

## Special Issue

# Ultra-Processed Foods, Dietary Quality and Human Health

### Message from the Guest Editor

A plethora of epidemiological studies demonstrate associations between the high consumption of ultra-processed food (UPF) and the risk of almost any non-communicable disease (NCD), disease-specific mortality, and all-cause mortality. Observational studies have notable limitations, as have the different food classification systems, and proof of causality and its distinct mechanisms is still lacking. Although intuitive and apparently plausible, the concept of UPF is intricate and has been challenged by mechanistic studies. Moreover, calls for a regulatory restriction of UPF marketing and consumption would have an impact not only on food safety, nutrient supply, and dietary habits, but also on sustainability, food fortification, resource efficiency, food waste, planetary health goals, and socio-economic perspectives. Therefore, different dimensions have to be taken into account when assessing the consequences of dietary recommendations that are not based on nutrients, but on the degree of food processing.

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### Deadline for manuscript submissions

closed (20 January 2026)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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