

Special Issue

Ultra-Processed Food and Human Health

Message from the Guest Editors

There is growing evidence linking the consumption of ultra-processed foods (UPFs) to adverse health outcomes. UPFs are invariably obesogenic and are often characterized by higher energy density, lower nutritional quality and the presence of additives and contaminants derived from food packaging and compounds formed during production, processing, and storage. In this context, a Special Issue summarizing recent data about the relationship of ultra-processed foods and human health, with a special focus on potential biological mechanisms and pathways, is of significant interest and clinical value. Epidemiological studies linking the consumption of UPF to noncommunicable chronic disease risk are also valuable and may inform public health policy targeting the promotion of fresh or minimally processed foods. Our ambition in this Special Issue is to provide new insights into understanding the role of ultra-processed foods on adverse health outcomes. We encourage authors to submit their original research on this fascinating topic.

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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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