



ULTRA-PROCESSED FOODS AND OBESITY AND ADIPOSITY PARAMETERS AMONG CHILDREN AND ADOLESCENTS: A SYSTEMATIC REVIEW

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Ultra-processed foods (UPFs) are mostly or entirely lacking whole foods and fibre and are often high in fat sugar and salt. The consumption of UPFs may be linked to obesity in adolescents and this systematic review and meta-analysis aimed to synthesis the current research investigating this link. The results showed that over the long-term, the consumption of UPFs was associated with obesity, abdominal obesity, and increased body mass index in children.

It was concluded that the long-term consumption of UPFs negatively impacts body composition in children and adolescents. This study could be used by healthcare professionals to understand the importance of dietary advice recommending whole foods with limited or no processed foods for the healthy body development of children.

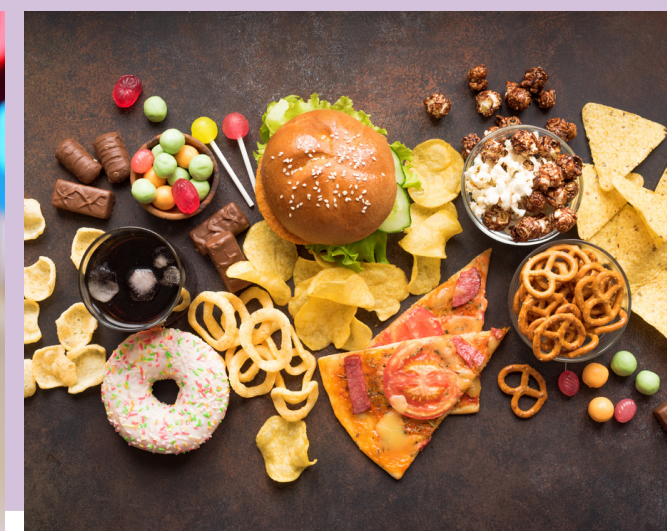
ASSOCIATION BETWEEN CONSUMPTION OF ULTRA-PROCESSED FOODS AND SERUM C-REACTIVE PROTEIN LEVELS: CROSS-SECTIONAL RESULTS FROM THE ELSA-BRASIL STUDY

Lopes, AEDSC ; Araújo, LF ; Levy, RB ; Barreto, SM ; Giatti, L
Sao Paulo medical journal = Revista paulista de medicina. 2019;137(2):169-176

Low grade chronic inflammation has been linked to many diseases. It can be measured using bio-markers such as C-reactive protein. Studies have shown that there may be a direct association between consumption of ultra-processed foods and the levels of the inflammatory marker C-reactive protein (CRP).

The aim of this study was to investigate whether the consumption of ultra-processed foods is associated with CRP levels, regardless of total energy intake, among men and women. In addition, its aim was to determine whether this association is independent from body mass index (BMI). It was a cross-sectional analysis of the Brazilian Longitudinal Study of Adult Health. This is a multi-centre cohort and 15105 adults (aged 35-74) participated.

The findings suggest that the positive association of ultra-processed food consumption with CRP levels among women seems to be mediated by the presence of adiposity. The study concludes that cutting back on ultra-processed foods can decrease chronic low-grade inflammation, even if through reducing obesity. This reinforces the importance of public policies aimed towards restricting the availability of ultra-processed foods.



ULTRA-PROCESSED FOOD CONSUMPTION AND ADULT DIABETES RISK: A SYSTEMATIC REVIEW AND DOSE-RESPONSE META-ANALYSIS

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The growing incidence of chronic non-communicable diseases such as type two diabetes mellitus (T2DM) is the major healthcare concern worldwide. The aim of this study was to build on previous work by synthesizing the findings of observational studies investigating the association between ultra-processed food (UPF) intake and the risk of T2DM.

This study is a systematic review and dose-response meta-analysis of five studies. Of the five included studies, four were prospective cohort study designs and the other was cross-sectional. Results demonstrate that higher UPF intake was associated with an increased risk of T2DM. Additionally, increasing the intake of processed foods by 10% leads to a 15% increase in the risk of T2DM. A linear positive association was found between UPF intake and the risk of T2DM.

Authors conclude by pointing out that to be able to estimate better the actual burden of UPF intakes, new tools should be adapted or progressed to evaluate all UPF consumption dimensions, namely food class, UPF foods specific components, their effects on health and specific processes or additives.



A SYSTEMATIC REVIEW ON PROCESSED/ULTRA-PROCESSED FOODS AND ARTERIAL HYPERTENSION IN ADULTS AND OLDER PEOPLE

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The NOVA system is a way of classifying the level of processing a food has undergone; ranging from un-processed to ultra-processed. Ultra-processed foods (UPFs) are nutritionally imbalanced and are often highly calorific. Processed foods (PFs) are the next level down from UPFs and usually have added salt or sugar. Both foods pose a potential health-risk if eaten in excess, with high blood pressure being a potential resulting disease. This systematic review and meta-analysis aimed to determine the relationship between the consumption of PFs and UPFs and high blood pressure in adults. The results showed that as the consumption of UPFs increased, so did the risk for high blood pressure, however this relationship was not seen with the consumption of PFs.

It was concluded that the high consumption of UPFs is associated with a greater risk of developing high blood pressure in adults and older people. This study could be used by healthcare professionals to recommend a diet without UPFs to those who are at risk of high blood pressure or in those who have already been diagnosed.

