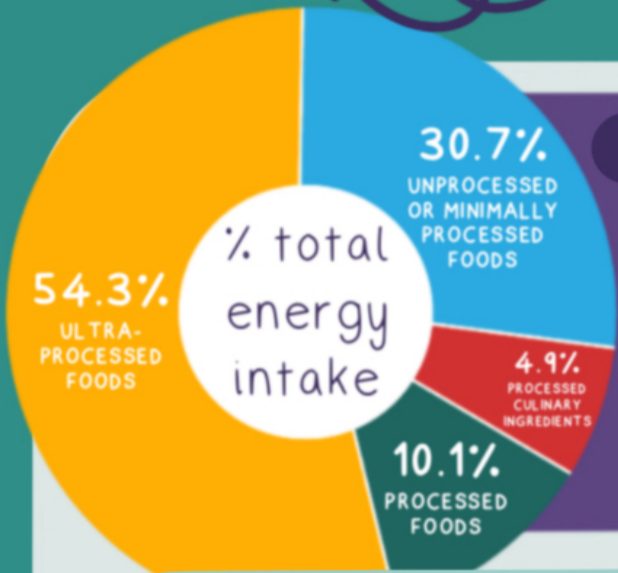


ULTRA-PROCESSED FOODS & HEART HEALTH



JENNY ROSBOROUGH, REGISTERED NUTRITIONIST



OVER HALF THE ENERGY WE CONSUME IN THE UK COMES FROM ULTRA-PROCESSED FOODS (UPFS) SUCH AS READY-TO-EAT SNACKS, DESSERTS, BREADS, AND READY MEALS.



HIGH INTAKES OF UPFS HAVE BEEN LINKED TO INCREASED RISK OF CARDIOVASCULAR DISEASE, CANCER, TYPE 2 DIABETES & MORTALITY.



POTENTIAL MECHANISMS



REDUCED DIET QUALITY

DISRUPTED FOOD MATRIX

INCREASED ENERGY INTAKE

REDUCING UPF CONSUMPTION WILL REQUIRE CULTURAL SHIFT, IT IS IMPORTANT TO CONSIDER:

- ✓ FOOD ACCESSIBLY
- ✓ FORTIFICATION & FOOD SAFETY
- ✓ DIETARY STIGMA

LEARN ABOUT HOW UPF CLASSIFICATIONS COULD BE USEFUL FOR PUBLIC HEALTH POLICY IN OUR RECENT WEBINAR!



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