

Special Issue

Clinical Relevance of Ultra-Processed Food Consumption

Message from the Guest Editors

Ultraprocessed food (UPF) consumption is on the rise globally. Worldwide, an alarming number of epidemiologic studies link high UPF consumption with a significant rise in the number and range of different chronic disease risks and mortalities.

To this end, we invite researchers and scholars to provide further understanding to the clinical relevance of high UPF intake by submitting research articles, reviews and perspectives to this Special Issue. We encourage a focus on four areas of clinical concern:

- A global perspective of evidence linking UPF intake to non-communicable disease risk and mortality;
- Evidence of mechanisms linking UPF components to chronic disease risk;
- Clinical criteria (benchmarks) for use in identifying unhealthy UPFs specific to diseases such as obesity, diabetes, cardiovascular disease, chronic kidney disease, cognitive decline and others;
- Potential practical solutions to reduce UPF consumption and thereby lower adverse health risks.

Understanding these clinical aspects of UPFs will help narrow identification of UPFs of concern from a variety of food categories which could better inform healthy dietary guidelines for all.

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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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