INSTITUTE OF NUTRITION AND FUNCTIONAL FOODS (INAF)

Working at INAF is an opportunity to broaden your professional horizons and push the limits of the possible in a stimulating research environment where nutritionists, chemists, agronomists, doctors, engineers, psychologists, pharmacists, microbiologists, and other specialists from diverse fields work together to improve the diet and health of the population. INAF is science at its most inspiring.

INSTITUTE DESCRIPTION

INAF is the largest Canadian research institute dedicated to studying the complex relationships between food and food components and nutrition and health, and the role they play in the prevention of chronic diseases. Through its multidisciplinary research program, INAF seeks to develop foods, ingredients, and nutritional approaches that promote better health for people of all ages.

INAF experts and their teams conduct fundamental, applied, and clinical research in over forty scientific disciplines. Every year over 300 graduate students pursue their studies in this unparalleled research environment.

As a leader in its field, INAF puts science at the service of nutrition to fulfill its mission and ensure its actions lead to concrete and durable results that benefit the population’s health and the bio-food sector.

80 researchers
75 research professionals
300 students
In 2013 INAF got a facelift with a new name, image, and website that reflects its mission, strengthens its message, and prepares for the future. Recent achievements include the foundation of INAQ, the fruit of a longstanding partnership between Université Laval and Université de Bordeaux, and the launch of the France-Quebec Neurophenols Project, two milestones in our goal of developing lasting ties with France for both research and graduate studies.

Polyphenols remain a major focus of INAF research efforts. One recent breakthrough in the field of biomolecule separation and fractionation, soon to enter industrial production, is the result of INAF research on polyphenol-rich juices. On the preclinical side, INAF researchers recently confirmed that the effect of supermolecules on intestinal microbiota may help reduce the inflammatory states that are known to be precursors of obesity, insulin resistance, diabetes, and heart disease. This highly promising work is paving the way for a host of new multidisciplinary research projects. The study of eating behaviours and the influence of nutritional information on consumer choice is another burgeoning field where INAF is leading the way.

INAF has also launched three major knowledge transfer initiatives that will help boost the economic spinoffs of research. The FAST (Food Advancement through Science and Training) program helps students acquire the transferrable skills today’s employers demand.

Meetings, symposiums, and international conferences provide students the opportunity to network with experts, industry leaders, and other professionals in their field.

Major national and international projects such as FAST and INAQ (Institut de Nutrition Aquitaine Québec) open the door to international internships and training opportunities in some of the best research facilities in Canada and worldwide.

Students at INAF enjoy a wealth of opportunities. Some work on projects to discover new molecules in foods and food components, or focus on properties and technologies designed to optimize a food’s nutritional content. Others study metabolic, physiological, and genetic factors involved in the development and prevention of chronic diseases, both in vitro and in vivo. Others still assess the health impact of specific diets, foods, or ingredients through clinical studies on human participants. But in every case, INAF is known for providing outstanding training to graduate students and interns in every one of these fields.

INAF’s multidisciplinary and intersectoral projects are a great way to explore various facets of research in fields where the health and social sciences converge with science and engineering.

INAF students have access to cutting edge facilities, platforms, and scientific equipment under the supervision of experienced research professionals.

Funding is available to facilitate student recruitment and support students who wish to present research findings at international conferences.

KEY ACHIEVEMENTS

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Université Laval in the heart of Québec City is one of Canada’s top research universities, with nearly 230 graduate programs. A global leader in numerous cutting-edge disciplines, Université Laval educates tomorrow’s leaders and prepares them to face current and future challenges in every field of knowledge.

Learn more about Université Laval programs at ulaval.ca/futurestudents

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