

## Special Issue

# Understanding and Reducing Ultra-Processed Foods for Better Health

### Message from the Guest Editors

The rapid globalization of Westernized diets has led to an unprecedented rise in the consumption of ultra-processed foods (UPFs), posing a significant challenge to public health systems worldwide. This Special Issue explores the growing impact of ultra-processed foods (UPFs) on global health, specifically focusing on their contribution to the burden of metabolic disorders, obesity, and chronic non-communicable diseases, as well as strategies to mitigate their effects. Contributions address knowledge and attitudes among the general public and health professionals regarding UPFs, the links between UPFs and metabolic disorders, and the underlying mechanisms driving these associations. In addition, this issue evaluates multi-level mitigation strategies, ranging from structural policy interventions—such as front-of-pack labeling, taxation, and marketing restrictions—to technological reformulation and consumer education to promote healthier dietary patterns. This collection aims to define actionable, evidence-based pathways to reduce UPF intake and promote sustainable, healthier dietary patterns globally.

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### Deadline for manuscript submissions

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## Nutrients

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## About the Journal

### 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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### Editors-in-Chief

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