

Special Issue

Consumption of Ultra-Processed Foods and Risk of Non-Communicable Diseases

Message from the Guest Editor

Ultra-processed foods (UPFs), as defined using the Nova food classification system, encompass a broad range of manufactured products that are predominantly made of industrial ingredients with little or no whole foods. UPFs present some peculiarities: they are highly palatable, ready to eat, economical, and have attractive packaging, and are also supported by multi-media and other aggressive advertising campaigns; in addition, from a nutritional point of view, these foods are energy-dense foods, with high amounts of sugars, salt, saturated fats, trans fats, and additives, while being low in vitamins, fibers, and other essential micronutrients. All these characteristics raise concerns about the overall quality of the diet and the health of populations in general. Emerging evidence suggests that such properties may lead to synergistic or combined consequences for chronic inflammation, obesity and non-communicable diseases.

This SI invites papers that deepen our understanding of how UPFs worsen health and well-being. Topics of interest include clinical evaluations, mechanistic insights, and applications in precision nutrition, clinical prevention, and chronic disease management.

Guest Editor

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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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