



Ultra Processed Foods and Disease Risk

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Message from the Guest Editor

Dear Colleagues,

Poor eating habits, such as the increased consumption of highly processed products, have led to an obesity epidemic. Obesity not only increases an individual's risk of serious diseases but is also a huge cost and serious challenge for public health systems.

Alongside the obesity epidemic, there has been a rise in the consumption of ultra-processed foods. Such products, which include savory snacks, reconstituted meat products, pre-prepared frozen dishes, and soft drinks, now account for between 25% and 50 % of the total daily energy intake. Therefore, it is crucial to investigate the association between this type of food and the onset of obesity and non-communicable diseases such as cardiovascular diseases, diabetes, respiratory disease, or cancer.

The focus of this Special Issue is on ultra-processed food and the development of non-communicable chronic diseases and disease risk, as well as the underlying mechanisms that explain the biological effects of these foods. Expanding our knowledge base in this area will be helpful for refining future dietary recommendations for health promotion.

Prof. Dr. Amelia Martí
Guest Editor





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