

## Credits can be earned by:

**Taking set courses:** There are 6 pre-made courses that touch upon different aspects of functional foods. Completion of each course is awarded with 20 credits. You may choose to earn up to 60 credits through these set courses.

Course topics include:

- Introduction to Functional Food Science
- Basic Principles of Functional Food Science
- Functional Foods for Chronic Diseases
- Cancer Biology and Dietary Factors
- Bioactive Compounds and Cancer
- Functional Foods in Integrative Oncology

**Teaching/studying using FFC's textbooks:** The Functional Food Center currently has 8 volumes of Functional Food Textbooks. If you are a professor and choose to incorporate these textbooks into your class material, you are eligible to earn credits. If you are a student and choose to use our textbooks to study, you are eligible to earn credits. The amount of hours dedicated to teaching/studying using the textbooks will determine how many credits are earned.

**Attending/speaking at the Functional Food Center's International Conference:** The Functional Food Center hosts annual international conferences that features speakers from across the globe, as they present their recent research concerning functional foods. Our conferences typically last 2 days for 8 hours each. By attending, you may earn up to 16 credits. More credits can be earned for presenters.

**Contributing to FFHD Articles and Book Chapters:** The Functional Food Center has 2 scientific journals and several textbooks. If you choose to apply to publish your work in our journals or contribute to our book chapters, you are eligible to earn credits.

**Taking personalized courses:** If you find that you have more specific interests within the field of functional foods, The Functional Food Center will design special short courses that are tailored to your particular interests. By completing these courses, you are eligible to earn credits.

# Application Process

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1. **Complete your application form** detailing your educational and work experience and your interest in regard to functional foods. This will help in starting the process of creating your personalized lessons and project so that it addresses your educational goals and interests. Application forms are available for both The Personalized Project Program and The Guided Program of Study.

2. **Submit payment** for your chosen training program through our online store.

\*Payment plans are available and can be discussed as necessary\*

3. We will **schedule an online Zoom/Skype meeting** in order to discuss your interests more in depth and agree on a personalized project for you that you will complete over the course of the program.

## Pricing

Standardized Program of Study: ASFFBC members **\$495.00** | Non-member: **\$595.00**

Personalized Project Program: ASFFBC members **\$595.00** | Non-member: **\$695.00**

Guided Program of Study: ASFFBC members **\$695.00** | Non-member: **\$895.00**

Renewal fee for CFFS and CFFP: ASFFBC members **\$350.00** | Non-member: **\$450.00**

All prices are stated in U.S. dollars. Credit and debit cards, PayPal, checks, and bank transfers are all accepted.

[Click here to access our online store!](#)

## Upholding Professional Conduct

In the process of earning your certification, it is expected that you uphold a professional code of ethics. These ethics include, but are not limited to:

- Being truthful about the credits earned and ensuring that they directly relate to functional foods.
- Striving for continuous learning and further education in the field.
- Using credentials properly.
- While holding a certificate, being engaged in current news and updates about functional foods. One way to do this is to follow the FFC newsletter and read the FFHD journal articles. Though these will not count toward credit hours, you will gain a further understanding of the topics being addressed in the functional food community.

# Functional Food Conferences

Every year, the Functional Food Center hosts an international conference to discuss and present current research in the field of functional foods. Our presenters come from all parts of the world to discuss their findings and questions. The conference is organized by Functional Food Center-FFC (Dallas, TX, USA), Functional Food Institute-FFI (San Diego, CA, USA), International Academic Society for Functional Foods and Bioactive Compounds (ASFFBC), the journal of *Functional Foods in Health and Disease* (FFHD), the journal of *Bioactive Compounds in Health and Disease* (BCHD).

## The 29th International Conference

**The impact of COVID-19 on global health has shed light on the need for alternative**, non-pharmaceutical solutions when no immediate treatments or vaccines are available. Emerging research is demonstrating how certain functional foods and bioactive compounds can be used to enhance the immune system and reduce the risk of viral diseases like COVID-19. Boosting immunity can also improve the outcomes for vaccination results, which is especially important in elderly people, who have a lower vaccine response success rate due to their weaker immune systems. In addition, it has been shown that people with chronic diseases are more vulnerable to coronaviruses and have higher casualties related to coronavirus. Thus, prevention of chronic disease can reduce the risk of infectious diseases.

To facilitate and promote the discussion of how functional foods and bioactive compounds can be used in these ways, the central theme for the Functional Food Center's 29th International Conference will be **"Can Functional Foods and Bioactive Compounds Reduce the Risk of Chronic and Viral Diseases?"** This conference will bring together experts in medicine, biology, and the food industry to discuss the usage of functional foods with bioactive compounds as dietary interventions for viral diseases, such as COVID-19. Considering the impact of chronic disease on the outcome of viral disease, we will also be reviewing functional foods for the management of chronic disease.



[Click here to register!](#)

# Call for Abstracts

Share your research with a global audience through the FFC 29th International Conference! **Abstract submission deadline has been extended to March 25th, 2021, 5 pm (PST)**. The entire abstract should have a maximum of 1000 words. Please use Times New Roman Font 12 for the entire abstract.

Submit your abstract to be considered for an opportunity to showcase your work along with other leaders from the fields of medicine and food science during this event in a short or regular presentation. You will also have the opportunity to answer audience questions in real-time.

Short Presentations: 7 minutes

Regular Presentations: 20 minutes

Decisions on selection will be promptly communicated to the authors via e-mail. All contributions will be reviewed by organizing committee members, and accepted abstracts will be published in the conference proceedings book. **Please email your abstract as a Word document attachment** to [ffc@functionalfoodcenter.net](mailto:ffc@functionalfoodcenter.net).

[Click here for further instructions on submitting an abstract](#)

## Registration Fees and

### Deadlines

The registration fee will cover the Conference Proceedings book (Abstract book) and a 12-month membership to the Academic Society for Functional Foods and Bioactive Compounds. Each registration allows the registrant to present up to 3 accepted abstracts maximum. Registration includes access to the entire program and Expo, presentation materials, and networking with expert speakers and organizing committee members.

**Cancellation Policy:** Before December 28, 2020: 75% refund; before January 28, 2021: 50% refund; after January 28, 2021: No refund. Reimbursements will be sent after the conference. Notice of cancellation of registration must be received in writing to the Conference Secretariat. All refunds will be provided after the conference within 14 days.

| Registration Type                 | December 1st to January 1st | January 1st to February 1st |
|-----------------------------------|-----------------------------|-----------------------------|
| Student Registration Rate: M*/N** | 125.00 / 145.00             | 145.00 / 195.00             |
| Regular Registration Rate: M / N  | 245.00 / 295.00             | 295.00 / 345.00             |
| ***Exhibitors: Virtual Option     | 395.00 / 495.00             | 445.00 / 545.00             |
| Abstract Publication Fee          | 49.00                       | 49.00                       |

\*M: Members of Academic Society for Functional Foods and Bioactive Compounds; \*\*N: Nonmembers(N)  
Conference registration fees are in USD.



# Academic Society of Functional Foods and Bioactive Compounds (ASFFBC)

In response to the growth of this field, we are proud to introduce the Academic Society for Functional Foods and Bioactive Compounds (ASFFBC). This society of medical doctors, scientists, dietitians, nutritionists and other food and medical industry professionals will be strictly dedicated to the research and development of functional and medical foods, bioactive compounds, nutraceuticals and the discovery of new ingredients and scientific techniques. Dr. Danik Martirosyan will govern this Academic Society, along with current members of the International Scientific Advisory Panel for Functional Food Center, Inc. In addition, we are honored to count members of governing agencies such as the National Institute of Health, the U.S. Food and Drug Administration, the U.S. Department of Agriculture and other entities among our past and present conference participants.

**Mission statement:** This society was founded to build alliances between scientists, field experts and their peers from around the world in order to increase global awareness of functional and medical foods and improve the health and wellness of people worldwide.

## Criteria for Members

- Recognized experts in related fields
- MD, PhD, or other advanced degree in scientific field related to functional foods
- Nutritionists and Registered Dietitians with an established interest in scientific research surrounding functional foods and nutraceuticals
- Students currently enrolled in an advanced degree with a relevant field
- Food and Medical Industry Representatives
- Other interested candidates must submit a current CV

## Annual Membership Fees

- Full Time Students and Graduate Students - **\$99.00**
- Registered Dietitians, Nutritionists, Non-Physician Category Clinicians - **\$129.00**
- Representatives of Federal and Public Organizations (NIH, FDA, USDA, etc.) - **\$149.00**
- Academic Educators and Scientists (M.D., PhD, etc.) - **\$199.00**
- Food and Medical Industry Representatives - **\$249.00**
- Corporate Memberships – Beneficiaries include up to 5 chief officers or business leaders - **\$995.00**