



**Your ability to trust what you read
depends on your ability to trust
where the information comes from.**

WHAT IS FSTA®?

FSTA, is the abstract and indexing database that solves the time-consuming, frustrating and expensive discovery process of reliable food research and information.

It's world-renowned for its 16,000 word thesaurus and for the exclusion of fake journals and fake science.

Everything that is relevant to food science and nutritional health from hundreds of publishers, thousands of journals and millions of articles, patents and conferences are available.

FSTA gives you the quality answers you want with speed, clarity, and confidence.

IFIS Publishing launched the Food Science and Technology Abstracts (FSTA) database in 1969, and it has since established itself as a trusted resource by researchers, librarians, scientists, students and government bodies in 158 countries across the globe.

The database provides in-depth indexing in food and health, with over 1.84 million high-quality, English language abstracts originating from 60 countries and 29 languages.

FSTA covers a wide range of interdisciplinary content, from journal articles and trade publications to conference proceedings and industry patents.

The research is directly relevant to food from sources carefully vetted by industry experts, and the search functionality has been specifically designed to aid research among the food community.

FSTA is an Abstract and Indexing database with powerful search, alert and data capabilities.

See our video explaining how our specialised Abstract and Indexing database works by watching this short video.

[What is indexing, what is an A&I database, and why should I care? - YouTube](#)



WHAT CAN YOU DO WITH FSTA®?

- Carry out in-depth and targeted interdisciplinary research with access to over 1,840,000 entries directly related to food.
- Discover emerging research quickly, with more than 2,200 entries added every week.
- Quickly navigate over 50 years of food-related research curated by experts in the sciences of food and health.
- Rapidly find relevant and reliable research with comprehensive keyword tags on every record and a unique 16,000 word thesaurus.
- Use free instructional content training to help get the maximum out of FSTA® and become a certified-user.
- Personalised alerts for key search terms so you never miss relevant new research.

FSTA is available as a subscription (or pay-as-you-go for corporate clients) resource with access through popular research platforms, including Web of Science, Ovid and EBSCOhost.

The Database has become indispensable to the food research community because of its impeccable reliability and relevance in returning searches fast that scientists can use.

FSTA helps avoid any painful delays, diversions and wasted time and money.

It gives you the quality answers you want with speed, clarity, and confidence.

It means you can invest more of your valuable time and resources in research and not in random search.



ABOUT THIS GUIDE



Rhianna Gamble,
Author

Author

This guide was written by Rhianna Gamble. She has been working with academic and corporate clients for more than a decade and has traveled extensively to major conferences around the world presenting FSTA® to food research scientists so that they can understand the power of the unique database. This guide is a summary of hundreds of face-to-face conversations and questions asked at those conferences.

IFIS Publishing - the not-for-profit publisher

IFIS Publishing's charitable mission has been to provide the global research community with access to trustworthy information in the sciences of food and health since 1968.

Today, this mission is more pressing than ever.

Tell us what you think

We plan to update this guide regularly as resources and techniques evolve.

Please feel free to tell us what you think or to suggest additional material.

Get in touch with Rhianna Gamble, by emailing r.gamble@ifis.org



THE FSTA® PRODUCTION PROCESS

We exclude hundreds of predatory and fake journals

The FSTA® database is closely managed by a team of expert scientists, who rigorously vet additions and sources for value and relevance to the sciences of food and health.

Many databases skip this vetting procedure or rely on automated systems.

That's not good when over 420,000 scientific research articles are published every year without being checked by experts. (See our video below about how to avoid them).

[What is a predatory journal and why is it a problem? Tips to identify and avoid them - YouTube](#)

We conduct a thorough evaluation of each journal and resource against a checklist of criteria relating to potentially predatory or unethical publishing practices.

Our checklist covers 60 measures across several diverse areas, including:

- the journal's name
- ISSN
- integrity, based on the authorship and scope of the articles
- geographical diversity of the editorial board and origin of the journal in relation to claims of being an international/national journal
- integrity and provision of editorial board member details
- offers of unusually rapid publication/peer review
- provision of details regarding the journal's peer review policy
- offers for certain services or involvement with the journal in exchange for extra fees
- provision and integrity of details about the publisher
- amount, start dates and scope of other journals on the publisher platform
- false claims of indexing in well-known databases
- missing issues/articles in the journal's archive
- availability of articles in journals claiming to be open access
- details of publication fees, including offers of discounts, special rates and reduced fees, as well as time limits placed on prices
- clarity of the scope of the journal, including breadth of areas covered and justification for the inclusion of unrelated disciplines
- unjustified claims by the journal of importance or establishment in the field
- provision of statements of conduct for editors or reviewers
- use of misleading metrics
- numbers of self-citations
- maintenance of the journal website

Beware of Predatory Journals

One recent study concluded that 8,000 predatory journals collectively publish 420,000 papers every year, nearly a fifth of the scientific community's annual output of 2.5 million papers."

(Naomi Oreskes, [Predatory Journals That Publish Shoddy Research Put People's Lives at Risk](#), [Scientific American](#)).

However, you can be confident that the content on FSTA® is relevant to your field and meets high standards of scientific validity and rigour.

That's because our food experts identify and exclude publishers and journals that may be using predatory practices and publishing fake science.

You can check if a journal is indexed in FSTA® easily by clicking the link below;
[Search the FSTA® Journal Database | IFIS](#)

In addition, every abstract in our database is carefully indexed against the world's most comprehensive subject-specific food and beverage thesaurus, unique to FSTA®.

This has 16,000 terms and is the most complete thesaurus of food-specific terms that exists.

When you are doing literature by discovery, it is easy to make a mistake. Failures begin right at the start. Avoid errors get the best start possible with FSTA®.



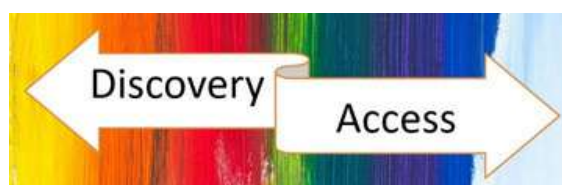
WHERE TO SEARCH - Discovery & Access

Using the right tool for your literature searching makes all the difference for your searching efficiency and for the quality of information you find. When you're searching for information, you want to feel confident that you've found the most important and relevant literature. Unfortunately, if you are not looking in the right places, even the best search won't find you the literature you need.

To consider where to search, it is helpful to think about the tools you use in terms of whether they are better for accessing some research or if they are better for discovering all the research you need.

Discovery means finding out about the existence of research.

Access means getting the full text of research.



It is a very common mistake to use tools that are better for access for the task of discovery, but doing so essentially means you are doing your research backwards, wasting time and negatively affecting the overall quality of your information.

Databases, and especially subject focused databases, are customised for discovery to lead you to the information you need.

Which is the best search tool for food and nutrition research?

Type	Subject specific databases				General databases		Additional tools		
Search tool	FSTA	CAB Abstracts	PubMed	Medline	Web of Science Core Collection	Scopus	ScienceDirect	Library discovery services	Google Scholar
Curated by experts in food-related sciences	✓	✗	✗	✗	✗	✗	n/a	✗	✗
Quality-checked by experts in food-related science	✓	✗	✗	✗	✗	✗	n/a	✗	✗
Subject-specific thesaurus used to index content for search accuracy	✓ Food-related (commodities and sciences)	✓ Life sciences	✓ Medical	✓ Medical	✗	✗	✗	✗	✗
Content coverage	Food-focused, interdisciplinary	Agriculture-focused, interdisciplinary	Medical-focused, interdisciplinary	Medical-focused, interdisciplinary	Multidisciplinary	Multidisciplinary	Multidisciplinary	Multidisciplinary	Multidisciplinary
Content type	Journals, books, conference proceedings, trade publications, patents, theses, reports, standards	Journals, books, conference proceedings, trade publications, reports	Journals, books	Journals	Journals, conference proceedings, books	Journals, books, conference proceedings, trade publications, patents	Journals, books	Library collections: excludes content accessible only by direct database search	Any content meeting the structural criteria for Google Scholar's automated "crawlers"
Type of service	Subject-specific database	Subject-specific database	Subject-specific database	Subject-specific database	General academic database	General academic database	Publisher-specific platform	Institution-specific discovery layer	Academic search engine
% of FSTA® content not available in this resource*	n/a	33%	38%	65%	35%	30%	85%	Institution dependent	Unknown

Learn more about using the right tools to successfully conduct your literature search: bit.ly/literature-search-tools

*Analysis conducted by EBSCO (2020)

WHERE TO SEARCH

Information retrieval in the area of food is complex because of the broadness of the field. For example:

Searching **pig** in a general database will bring back content where an animal has been used in preclinical trials, livestock research, and pork as food.



In a health-focused database, the search options and filters will have been developed for the human health field, which may not be helpful for searching food science topics not related to human health.



Searching **spirits** in PubMed (which does have a thesaurus focused on biomedical terms) or the multidisciplinary databases Web of Science or Scopus, (which do not have thesauri) you get moods and the supernatural mixed in with research focused on alcoholic beverages.

FSTA, focused on food science, not only doesn't bring back supernatural false hits, it brings back many more relevant ones about distilled alcoholic beverages because of how each record has been tagged, or indexed, with the subject specific term spirits, even when that term does not appear in an article's title or abstract.

What is indexing and why is it helpful in searching?

Databases that use a thesaurus, or controlled vocabulary, for indexing content pull all the different terms referring to a topic under a single heading. This helps users navigate the variations in language and terms used by researchers.

For example, in FSTA®, if you search the thesaurus term **aroma** it pulls together all the results where the authors used the word aroma to describe an important element of the research, but also works by authors who used the words **odor**, **odour** or **smell**.

WHAT MAKES FSTA® UNIQUE?

FSTA - your quality-checked source for results you can trust.

"FSTA contains a large (1.84M), clean (expert verified) dataset (food and beverage only) and gives you the unbiased global content that you want.

- **Content from Multiple Publishers, Countries, and Languages**

Many databases only have information from one publisher. FSTA® helps scientists discover content from multiple publishers. We include research from 89 countries and 41 languages.

We bring the entire world of trusted food science to you.

- **Unique Thesaurus and Indexing**

Every abstract in our database is carefully indexed against the world's most comprehensive subject-specific food and beverage thesaurus, unique to FSTA®. This has 16,000 terms.

This means that searches are hyper-efficient and Narrow Terms (NTs) allow researchers to get exactly what they want.

- **Excludes Predatory Journals**

Unlike some databases, e.g. PubMed, FSTA® filters out Predatory Journals.

From 2017-2023, a total of 366 journals have been assessed, but not included in FSTA®. This includes out of scope and poor quality journals, as well as suspected predatory journals. Out of the 366 journals on the list, 223 are potentially predatory.

Reliability, relevance and results are FSTA®'s greatest strengths.



WHO USES FSTA®?

**7 out of 10 of the globally top
rated universities for Food Science
and Technology are subscribed to FSTA**

Source: Shanghai Rankings 2022



Jiangnan University



China
Agricultural University



Zhejiang University



Nanjing
Agricultural University



Wageningen
University & Research



University of
Massachusetts Amherst



Huazhong Agricultural
University

Educational Institutions love FSTA®.

With the interdisciplinary nature of FSTA® it is indispensable for a wider range of subjects in food science than other non-specialist databases. Using FSTA® as an undergraduate or masters student helps get better grades. It solves the problem of poor citations leading to poorer marks.

FSTA also makes connections through related concepts and opens up new avenues for researchers. Faculty members discover new ideas, and these are quite often from historical literature or from areas that other databases do not cover.

Whatever research you do, you need to make sure you are not citing fake science. The science needs to be safe because a reputation is hard-won but easily damaged.

When you have important questions you want important answers. That's what you get from FSTA® and is why Innocent Awasom, Associate Librarian at Texas Tech University says,

“FSTA provides quality information...it's core to the food science and technology industry,”

WHO USES FSTA® continued...

Companies use FSTA® for their research and development needs.

FSTA is used by 7 of the world's top 10 food and non-alcoholic beverage manufacturers.

That's because access to peer-reviewed research is critical for scientists who need to stay up to date with innovations and new solutions.

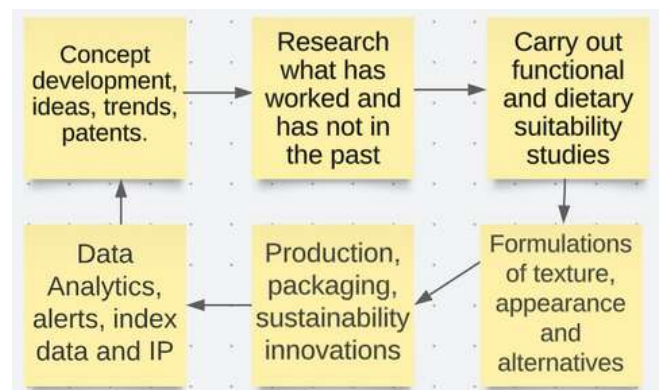
FSTA provides a wealth of information on previously published research, helping save time and money by not having to conduct experiments or research that has already been done.

Historic and new research can both inspire new ideas and directions for future research.

When you have specific research needs you can request bespoke collections. These are specific datasets which are core areas of research. This highly-focused research is used by start-ups and mid-range companies.

Another area is the licensing of our unique 16,000 FSTA® thesaurus. Clients use this for classifying their intellectual property across multiple sites.

With patents, journals, theses and conferences being covered by our data, analytics and alerts can also help companies forecast future growth areas and keep up to date with competitors.



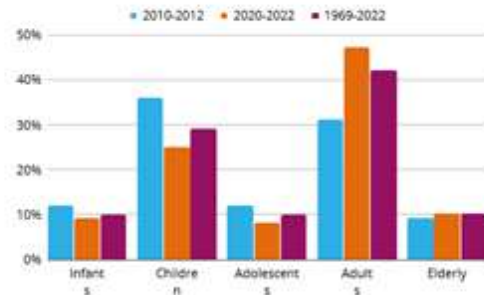
The best way of finding out more is to have a screen share with one of our information experts who can demonstrate how easy it is to get the information you want.

**Email Carol Durham,
c.durham@ifis.org to set up
your free demo.**

Science facts show growth areas

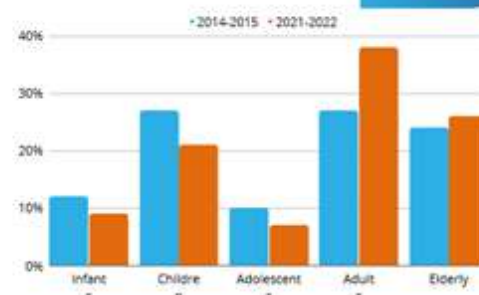
FSTA research trends in nutrition and cognitive health

Nutrition research in specific age groups 2010-2022 as % of all research in these groups



Nutrition-specific research represents a sizeable proportion of total research produced for each age group, particularly children and adults.

Nutrition and cognition by age group



Within that nutrition-focused research, we can see here that cognitive development is an important research theme across all age groups.

Data Analytics can discover areas for product innovation

Companies looking for new product development or that want to keep up to date on patents can gain insight via FSTA® Data Services.

Our team of experts can prepare bespoke reports based on the information we have in our database.

These reports can give you insights that are based on real data, that are up to date, and are factual.

FSTA is updated weekly, with more than 2000 entries being added.

When you want to know something that is happening in the food science world, get in touch with your questions to see if we can provide the answers.

20 Days Saved Per Researcher...

Saving just 45 minutes a day for 240 days a year (the average researcher can do this using a specialised database) makes a huge difference.

On average 180 hours a year or 20 days of wasted time, effort and frustration can be saved.

STOP:

- Wasting money to investigate approaches only to find out it has already been done.
- Making investments in equipment for additional experiments that already exist.
- Wasting time and concentrate on the key research that will help.

Government and Non-Government Organisations (NGOs) and Associations also use FSTA®

Over 500 institutions use FSTA®

As a non-for-profit we are committed to improving knowledge of the sciences of food and health across the world, with free or low-cost access to FSTA® and resources available through the Research4Life programmes – HINARI, AGORA, ARDI & OARE.

FSTA is also used by a wide variety of agencies and Government bodies.

- UK Health Security Agency (previously called Public Health England)
- USDA National Agricultural Library
- Food and Drug Administration Library
- Health Canada
- Food Standards Australia
- Swedish National Food Agency
- Library of Congress
- Spanish National Research Council



Faculty Advisory Board - global expertise

Our three Advisory Boards comprised of academic, corporate and information specialists are all highly-qualified. This global team advise on the coverage in FSTA® (which becomes more challenging as research becomes more interdisciplinary).

They also advise on the content in FSTA® (which formats and titles to include).

Additionally, they help to develop best practice in literature searching and reviews.

[Find out more about our Advisory Board by visiting this page on our website.](#)

Top Tips; how to build a search

Identifying your search concepts

Most databases do not "understand" a search written in natural language which is language that mirrors the way we talk. Instead, a question needs to be broken down to specific search terms.

Finding your initial search terms is usually fairly easy. Basically, you just need to identify the main components of your research question and discard connecting words.

What are the **mechanical properties of environmentally friendly packaging films** manufactured from **starch**?

However, at the same time you are locating your terms, you need to also consider how specific your question should be.

Too broad a query can overwhelm you with results. A question framed too narrowly risks missing important information. Sometimes it's appropriate to break your research question into separate parts to see what relevant research has been done on each component. The search terms you begin with may not really be the best, or sole, terms to effectively capture your concept.



Dr Cristina Rosell, Professor and Head of Department of Food and Human Nutritional Sciences at the University of Manitoba, Canada.

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"We are living in the era of information with so many sources being updated but at the same time there is a lot of misinformation."

"As a food scientist, I try to engage new generations in this discipline and what better way than learning what is going on in science to generate curiosity and also share knowledge."

FSTA provides the requisite platform for keeping updated in food science and technology, with user-friendly tools.

Serving as part of the Editorial Advisory Board of FSTA® allows me to participate in the definition of best practices and tools to reach those objectives."

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The Academic environment is changing constantly due to global and local competition between institutions, government policies, legislation and new technologies.

Some stakeholders actively try to improve and adapt while others are happy with the status quo.

Our role is helping those organisations who want to improve, achieve their goals.

We are firmly committed to helping universities in the following ways;

- **improve academic grades**
- **avoid wasted time**
- **reduce any reputational damage**
- **maximise funding opportunities**

The current approach of using databases that contain predatory and fake journals, that do not cover the inter-disciplinary nature of food science and have implicit bias (for example, bias towards English language results only or single publisher content) is unsafe. These old ways no longer work.

Research Excellence Frameworks.

With 85% of Professors surveyed expressing concerns about the source research material used to underpin published works, 12.5% of all research carried out in bioscience sphere wasted because of flawed literature search methods, and our direct experience of the number (50 rejected in last 2 years) of predatory journals that compromise research work and outputs, we estimate excellence frameworks and related scores show significant negative impacts if the quality of source information is ignored.

By helping and supporting librarians and information management professionals in their role at universities we can help academic librarians set their students and faculty members up for success.

FSTA® (Food Science and Technology Abstracts) is a comprehensive and reliable resource for food science and technology research that can help academic institutions achieve their goals.

FSTA® can have a significant positive impact on an institution's research and teaching in the sciences of food and health and on the next page we will highlight a few ways it can help.

Attract and Retain the Best Faculty and Researchers:

- FSTA provides access to the most comprehensive database for the sciences of food and health, covering all relevant content across disciplines and sources.
- By providing the best tools available, institutions can attract and retain the best faculty members and researchers.

Improve International Reputation in Food Science:

- FSTA's quality-assured results and exclusion of fake science can help to protect an institution's reputation for research and teaching in the field of food science.
- By making FSTA available to faculty and students, institutions can improve their international reputation in the area of food science.

Influence Research Excellence Framework Scores:

- FSTA can help to influence REF scores by addressing key criteria of Originality, Significance, and Rigour. This can lead to higher funding opportunities and increased visibility for the institution.

Efficient Literature Reviews and Excellent Research:

- FSTA brings all relevant international research together in one place, designed to make it easily discoverable. This can save researchers time and effort in conducting literature reviews for research projects and grant applications.
- FSTA is a key tool for researchers to effectively carry out literature reviews, leading to higher-quality research and more successful grant applications.

Exclusion of Fake Science:

- FSTA is committed to excluding fake science to protect an institution's reputation for research and teaching in the sciences of food and health.
- By providing access to FSTA, institutions can ensure that their researchers have access to quality-assured results and can avoid wasted time and funding on fake or irrelevant research.

Superiority to Other Databases:

- FSTA covers all relevant content, including unique sources and across disciplines.
- Content selection is made by in-house experts and an advisory board made up of leading practitioners.

FSTA® for Research Scientists in Food and Health

Exploring and building upon existing trusted research helps researchers identify knowledge gaps, refine methodologies, and ensure the novelty and significance of contributions.

Good positions in the academic and commercial world take a long time to acquire. It can be a long and intense process, and scientists need access to the best tools to maintain and enhance their careers. FSTA helps scientists do the work they have to do to be successful.

That's why scientists turn to FSTA as the world's trusted resource for food science.

- Terms indexed with comprehensive food and beverage 16,000-word thesaurus
- Quality-checked to ensure there are no predatory journals or fake science
- Every record is relevant to food and beverages
- FSTA is independent of any publisher
- FSTA provides access to relevant content across disciplines and sources
- Data Analytics/Reporting/Alerts all available



Don't work without the right tools...

FSTA is a whole learning tool that enables researchers to do good science.

Many people don't know how to improve their search accuracy and don't know what resources are available for research. Familiarity and ease of use are often favoured over quality. That's nobody's fault, as everyone is under time pressure and it is difficult to keep up with progress or know all resources that are available.

But what if you could access all the genius minds who created the global knowledge of food science? Now you can.

FSTA® is an extensive specialist database, in which carefully selected food, beverage and nutrition research and information are collated, summarised and indexed for efficient searching.

You may already have non-food specialist databases that you use. PubMed, Scopus and Web of Science are three databases that may be part of your resources. You may be relying on Google or other free resources.

When you are evaluating a new resource, it's normal to ask, "Do we really need this database?" Or, "If we get it, will anyone actually use it?"

Our answer to these questions is first, FSTA® has unique content that is not found elsewhere (you don't want to pay twice for the same information right?) and secondly, our Knowledge Hub is unique.

This is the instructional content and training we offer, where you, your students, researchers and management can learn how to use FSTA® and benefit from the speed, clarity and confidence it offers.

With millions of searches taking place on FSTA® every month, the definition of our company is determined by the successful outcomes of our clients.

Coming up - 14 questions that get asked of our team...

And here are the answers...

Is FSTA® expensive?

FSTA is an affordable option. The real value comes because FSTA® helps save time and money and reputation. Researchers find the right information faster with FSTA®.

The results are more relevant and because there is a 60 point checklist for all entries, researchers can be confident the results do not contain fake science.

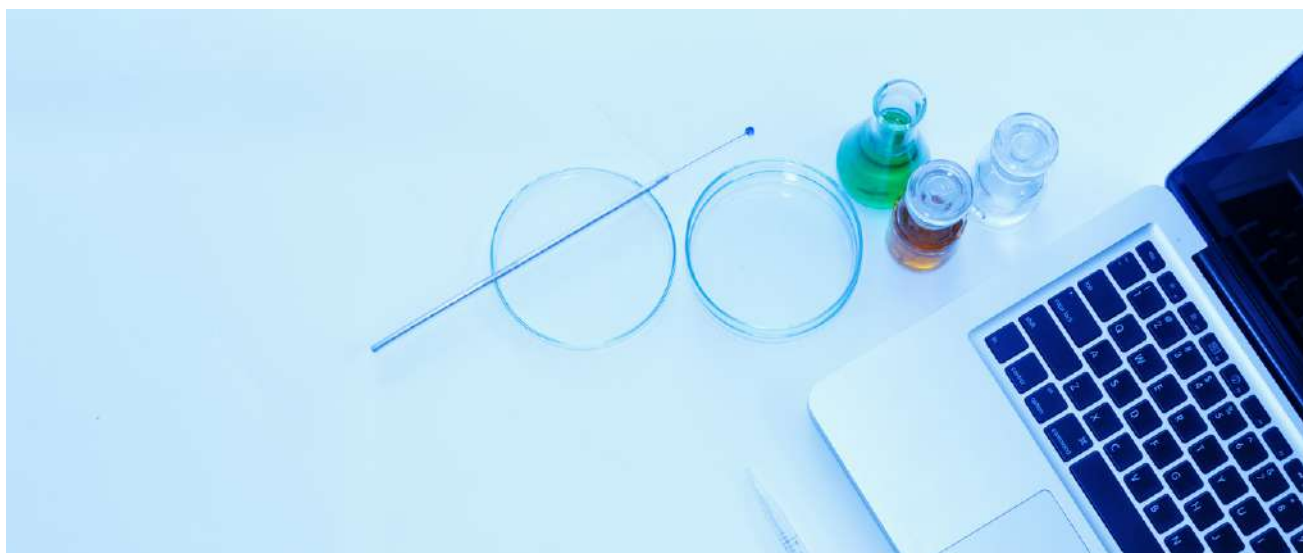
How much it costs depends on the size of the university/college or company going to use the database. Every quote is unique because of this. We are a not-for-profit organisation so we will work with you to make FSTA® accessible.

How can I access FSTA®?

We can provide access through EBSCO (full-text option) Ovid and Web of Science. We can also provide direct access to companies.

Do faculty support the use of FSTA®?

Our Advisory Board has some of the best food science researchers in the world. We also have faculty members from 7 of the top 10 universities in food science and nutrition using FSTA®. Often, the request for FSTA® comes from researchers and faculty who have learned about FSTA® and then approach us to get a trial. We then arrange this with the information specialist at the organisation along with training.



More key questions that get asked...

What is special about FSTA®?

FSTA has a unique number of records that are not indexed by other databases.

Hundreds of thousands of entries are “extra”. This means you are more likely to find the research you are looking for. Imagine having a map that does not cover all the countries you are visiting and all the areas you want to explore. You are limited in what you will find by chance.

With FSTA®, coverage is global geographically and it is multi-language. This gives you a much wider net to cast and find the crucial information you need. If you miss it, you miss out.

“I am worried about low usage.”

We run a number of webinars for users of FSTA®.

Our FREE online Instructional Content, which is a self-certification course, means low usage is not a problem. We teach how to use the database and general food science research skills.

This content is part of our Knowledge Hub. You will be able to see the full usage stats of your institution or company so you know the value of FSTA®.

What journals are included in FSTA®?

We are happy to give you a list of journals we have indexed. Please email Carol Durham, c.durham@ifis.org for this list. We do not make this freely available because it contains global resources that other database providers do not index. It is our “secret”.



More key questions that get asked...

Can I check that you index a particular journal?

However, if you would like to check if a certain journal is indexed, please use this tool [Search the FSTA® Journal Database | IFIS](#) to search the database of indexed journals.

Every journal included in the FSTA® database has gone through IFIS's quality checks, so you can be confident it is peer-reviewed and not a predatory journal. Remember that FSTA® also includes relevant patents, theses, conference proceedings and standards, unlike other databases.

Is there a full-text resource?

Full-text availability is now available via EBSCOhost as an option. You can always access the full-text version of articles and other research via the indexes. It is one click away.

Take a look at the EBSCO list of journals covered by full text
<https://www.ebsco.com/m/ee/Marketing/titleLists/fwt-coverage.htm>

"Isn't everything needed available on the free databases?"

Many people use Google Scholar, (no quality control) or PubMed, (no quality control and not food-specific information). Sometimes people will research using only open-access research.

The truth is that quality, peer-reviewed, food science-specific research in journals, conference proceedings, patents and theses is only to be found in subscription products.

This up-to-date information is what researchers need to produce the best work. It is what students need to get the best grades and educational experience.

"Scientific literature is growing exponentially and will eventually become unmanageable unless something is done to improve the quality. It is unlikely that the quality issue will be resolved through quantity. Scientists and science is served better by the absence of poor quantity and the presence of focused quality."

More key questions that get asked...

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How does your subject coverage compare with other databases?

FSTA is interdisciplinary. It includes relevant content across a host of related fields, in addition to the core areas of food science, food technology and nutrition.

For the full coverage please look here [FSTA® - Database Subject Coverage \(ifis.org\)](#)

FSTA with Full Text includes food-focused content across a host of related fields, including Biotechnology, Food Safety, Omics technologies, Pet foods, Sport Science, Sustainability and many other categories.

Our selection processes and quality checks ensure every record in FSTA® is relevant to food, enabling you to search for information efficiently and effectively across disciplines.

With abstracts dating back to 1969 and updated with more than 2,200 new records each week, FSTA® enables you to discover both the latest and historical research you need.

You can also set alerts for specific subjects, keywords and searches which means you don't have to worry about missing out on new research relevant to your work.



More key questions that get asked...

"1.84 Million records do not seem like many compared to other databases."

FSTA is a specific database with its own proprietary thesaurus and indexing for food and nutrition research. This is important because it is quality that you want, not numbers. Searching through 80 million entries that are irrelevant is going to waste time.

Around 3 in 10 entries in FSTA® are not to be found on other databases. That's more than 400,000 important food science documents. This is a huge amount of scientific research from the global food science community.

Imagine trying to complete a jigsaw where 3 out of 10 pieces are missing. It's impossible to get the whole picture, especially if you cannot even see the picture in the first place.

It is not just the amount of unique content there is. The 16,000-word food science-specific thesaurus helps you find relevant information quickly.

Take a search for "spirits".

When you do this, you want to be able to Narrow the Terms (NTs) and for that you need hierarchies. The more Narrow Terms (NTs) you have, the more specific you can be and therefore the more relevant the results.

When you search popular databases the NTs vary greatly.

FSTA - 'Spirits', with 37 narrower terms (NTs) has a much better way of classifying the information than other databases.

This thesaurus has been built since 1969. That's more than 50 years of expertise being applied to the data.



Other key factors in decision-making

You want to help make the world a better place through positive science. That's why you are here. Not everyone wants to do that though. For example, many databases commonly in use, contain information from Predatory Journals.

These are journals that have unethical or purely financial motivations. They operate a "pay to play" model and do not do thorough checks. (You can read about how FSTA®'s entries are subject to scrutiny here; [Assessing Journals for FSTA® | IFIS](#))

Taking one database as an example, Scopus, you can read that their quality issues have been raised by a number of academic studies.

- Includes predatory journals (study in Economics area revealed 3% of journals were predatory) https://ideas.repec.org/p/fau/wpaper/wp2019_20.html
- Lack of basic checking, See the article "The museum of errors/horrors in Scopus" <https://www.sciencedirect.com/science/article/abs/pii/S1751157715301462>

It is also important to know that some databases have poor classification systems, duplicate records or under-represent some categories.

Poor classification system (journals with weak connections to categories handled badly) <https://www.sciencedirect.com/science/article/abs/pii/S1751157715301930>

Duplicate records (12.5%) which lead to overrepresentation
<https://www.sciencedirect.com/science/article/abs/pii/S1751157715000504>

Non-English language journals under represented
<https://link.springer.com/article/10.1007/s11192-015-1765-5>

With 2000 additions a week, the unique searchability, (because of the indexing and thesaurus) the online instructional content and support...all these elements combined demonstrate that FSTA® is not just a database.

FSTA is a whole learning tool that enables researchers to do good science.



We help you use FSTA® with free training...

FSTA is best used by those who know how to use it. We help you every step of the way by giving you all the support you need and answering any questions you have. We know it is not enough for FSTA® to be a fantastic resource. We have to help users learn how to use the resource.

FSTA® is a fantastic resource and we help users learn how to use the resource.

Whether you're responsible for managing an academic library, a corporate research lab or a government agency, you know that reference resources need to be trustworthy and comprehensive – while also ensuring users can actually find what they're looking for.

We have a training hub that is here; FSTA® [User Training](#)

Video guides to Vendor Platforms

[FSTA® Training Resources EBSCO | IFIS](#)

[FSTA® Training Resources Ovid | IFIS](#)

[FSTA® Training Resources Web of Science | IFIS](#)

Video Guides beginners to advanced

[Video Training Guides](#) – We have recorded videos on a variety of subjects from how to search on FSTA®, from a beginner level, through to advanced searches, what an Abstract and Index database is and more.

These are also in different languages on our [YouTube Channel](#).

Finding relevant information with speed, clarity and confidence.

Webinars and Screenshares FSTA®.

We tailor these to your research needs and typically cover:

- Quick overview of FSTA®'s interdisciplinary content and powerful subject thesaurus
- Demonstrations of sample searches
- Guidance on your complex search queries

ADDITIONAL RESOURCES

Online Instructional Content - Self-Certify Your Research Skills...

FSTA is only as useful as the number of people who are aware of it, know how to use it and access it regularly. This is why we have FREE promotional materials and training to help information professionals raise awareness of FSTA® access within their organisation and get the most from the data.

FREE Online Tutorial - Develop your research skills in the sciences of food & health with FSTA®'s free 3-part tutorial . Designed to give you an overview of FSTA® content and the essential skills to search the FSTA® database and find quality literature successfully. [SEE THE WEBINAR HERE](#)

FSTA TUTORIAL PART 1 (APPROX. 10 MINUTES)

- What content FSTA® includes
- What content FSTA® excludes (predatory journals and fake science)

FSTA TUTORIAL PART 2 (APPROX. 20 MINUTES)

- What the information in FSTA® looks like—what is it exactly that you search
- How the FSTA® thesaurus helps you find what you need
- How to choose and find keywords for building a search
- How to connect keywords with Boolean operators to add precision to your search
- How to apply filters for even more precision

FSTA TUTORIAL PART 3 (APPROX. 30 MINUTES)

- How to put your skills into practice (You will need to log into your organisational FSTA® access on EBSCOhost to complete this section)
- Assessment to verify your learning

- **CERTIFICATE OF COMPLETION**

ADDITIONAL RESOURCES



FSTA Online Tutorial - Empower your students with research skills in the sciences of food & health

Predatory Journals Hub

Our resource centre helps you avoid fake science and provides information and recognise predatory journals when researching and publishing. Learn how to recognise and avoid predatory content: [Predatory Journals Hub](#)

Expert Guide to Publishing in Journals

This guide has been developed to help authors navigate the process of selecting appropriate journals, and understand the range of factors which might influence the decisions of where to submit, such as open access, what to expect from the peer review process, the impact Factor and other metrics, and predatory journals. Read the [Guide to Publishing in Journals](#)

Good review practice: a researcher guide to systematic review methodology in the sciences of food and health

This practical guide provides advice on comprehensive searching, and clear and unbiased reporting. It also includes advice on how to follow standard methodology practices, key tools to use, and much more. Free download [Good Review Practice](#)

FSTA® - is it worth it?

FSTA® is an affordable option just in terms price because of the number of journals it contains.

Like anything in life, things you pay a premium for are generally better.

If you can't invest in research tools, we are always willing to help and this article may be a great starting point [5 free and legal ways to get the full text of research articles \(ifis.org\)](#).

You can also use many of the free resources we provide.

How much you invest for your organization depends on the size of the university/college or company using FSTA®

It also depends on if you are a beneficiary of the Research 4 Life programme.

(Universities in more than 100 countries receive free access to FSTA®)

The real value of FSTA® is that it helps save time, money, and reputation.

Researchers find the right information faster with FSTA®. The results are more relevant and because there is a 60-point checklist for all entries, researchers can be confident the results do not contain fake science.

How to get a quote - contact your usual Vendor or Email us today...

- We base the quote on the number of users.
- Every quote is unique because of this.
- We are a not-for-profit organisation and will work with you to make FSTA accessible.

When you want a quote, please get in touch. We may pleasantly surprise you.

Get a quote from Carol Durham, email c.durham@ifis.org or contact your vendor.

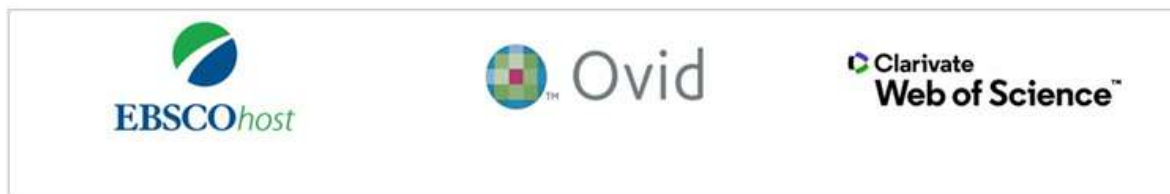
Available on the three major research platforms



FSTA® - already have it?

If you know, or think you know you have access to FSTA® then you may access it through one of these major research platforms.

Available on the three major research platforms



FACULTY MEMBERS AND STUDENTS AT UNIVERSITIES AND COLLEGES

You should be able to access FSTA® easily through the institution's library website. Many have a list of databases you can browse, and there may also be subject guides for resources, such as for Food Science or Nutrition.

EMPLOYEES AT FOOD COMPANIES

Contact your company's information/knowledge centre if they have one. If not, the FSTA® subscription may be managed by a specific department, such as R&D. We can help you find the relevant person at your company, just get in touch with us.

NEED HELP ACCESSING THE SUBSCRIPTION?

Enter your details using the form and we will get back to you with details about how to access your university or company's subscription to FSTA.

STUDENTS

Has your professor recommended you use FSTA® but you don't know where to find it?

Send us your academic email details and we will be happy to assist you.

If it turns out your organisation doesn't subscribe, we can get in touch with your library and let them know you would like a trial access. Email support@ifis.org

ABOUT US...

IFIS is a not-for-profit publishing organisation.

IFIS Publishing, Based in Reading (UK), was founded in 1968 to provide the food and drink community with better access to industry-specific research and information. IFIS was the result of a collaboration between four internationally renowned food science and technology organisations:

THE INSTITUTE OF FOOD TECHNOLOGIES (IFT)

USA's leading membership organisation for food scientists and food technologists.

THE CENTRE FOR AGRICULTURE AND BIOSCIENCE INTERNATIONAL (CABI)

A British not-for-profit international information provider specialising in agriculture and the environment.

DEUTSCHE LANDWIRTSCHAFTS-GESELLSCHAFT E.V (DLG)

Germany's leading membership organisation in the agricultural and food sectors.

THE CENTRUM VOOR LANDBOUW PUBLIKATIES EN LANDBOUWDOCUMENTATIE (PUDOC)

The Dutch centre for agricultural publications and documentation.

OUR AIM IS THE ADVANCEMENT OF PUBLIC EDUCATION AND VOCATIONAL TRAINING IN THE FIELD OF FOOD SCIENCE, FOOD TECHNOLOGY AND HUMAN NUTRITION.

- Help those studying and working in the sciences of food and health by making it easier to access industry-specific information that can be trusted.
- Preserving integrity and accuracy in the fields of food and beverages.
- Furthering learning and development in the sciences of food and health across the world - especially in areas where access to our resources may be limited.
- Partnering with the United Nations Research 4 Life programme. Universities in more than 100 countries receive free access to FSTA.

You know that when you invest in FSTA you will be helping other people to do great research that can make a difference in all parts of the world.

HOW TO GET A FREE TRIAL

Email to get a FREE trial. You may already be qualified.

We would love to set you up with a free trial of the FSTA® database.

To reserve a trial, we only need to qualify your request with a few details.

Please go to this page and complete your information.

We will get the login details to you soon, usually from your vendor, EBSCO, OVID or Web of Science, usually within a couple of days.

The delay is because this is a manual process as the FSTA® database is extremely valuable and we check every request.

You may like our free training by webinar or screen share to help you make the most of your trial subscription to FSTA®.

We tailor this to your research needs and typically cover:

- **Overview of FSTA's interdisciplinary content and powerful subject thesaurus**
- **Demonstrations of sample searches**
- **Guidance on your complex search queries**

Simply email Amanda Kay, a.kay@ifis.org to set this up.

Wherever you are in the world, we'll make time for you and feel free to invite your colleagues.

After we have verified your trial request the email with your login credentials will explain how to get access to the database. This is usually via your library or research tools.

When you get them, please let us know when you would like us to go through things with you. If you have any problems logging in, do let us know.

Once you have your login details we'll email you with some support resources.

We look forward to using all our experience to help you.

Reserve your free trial here; [FSTA - Request a Free Trial](#) | [IFIS Publishing](#)

Do you have any questions we haven't answered?

When you think finding key research in food and health science is critical, we can help to reduce the time and effort it takes.

We discover, we assess, we read, we index, we license, we format, 2,200 times every week so that you don't have to.

Search Global Science with confidence. With FSTA® you are getting the very best information, all indexed since 1969.

Let's work together.

We work with hundreds of universities, colleges, organizations, and companies, and we have found that a quick "Discovery" call by Zoom /Teams or telephone is a great way to find out how we can best serve you.

Get in touch today by emailing Carol Durham at c.durham@ifis.org for a trial, a screen-share or just to find out more.

Feel free to contact us any time via email at ifis@ifis.org

Telephone **+44 (0) 118 988 3895**

<https://www.ifis.org/>



REASONS TO USE FSTA

Doing your literature searching well is essential, whether you're working on an assignment, thesis, grant proposal or research project.

FSTA is designed especially for researching scientific food information, making it the ideal tool for the job. And you have access through your library website!



1. Don't waste time trawling through pages of irrelevant results and poor-quality sources

Experts check for both quality and relevancy to food and beverages. The food-focused keywords used for indexing records help ensure all your results are relevant to your search.

2. Your references need to be credible

FSTA is quality-controlled by experts in the field. We make sure no fake science is included, so you know your research results and references are trustworthy.



3. Your searches need to be thorough

FSTA is food-focused AND interdisciplinary, so you can easily discover related content from microbiology, agriculture, veterinary medicine, nutrition, and much more.

FSTA records are summarised in English and come from publishers all over the world, including many unique titles not available elsewhere.

4. Discover research you might otherwise miss, because of synonyms and spelling variants

FSTA's dedicated food and health Thesaurus means your search results include variants in spelling (e.g. flavour or flavor) and terms used for concepts; for example, a search for soymilk includes results for soy milk, soya milk, soy bean milk and soybean milk.



Build your research skills and learn how to get the best results out of FSTA with our free online training certification.

