

Food for New Life



It is enough to say that I was intrigued when Jody Grider first broached the idea of my assuming the role of Executive Editor of CEREAL FOODS WORLD. Jody knew of my roots in cereal foods and past stint as technical director of an American food industry journal, *Prepared Foods*. I began my career in the cereal sciences first with a research thesis that delved into the nutritional implications of extrusion technology, and subsequently, with my work as a product development scientist for a wholesale bakery supply company and a Fortune 500 cereal foods company in Minneapolis.

Thus it came to pass that I accepted the AACC International's offer for this circle-closing experience. I now take on the responsibilities of building on the solid, strong foundations of this flagship publication, foundations built by a distinguished roster of predecessors. It is a humbling challenge and tough act to follow. So, here goes.

Consider an observation that came to me (long ago) as a graduate student in nutrition and food science. This was that the most nutritionally "perfect" foods appeared to be those designed to nurture new life—eggs and milk. Overtime, science revealed these "foods for new life" to offer incredibly complex nutritional and nutraceutical value: earlier fixations with protein value and optimum amino acid profiles evolved new layers of nutritional complexity in the form of lactoferrins, phospholipids, conjugated-linoleic acid, immunoglobulins, and more. This is where we sit today in the science of seeds. Let's take full advantage of it.

Grains too, are designed to nurture embryonic life, and today, we stand on the cusp of unveiling their many layers of nutritional complexity. A macroview of grains, fixated on yields, protein strength, and proximate analyses, is shifting to a new, microview of grains that emphasizes prebiotic fiber fractions, glycemic function, essential fatty acids, antioxidants, phytoestrogens, and more.

We address one such nutritional complexity in this current issue of CFW with a three feature focus on one such micronutrient, omega-3. As with any evolving field of inquiry within our industry, the subject of omega-3s engenders controversy and a competition of ideas. We happen to believe that controversy is good, that sometimes through controversy, one-plus-one-plus-one actually does make four. In this issue, you will find three very different points of view regarding omega-3s in human nutrition and their implications for cereal foods. We hope that you find that this format encourages clarity rather than clutter. Either way, please let us know your thoughts, reactions, and ideas, even if in the form of polite outrage and indignation.

Finally, my role with CFW is part-time, as I must also fulfill my obligations to my own company, BEST VANTAGE Inc. Consequently, it would be impossible for me to entertain my high hopes and expectations for CFW without the backing of an excellent, motivated, and frankly, very nice team of people that make up the staff of CFW. Whereas they have granted me the honor and privilege of occasionally pacing the captain's deck, it is they that continually keep this publication's engines stoked, its lines trimmed, and its course steady as we move onward, not in circles, but at full speed ahead in the wake of our fast evolving industry.

Dan Best
Executive Editor
CEREAL FOODS WORLD