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Knowledge Policy Action

The share of ultra-processed foods determines the overall healthiness of diets in Brazil

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The issue is not food, nor nutrients, so much as processing.

Monteiro CA, 2009.

Ultra-processed foods

Rev Saúde Pública 2015;49:45

Original Articles

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Impact of ultra-processed foods on micronutrient content in the Brazilian diet

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Ultra-processed foods and added sugars in the US diet: evidence from a nationally representative cross-sectional study

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Consumption of ultra-processed foods and likely impact on human health. Evidence from Canada

Jean-Claude Moubarac, Ana Paula Bortoletto Martins, Rafael M
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Public Health Nutrition / *FirstView* Article / November 2012, pp 1 - 9
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Rev Med Chile 2014; 142: 850-858

Disponibilidad de productos alimentarios listos para el consumo en los hogares de Chile y su impacto sobre la calidad de la dieta (2006-2007)

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Objetive

The objective of this study was to evaluate the association between the dietary share of ultra-processed foods and dietary nutrient profile patterns in Brazil.

Methods

- 2008-2009 National Household Budget Survey
- National representative sample
- 34,003 Brazilians ≥10 y old
- **Dietary data** → two 24-hour food records

Methods

- **Principal Component Analysis**

- Protein, free sugars, total, saturated, and trans fats (% of total energy)

- Fiber (g/1000 kcal)

- Manganese, iron, copper, selenium, zinc, phosphorus, calcium, magnesium, potassium, thiamin, riboflavin, niacin, pyridoxine, cobalamin, and vitamins A, C, D and E (mg or mcg/1000 kcal)

Methods

- The association between the consumption of ultra-processed foods (% of total energy) and the patterns' scores was evaluated by regression analyses.

- Adjusted for age, sex, race/colour, family income *per capita,* schooling, region of the country and urbanity.

Results

Dietary nutrient profile patterns

Healthy Pattern 1

+ Protein
+ Vitamins D, E, niacina and piridoxin
+ Phosphorus, magnesium, potassium and selenium
- Free sugars

Healthy Pattern 2

+ Vitamins A, roboflavin, niacina, colabamin and pridoxin
+ Copper

Unhealthy Pattern 3

+ Total fat
+ Saturated fat
+ Trans fat
- Fiber

Healthy Pattern 4

+ Fiber
+ Iron, zinc, magnesium, potassium and manganese
- Free sugars

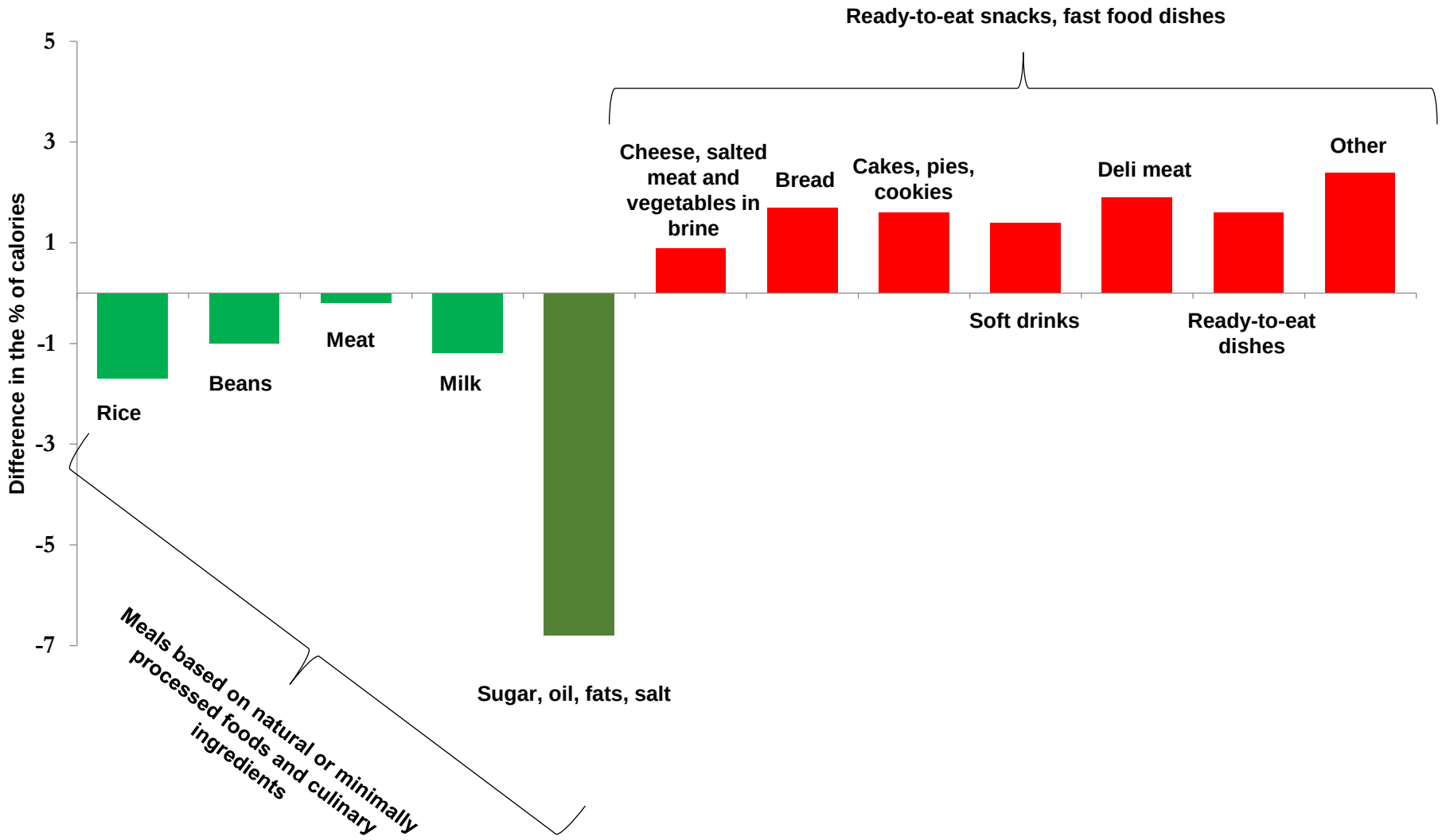
59% of the variance
KMO = 0.67

Results

Association between the dietary nutrient profile patterns' scores and the consumption of ultra-processed foods (% of total energy)

	Coefficient (CI 95%)
Healthy pattern 1	**-0.013 (-0.014,-0.012)**
Healthy pattern 2	-0.000 (-0.001,0.000)
Healthy pattern 3	**-0.015 (-0.016,-0.014)**
Unhealthy pattern	**0.015 (0.013,0.016)**

Trends in food acquisition in Brazil. 1988-2009



Conclusion

- Decreasing the dietary share of ultra-processed foods may be an effective way to substantially improve dietary quality.

- Double burden of disease

- It also supports the use of this share as a meaningful summary indicator of the overall nutritional quality of contemporaneous diets.

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