

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.

Guest Editors

Dr. Nathalie Kliemann

1. Cancer Prevention Research Group, Department of Research, CEPON (Centro de Pesquisas Oncológicas de Santa Catarina), Florianópolis, Brazil

2. Lifestyle Exposure and Interventions Team, International Agency for Research on Cancer, World Health Organization, IARC/WHO, Lyon CEDEX 08, France

Prof. Dr. Inge Huybrechts

Lifestyle Exposure and Interventions Team, International Agency for Research on Cancer, World Health Organization, IARC/WHO, Lyon CEDEX 08, France

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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