

Evidence for unhealthy food associated with Non-Communicable Diseases, HeartDisease and Cancer

1. Impacts of Consumption of Ultra-Processed Foods on the Maternal-Child Health: A Systematic Review, 13 May 2022

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9136982/>)

The highest UPF consumption negatively impacted nutrition and disease development indicators in pregnant, lactating women and children.

2. Ultra-processed food and adverse health outcomes, 2019

(<https://www.bmj.com/content/365/bmj.l2289>)

According to a systematic review and meta-analysis published in 2021, high UPF consumption is linked to a worse cardiometabolic risk profile (characterised by an increased risk of overweight/obesity, elevated waist circumference, lower HDL cholesterol levels, and an increased risk of the metabolic syndrome), as well as a higher risk of all-cause mortality, CVD, cerebrovascular disease, and depression.

3. Consumption of ultra-processed foods and cancer risk: results from NutriNet-Santé prospective cohort, 2018 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5811844/>)

According to a study conducted with 104 980 participants aged at least 18 years (median age 42.8 years) from the French NutriNet-Santé cohort (2009-17) to assess the prospective associations between UPF consumption and cancer risk, a 10% increase in the proportion of UPFs in the 7 diet was associated with a significant increase in overall and breast cancer risks of greater than 10%.

4. Ultra-processed foods, changes in blood pressure and incidence of hypertension: the Brazilian Longitudinal Study of Adult Health (ELSA-Brazil), 2021 (<https://bit.ly/3DmadPq>)

The higher the UPF consumption, the higher the risk of hypertension in adults. Reducing UPF consumption is thus important to promote health and prevent hypertension.

5. Ultra-Processed Foods and Health Outcomes: A Narrative Review ,2020

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7399967/pdf/nutrients-12-01955.pdf>)

This study found that a high dietary intake of ultra-processed foods is linked to a variety of negative health outcomes, including non-communicable diseases, disorders, and conditions, with the potential to have a large impact on global disease burden. Furthermore, data suggests that increased consumption of ultra-processed meals is associated with a higher risk of all-cause mortality.

6. Ultra-processed foods and cancer risk: from global food systems to individual exposures and mechanisms, 2022

(<https://pubmed.ncbi.nlm.nih.gov/35236935/>)

UPFs may raise cancer risk due to their obesogenic qualities as well as exposure to possibly carcinogenic substances such as some food additives and neoformed processing pollutants, according to available research.

7. Ultra-Processed Food Consumption Is Associated with Abdominal Obesity: A Prospective Cohort Study in Older Adults, 2020

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7468731/pdf/nutrients-12-02368.pdf>)

A higher UPF consumption is positively associated with incident AO (abdominal obesity) in older adults in Spain. These findings extend the current evidence of the detrimental effect of UPF consumption on cardiometabolic health.