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## Ultra-processed food linked to earlier death – 12th September, 2022

### Level 4

Eating ultra-processed food could be risky. Food like sausages, frozen pizza, ready-to-eat meals and sodas increase the risk of cancer, heart disease or early death. Ultra-processed food is made from ingredients that are largely or totally from a laboratory. They are things like preservatives, flavour enhancers and colourings. Men are at greater risk. Men who ate a lot of ultra-processed food have a 29 per cent higher risk of getting bowel cancer.

We are eating more and more ultra-processed food. It is now two-thirds of the calories in the diets of young Americans. Children who eat ultra-processed food gain weight more quickly than those who eat well balanced diets. A doctor advised us to eat better to look after our bodies. She said we should eat less ultra-processed food to help prevent cancer prevention, obesity and cardiovascular diseases.

### Level 5

A study reveals further possible dangers of eating ultra-processed food. Consuming food like sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease or early death. Ultra-processed food is made in factories from ingredients that are largely or totally from a laboratory. They are things like preservatives, flavour enhancers, colourings, sugar and fats. The 28-year study was on 200,000 people in the USA. A researcher said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer.

We are eating more and more ultra-processed food. The WHO says it makes up around two-thirds the calories for American children and teenagers. A doctor said children who ate ultra-processed food gained weight more quickly than those who ate a well balanced diet. She said we get a large percentage of our daily calories from this food. She advised us to look after our bodies better through our diets. She said we should substitute ultra-processed food with unprocessed or minimally processed food to prevent cancer prevention, obesity and cardiovascular diseases.

### Level 6

Further light has been shed on the possible dangers of eating ultra-processed food. A new study has revealed that consuming food such as sausages, frozen pizza, ready-to-eat meals, sodas and cakes can increase the risk of cancer, heart disease or an earlier death. Ultra-processed food includes products made in factories from ingredients that are largely or entirely made in a laboratory. They are added with things like preservatives, flavour enhancers, colourings, sugar and fats. The research was conducted on over 200,000 people in the USA over a 28-year period. Researcher Dr Fang Fang Zhang said men who ate a lot of ultra-processed food had a 29 per cent higher risk of developing bowel cancer.

Ultra-processed foods make up a growing proportion of the food we eat. The WHO says they account for around two-thirds of calories in the diets of American children and teenagers. Dr Zhang said children who ate ultra-processed food gained weight more quickly than those who are a more nutritious and well balanced diet. She said: "Americans consume a large percentage of their daily calories from ultra-processed foods." She gave advice on how people can look after their bodies better through their diets. She said: "We should consider substituting ultra-processed foods with unprocessed or minimally processed foods in our diet for cancer prevention and for the prevention of obesity and cardiovascular diseases."