



Ultra-Processed Foods and Chronic Diseases Nutrients

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Message from the Guest Editors

This Special Issue in *Nutrients*, entitled “Ultra-Processed Foods and Chronic Diseases Nutrients”, aims to explore the intriguing relationship between ultra-processed foods and health.

At the heart of this Special Issue lies a quest to understand the potential effect of ultra-processed foods on chronic disease prevention. This Special Issue also aims to explore controversies such as whether all ultra-processed foods are unhealthy; whether there are differences between animal- and plant-based ultra-processed foods; whether the negative findings are only because of their high added sugars, saturated fats, and sodium; and what the impact is of novel foods which have beneficial effects on health even though they are considered ultra-processed.

We encourage submissions of research findings, reviews, and innovative studies that shed light on the significance of personalized nutrition in disease prevention. This Special Issue aims to contribute in shaping the future of nutritional science and to explore the link between ultra-processed foods and chronic disease prevention from observational and clinical trials.





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