

Special Issue

Mechanisms of Ultra-Processed Foods and Health Outcomes

Message from the Guest Editors

Observational evidence increasingly demonstrates that the intake of ultra-processed foods is associated with poorer human health. However, the number of intervention studies investigating this topic is still small. The most recent experimental evidence points to a higher ad libitum energy intake and lower intake rate of UPF, both being associated with weight gain in individuals subjected to diets rich in these products, in a controlled environment. There is also some evidence that such diets may affect the fasting plasma concentration of hunger hormones. Nevertheless, the exact mechanism of how these products lead to such outcomes still deserves further investigation, and it is also important to investigate which characteristics of these products are responsible for their deleterious effects on human health. Hence, we are proposing this Special Issue. We expect to collate intervention studies that investigate the impact of UPF on several outcomes, and studies that investigate which aspects of UPF are responsible for their deleterious effects on health. This Special Issue welcomes original research and reviews of the literature concerning this important topic.

Guest Editors

Prof. Dr. Nassib B. Bueno

Prof. Dr. José Luiz de Brito Alves

Prof. Dr. Ingrid S. V. de Melo

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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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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.

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 (IUIBS), 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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