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# food technology

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Advancing Food & Health Through Sound Science

## Plant-Based Eating Evolves

hitting the wellness target  
bakery product ingredients  
DHA and autoimmunity  
palm oil safety

**IFT**  
Food Technology  
Institute



## FEATURES

## 26 Plant-Based Eating Evolves

*by Carolyn Doris*

Driven by growing consumer passion for wellness and sustainability, the market for vegan and other vegetarian products is expanding rapidly, and product developers are responding with an array of new product options.

**SLIDE SHOW:** See the online version of this article for a look at several new vegan products ranging from soups to snacks.

## 38 Hitting the Health and Wellness Target

*by Mary Ellen Kuhn*

Healthy lifestyle brands help grow sales for both large and small food companies, but achieving success in this market is challenging thanks to consumers' varied and ever-evolving expectations.







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Michigan State Researchers Discover a Roadblock to Autoimmunity

**ONLINE EXCLUSIVE:** Read about an MSU professor's research on mycotoxins at [ift.org/food-technology/current-issue.aspx](http://ift.org/food-technology/current-issue.aspx).

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