

## Ultra Processed Foods!

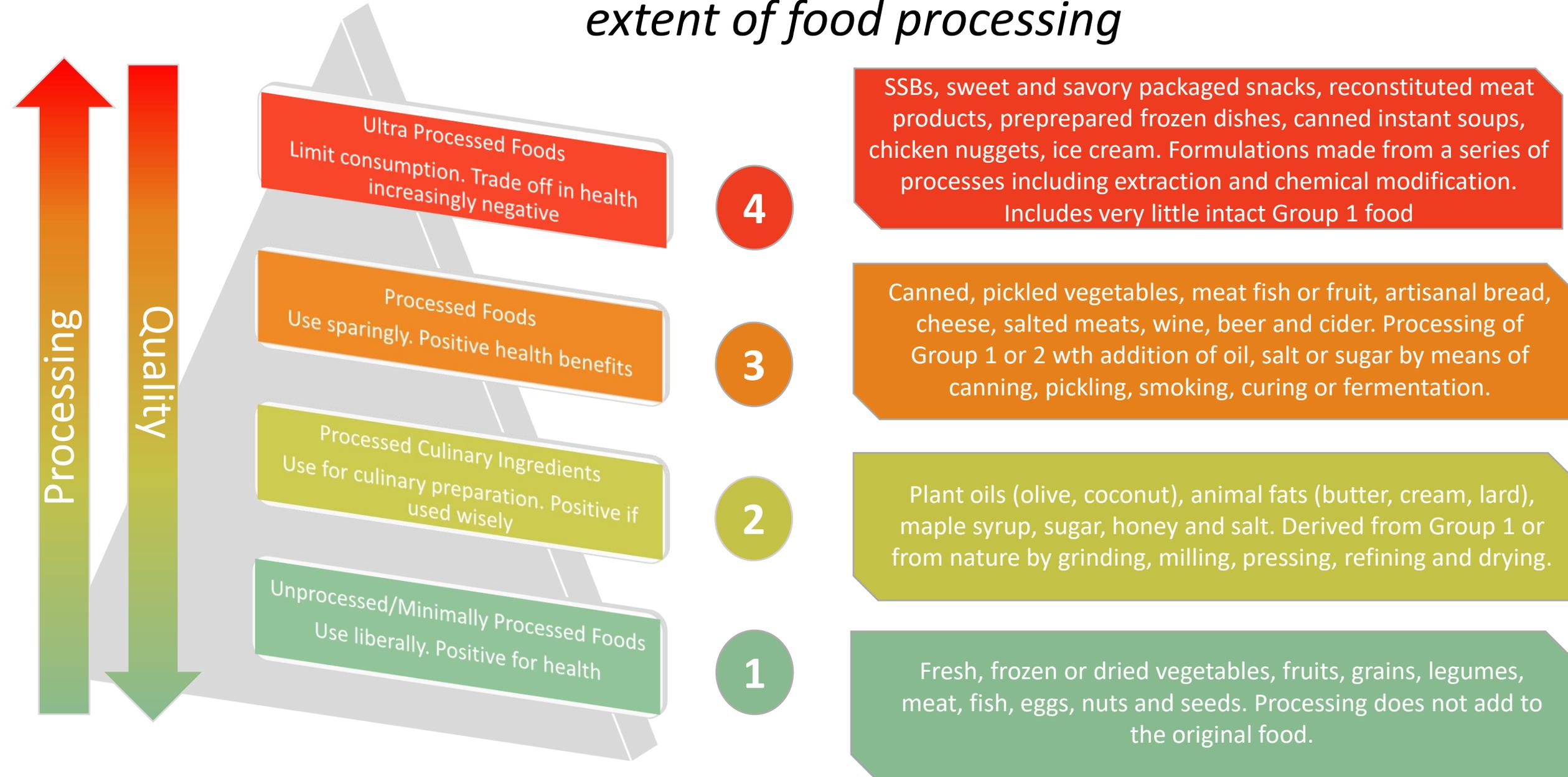
*What are they and what is their impact on health?*

The term *Ultra Processed Food (UPF)* was first used in the NOVA food group system. UPFs are designed to imitate minimally processed foods. To do this, processed raw materials are mixed with high amounts of salt, sugar and unhealthy fats. These foods are high in calories, but low in beneficial nutrients. Because of the amount of processing, UPFs are shelf stable for long periods of time. Eating UPFs stimulate the reward centers of the brain leading to addiction.

Research shows that eating high amounts UPFs is linked to an increased risk of obesity and other chronic diseases like diabetes and high blood pressure. Overall, public health policy should encourage eating minimal UPFs for better health outcomes.

**The “Golden Rule”:** always prefer natural and minimally processed foods to UPFs.

# The NOVA Food Groups - based on the extent of food processing



# Examples of the Nova Food Groups

Processing

Quality

Group 4



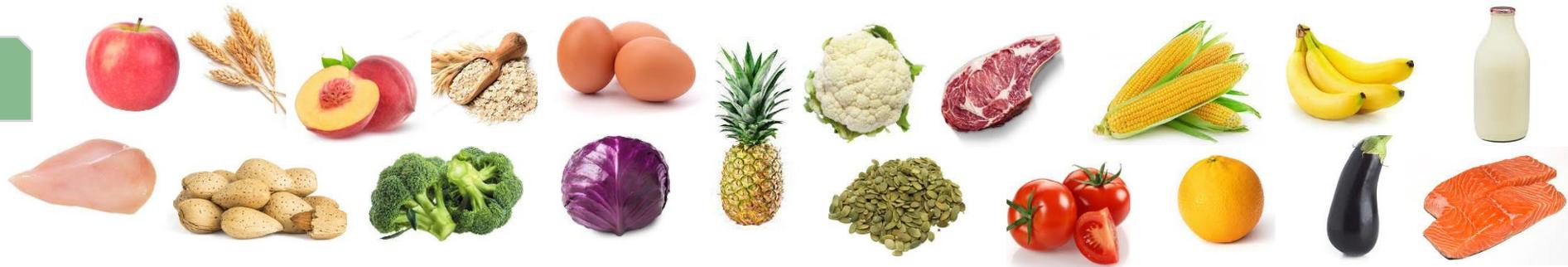
Group 3



Group 2



Group 1



## References

Gibney MJ. Ultra-Processed Foods: Definitions and Policy Issues. *Curr Dev Nutr*. 2018;3(2):nzy077. Published 2018 Sep 14. doi:10.1093/cdn/nzy077

Monteiro CA, Levy RB, Claro RM, Castro IR, Cannon G. A new classification of foods based on the extent and purpose of their processing. *Cad Saude Publica*. 2010;26(11):2039-2049. doi:10.1590/s0102-311x2010001100005

Martínez Steele E, Baraldi LG, Louzada ML, Moubarac JC, Mozaffarian D, Monteiro CA. Ultra-processed foods and added sugars in the US diet: evidence from a nationally representative cross-sectional study. *BMJ Open*. 2016;6(3):e009892. Published 2016 Mar 9. doi:10.1136/bmjopen-2015-009892

Monteiro CA. Nutrition and health. The issue is not food, nor nutrients, so much as processing. *Public Health Nutrition*. 2009;12(5):729-731. doi:10.1017/S1368980009005291

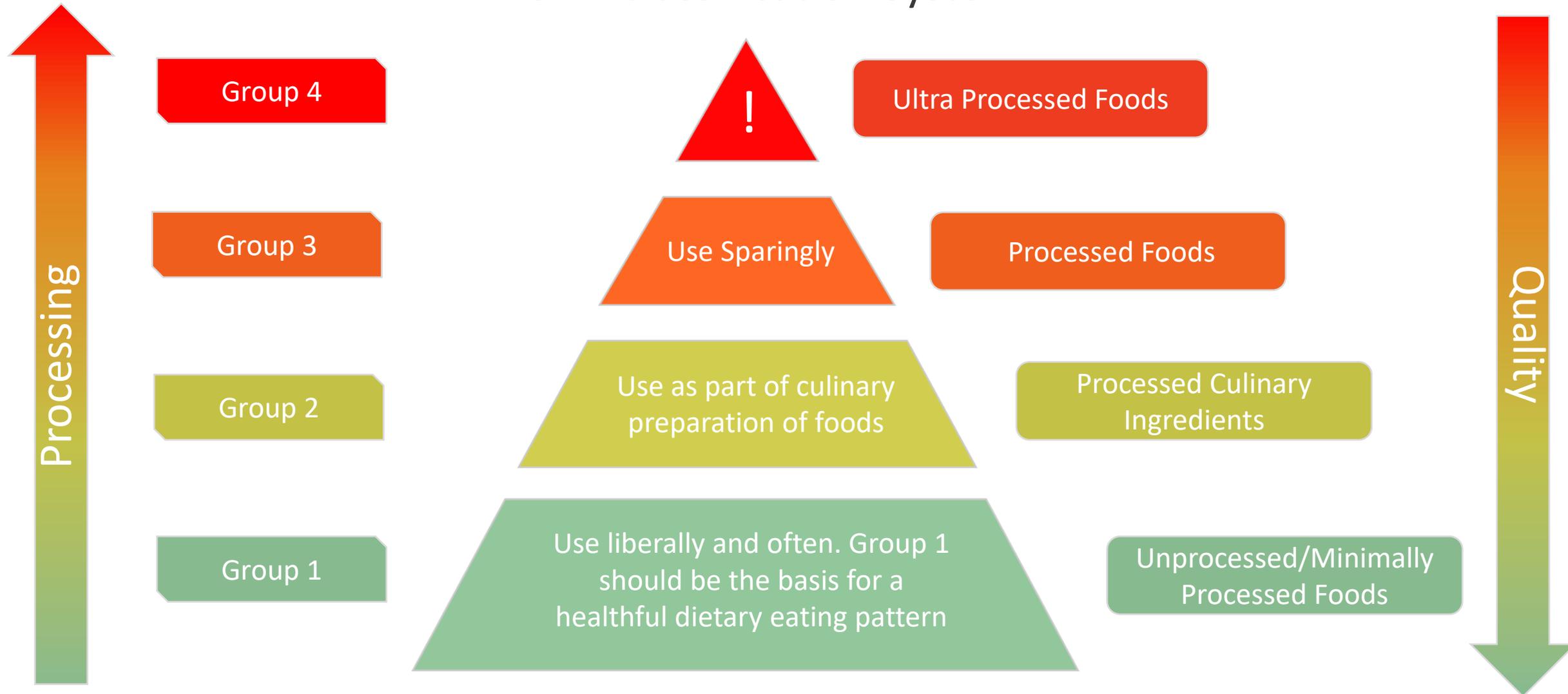
Ludwig DS. Technology, diet, and the burden of chronic disease. *JAMA*. 2011;305(13):1352-1353. doi:10.1001/jama.2011.380

de Oliveira PG, de Sousa JM, Assunção DGF, et al. Impacts of Consumption of Ultra-Processed Foods on the Maternal-Child Health: A Systematic Review. *Front Nutr*. 2022;9:821657. Published 2022 May 13. doi:10.3389/fnut.2022.821657

Crimarco A, Landry MJ, Gardner CD. Ultra-processed Foods, Weight Gain, and Co-morbidity Risk [published online ahead of print, 2021 Oct 22]. *Curr Obes Rep*. 2021;1-13. doi:10.1007/s13679-021-00460-y

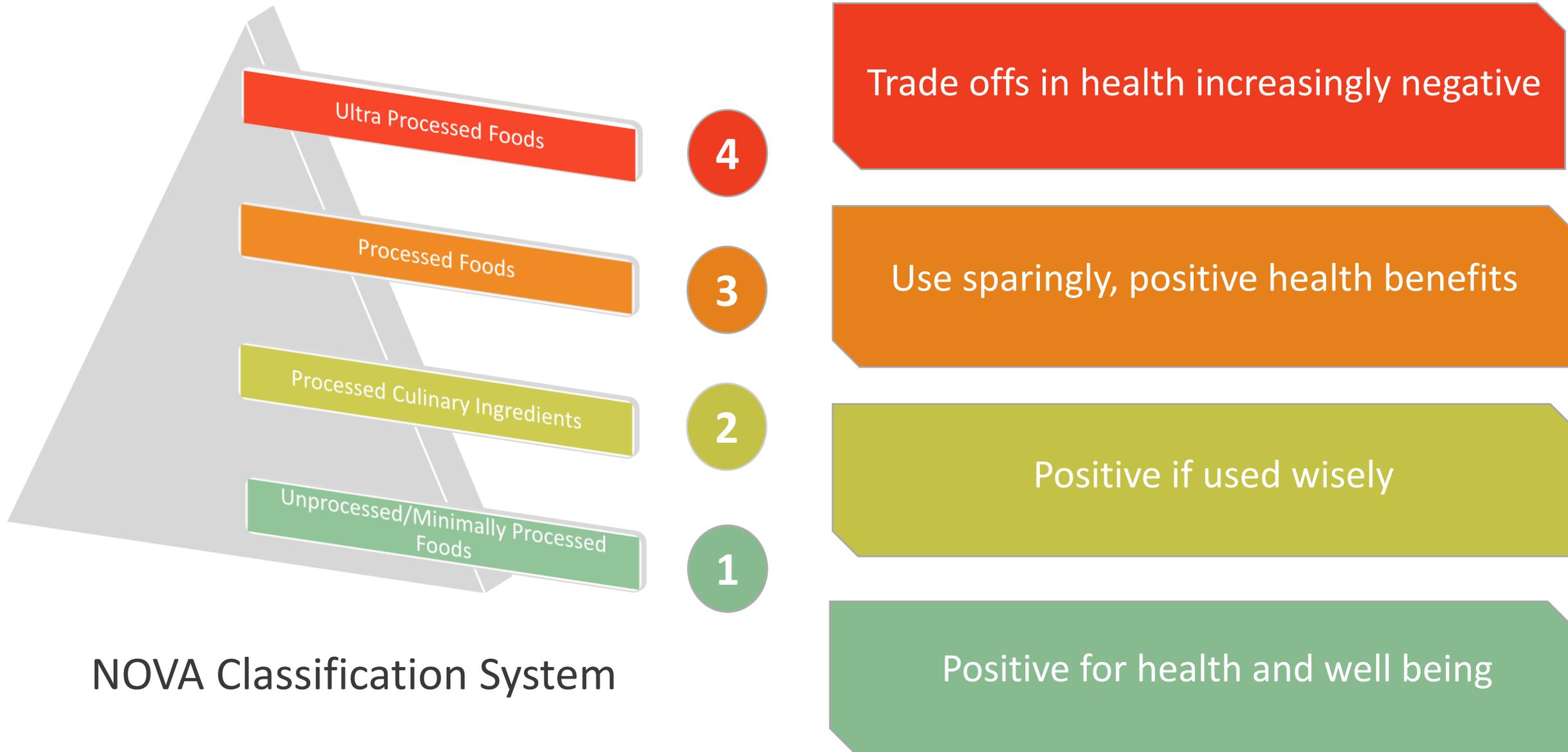
# Quality of Foods as Related to the Extent of Processing

## NOVA Classification System



The "Golden Rule": always prefer natural and minimally processed foods to UPFs

# The NOVA Food Groups – health benefits related to levels of processing



NOVA Classification System