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Issue 4

# SHIOLOGY NEWSLETTER

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## Editor's Note

Welcome to the fourth issue of the Shiology Newsletter!

We're excited to share recent progress on the Global Food Systems and Sustainable Development Goals (SDGs) Report 2026. Our expert surveys and data analysis on the "Five Eater Needs" have laid a solid foundation for our global governance research in Shiology.

As our influence expands, we are gaining international recognition. This issue features discussions with experts from Brazil's Zero Hunger Institute and a presentation by an expert from Trinidad and Tobago at a recent international conference, showcasing diverse perspectives in our field.

Additionally, we're introducing a new concept—"Eatance"—to further enrich our theoretical framework.

We're also pleased to announce the creation of an English Wikipedia entry for Shiology! We invite scholars worldwide to help develop entries related to "Shiance," "Eatance," "Eatology," the "World Shiology Forum," and Liu Guangwei.

Finally, we'd like to thank the experts who recommended co-authors for the 2026 report. We look forward to collaborating with you to advance Shiology!

Editorial Team  
Shiology Newsletter

## News and Updates

### Progress Update on the Global Food Systems & SDGs Report 2026

We are excited to announce the successful completion of the expert survey and data analysis phase for the Global Food Systems and SDGs Report 2026. Thanks to this progress, we have refined the report framework to include five second-level dimensions and twelve third-level dimensions, alongside an enhanced scoring and index system.

Our survey gathered insights from 120 specialists worldwide, with valuable contributions from 45 experts across 38 countries. While this may seem modest, the diversity and expertise represented ensure that the insights are both high-quality and relevant. The results indicate a strong prioritization of Food Sufficiency (Food Security), Food Safety, and Food Sustainability, with a particular focus on health, resource management, and ecological considerations. We have also consolidated key recommendations from participating experts to further refine the report.

We extend our heartfelt gratitude to all contributing experts for their time, insights, and ongoing support. Their expertise has been crucial in shaping and strengthening this initiative.

The framework has garnered broad recognition, and we will now begin collecting and consolidating the official data needed for the report. We will continue to refine the fourth-level indicators based on your expert feedback.

A video introduction to the report is included below—please feel free to watch, share, and help raise awareness for this important initiative!

<https://www.youtube.com/watch?v=dJ1c1ZSvpt0>  
Or <https://www.tiktok.com/@shiology2017/video/7616622357679050005>

## Voices from the Global Community

### Brazil: Shiology and New Approaches to Food Security

On March 19, 2026, Prof. Walter Belik from the University of Campinas/IFZ and Emiliano Graziano, Co-founder of IFZ, engaged in an online dialogue in Ibirapitanga, Brazil, examining how Shiology can enhance global food security, nutrition, and sustainable development.

Rooted in the concept of shi (food and eating), Shiology offers an integrated framework that connects eater, food, and the broader system, moving beyond fragmented approaches to create a



more coherent foundation for food governance.

The discussion highlighted a “triple monotony” in today’s food systems—characterized by concentrated crops, standardized livestock, and homogeneous diets. This situation, exacerbated by urbanization and the prevalence of ultra-processed foods, has

resulted in a paradox where undernutrition and obesity coexist.

By placing the eater at the center, Shiology re-establishes connections among biological, cultural, and social dimensions, providing a practical pathway to improve policies and food environments.

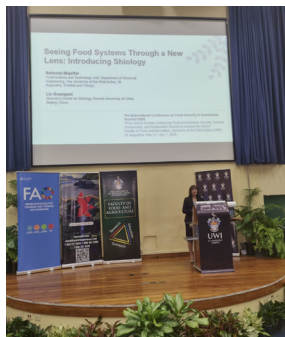
Prof. Belik elaborates on this theme in his piece, “Food Security in Brazil: A Shiology Perspective,” emphasizing that food security encompasses not just supply, but also economic, cultural, and health factors.

Read more: <http://www.shiology.world/a/yingwenban/News/2026/0325/392.html>

## Shiology Featured at Global Food Security Conference

March 31 – April 1, 2026  
| The University of the West Indies, Trinidad and Tobago

At the International Conference on Food Security & Sustainable Tourism 2026, experts examined the critical role of food systems in advancing the UN Sustainable Development Goals (SDGs). Dr. Saheeda Mujaffar from the University of the West Indies presented “Seeing Food Systems Through a New Lens: Introducing Shiology,” unveiling this emerging interdisciplinary framework to an international audience.



Proposed by Liu Guangwei, Shiology emphasizes the eater and their lived experiences, shifting the focus of food systems from mere nutrients to encompass dignity, safety, cultural significance, and enjoyment. This perspective resonated strongly with the conference themes, particularly in addressing non-communicable diseases (NCDs) and promoting sustainable tourism, underscoring the profound connections between food, health, and culture.

By centering people, Shiology offers a more holistic approach to food security and nutrition—one that aligns systems with genuine human needs and experiences.

Read more: <http://www.shiology.world/a/yingwenban/News/2026/0403/403.html>

## Understanding Shiology

In this issue, we introduce the concept of Eatance, a foundational term for understanding Shiology.

Eatance is a coined term that combines “eat” with the suffix -ance. As a core concept of Shiology, it encompasses human phenomena and activities related to ingesting food, including eating, drinking, and taking medicine.

The practice of eating can be divided into three stages: pre-eating, during-eating, and post-eating. Each stage plays a vital role in the overall experience and impact of food consumption.

Eating influences health in five ways: (1) constituting the body, (2) satisfying hunger, (3) preventing disease, (4) treating disease, and (5) causing disease.

Additionally, there are five principles of Eatance: body-driven food transformation, body-food coupling, food-induced disease, food as therapy, and five-sense aesthetics.

These principles provide a comprehensive framework for understanding the intricate relationship between food and human health within the context of Shiology.

## Community Contributions & Get Involved

### Acknowledgements

We sincerely thank Roberto Alfaro-Alejo (National University of Peru), Dalia H. Eldardiry (Imam Abdulrahman Bin Faisal University, Saudi Arabia), Lourdes Guacho (World Vision Ecuador), Lakhnarayan Kumar Bhagarathi (University of Guyana, Berbice Campus), Alicia Paulina Cárdenas Castro (National Technological Institute of Mexico, Durango), and Emma Sarahi Navarro Roque (OWSD, Honduras) for recommending new contributors to the Global Food Systems & SDGs Report. Their support is invaluable in strengthening our global network of co-authors.

### Call for Contributions: Wikipedia Entries

We invite scholars and experts to contribute to building key Wikipedia entries related to Shiology, including Shiance, Eatology, Eatance, The World Shiology Forum, and Liu Guangwei. These entries are essential for expanding the global understanding of Shiology and its interdisciplinary importance.

While the Shiology entry is already established, we need your help to complete the others. Due to restrictions with domestic accounts, we are particularly looking for international contributors. The definitions and references are ready—your task is simply to log into Wikipedia and finalize the entries.

Your contribution will play a key role in ensuring Shiology’s visibility within the global academic community.