

Suggested Reading List

Healthy Eating Research Webinar

Healthy
Eating
Research

Ultra-Processed Foods: State of the Science and Implications for Policy Thursday, September 26, 2024

The suggested readings listed below are recommended by webinar speakers to become more familiar with ultra-processed foods. These readings cover various dimensions of ultra-processed foods including relevant policy, health impacts, and their place in contemporary nutrition research.

Peer-Reviewed Manuscripts

1. Bonaccio M, et al. Joint Association of Food Nutritional Profile by Nutri-score front-of-pack label and ultra-processed food intake with mortality: Moli-Sani Prospective cohort study. *BMJ*, 31 Aug. 2022. <https://doi.org/10.1136/bmj-2022-070688>.
2. Dicken SJ, Batterham RL. The role of Diet Quality in mediating the association between ultra-processed food intake, obesity and health-related outcomes: A review of prospective cohort studies. *Nutrients*, vol. 14, no. 1, 22 Dec. 2021, p. 23. <https://doi.org/10.3390/nu14010023>.
3. Gearhardt AN, Bueno NB, DiFeliceantonio AG, et al. Social, clinical, and policy implications of ultra-processed food addiction. *BMJ*. 2023;383:e075354. <https://doi.org/10.1136/bmj-2023-075354>.
4. Gearhardt AN, DiFeliceantonio AG. Highly processed foods can be considered addictive substances based on established scientific criteria. *Addiction*. 2023;118(4):589–98. <https://doi.org/10.1111/add.16065>.
5. Gearhardt AN, Schulte EM. Is food addictive? A review of the science. *Annual Review of Nutrition*, vol. 41, no. 1, 11 Oct. 2021, pp. 387–410. <https://doi.org/10.1146/annurev-nutr-110420-111710>.
6. Hall KD, et al. Ultra-processed diets cause excess calorie intake and weight gain: An inpatient randomized controlled trial of AD Libitum Food Intake. *Cell Metabolism*, vol. 30, no. 1, July 2019. <https://doi.org/10.1016/j.cmet.2019.05.008>.
7. Lane MM, et al. Ultra-processed food exposure and Adverse Health Outcomes: Umbrella Review of epidemiological meta-analyses. *BMJ*, 28 Feb. 2024. <https://doi.org/10.1136/bmj-2023-077310>.
8. Leung CW, et al. Food insecurity and food addiction in a large, national sample of lower-income adults. *Current Developments in Nutrition*, vol. 7, no. 12, Dec. 2023, p. 102036. <https://doi.org/10.1016/j.cdnut.2023.102036>.
9. Martinez-Steele E., et al. Best practices for applying the Nova food classification system. *Nature Food*, 2023. <https://doi.org/10.1038/s43016-023-00779-w>.
10. Martinez-Steele E, O'Connor LE, et al. Identifying and estimating ultra-processed food intake in the US NHANES according to the Nova classification system of food processing *J Nutr*, 2023. <https://doi.org/10.1016/j.tjnut.2022.09.001>
11. Mendoza K, et al. Ultra-processed foods and cardiovascular disease: Analysis of three large US prospective cohorts and a systematic review and meta-analysis of prospective cohort studies. *The Lancet Regional Health - Americas*, vol. 37, Sept. 2024, p. 100859. <https://doi.org/10.1016/j.lana.2024.100859>.
12. O'Connor LE, et al. Handle with care: challenges associated with ultra-processed foods research. *Int J Epi*, 2024. <https://doi.org/10.1093/ije/dyae106>.
13. Srour B, Kordahi MC, Bonazzi E, Deschasaux-Tanguy M, Touvier M, Chassaing B. Ultra-processed foods and human health: from epidemiological evidence to mechanistic insights. *Lancet Gastroenterol Hepatol*. 2022 Dec;7(12):1128-1140. [https://doi.org/10.1016/S2468-1253\(22\)00169-8](https://doi.org/10.1016/S2468-1253(22)00169-8).

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Related Presentations, Websites, and Articles

1. Dietary Guidelines Advisory Committee Presentation on Systematic Review on UPFs: slides 164-179: <https://www.dietaryguidelines.gov/sites/default/files/2024-09/DGAC-Meeting-5-Day-2-Slides.pdf>
2. Information on NYC's food procurement policies: <https://www.nyc.gov/site/mocs/regulations/food-policy-standards.page>
3. The New York Times. Are Some Ultraprocessed Foods Worse Than Others? September 5, 2024. <https://www.nytimes.com/2024/09/05/well/eat/ultraprocessed-foods-types-unhealthy-study.html>