

Bibliography for Ultra-Processed Foods Webinar

[Nova Groups for Food Processing](#). Article in **Open Food Facts**, a non-profit, free food products database project.

[Askari M, Heshmati J, Shahinfar H, et al. Ultra-processed food and the risk of overweight and obesity: a systematic review and meta-analysis of observational studies.](#) *Int J Obesity* 2020;44:2080-2091.

Baker P, Machado P, Santos T, et al. [Ultra-processed foods and the nutrition transition: Global, regional and national trends, food systems transformations and political economy drivers.](#) *Obesity Reviews* August 2020.
<https://doi.org/10.1111/obr.13126>.

Beslay M, Srour B, Mejean C, et al. [Ultra-processed food intake in association with BMI change and risk of overweight and obesity: A prospective analysis of the French NutriNet-Sante cohort.](#) *PLOS Medicine* 2020;17(8). doi:e1003256.

Chen X, Zhang Z, Yang H, et al. [Consumption of ultra-processed foods and health outcomes: a systematic review of epidemiological studies.](#) *Nutrition Journal* 2020;open access <https://doi.org/10.1186/s12937-020-00604-1>

dos Santos SF, Da Silva Dias M, Costa Mintem G, et al. [Food Processing and cardiometabolic risk factors: a systematic review.](#) *Rev Saude Publica* 2020;54:70.

Drewnowski A, Gupta S, Darmon N. [Overlap between “Ultraprocessed” foods and the preexisting Nutrition Rich Foods Index?](#) *Nutrition Today* 2020;55(2):75-81.

Dwyer J, Fulgoni V, Clemens R, et al. [Is ‘Processed’ a four-letter word? The role of processed foods in achieving dietary guidelines and nutrient recommendations.](#) *American Society for Nutrition* 2012;3:536-548.

Floros J, Newsome R, Fisher W, et al. [Feeding the world today and tomorrow: the importance of food science and technology.](#) *Compr Rev Food Sci Food Saf* 2010;9(5):572-599.

Forde CG, Mars M, De Graaf K. [Ultra-processing or oral processing? A role for energy density and eating rate in moderating energy intake from processed foods.](#) *Current Developments in Nutrition* 2020.

Gibney, MJ. [Ultraprocessed foods and their application to nutrition policy.](#) *Nutrition Today* 2020;55(1):16-21.

- Leonie E, Machado P, Zinocker M, et al. [Ultra-Processed Foods and Health Outcomes: A Narrative Review](#). *Nutrients* 2020;12(7):1955.
- Mackerras DE. [Diet Quality Indexes and Health](#). *Nutrition Today* 2020;55(2):62-74.
- Meneguelli TS, Hinkelman JV, Hermsdorff HHM et al. [Food consumption by degree of processing and cardiometabolic risk: a systematic review](#). *International Journal of Food Sciences and Nutrition* 2020;71(6).
- Monteiro CA, Cannon G, Levy RB et al. [Ultra-processed foods: What they are and how to identify them](#). *Public Health Nutrition* 2018; doi:10.1017/S1368980018003762
- Monteiro CA, Cannon G, Moubarac J, Levy RB. [The UN Decade of Nutrition, the NOVA food classification and the trouble with ultra-processing](#). *Public Health Nutrition* 2017;21(1). [10.1017/S1368980017000234](#)
- Monteiro CA, Cannon G, Levy R, et al. [NOVA: The star shines bright](#). *World Nutrition* 2016;7(1-3):28-38.
- Monteiro CA, Cannon G, Laurence M, et al. [Ultra-processed foods, diet quality, and health using the NOVA classification system](#). Report for the Food and Agriculture Organization of the United Nations, 2019.
- Monteiro CA. Nutrition and health. [The issue is not food, nor nutrients, so much as processing](#). *Public Health Nutr* 2009 May;12(5):729-31.
- Monteiro C, Levy R, Claro R, et al [A new classification of foods based on the extent and purpose of their processing](#) *Cad Saude Publica* 2019; 26(11):2039-2049.
- Moubarac J, Parra DC, Cannon G, Monteiro CA. [Food classification systems based on food processing: Significance and implications for policies and actions: A systematic literature review and assessment](#). *Obesity Treatment* 2014;3:256-272.
- Pagliai G et al. [Consumption of ultra-processed foods and health status: a systematic review and meta analysis](#). *Br J Nutr* 2020.
- Sandoval-Insausti H, Jiminez-Onsure M, Donat-Vargas C. [Ultra-Processed Food Consumption Is Associated with Abdominal Obesity: A Prospective Cohort Study in Older Adults](#). *Nutrients* 2020;12(8):2368.
- Seferidi P, Scrinis G, Huybrechts I, et al. [The neglected environmental impacts of ultra-processed foods](#). *The Lancet Planetary Health*, October 2020, [https://doi.org/10.1016/S2542-5196\(20\)30177-7](https://doi.org/10.1016/S2542-5196(20)30177-7).
- Steele EM, Khandpur N, Sun Q, Monteiro C. [The impact of acculturation to the US environment on the dietary share of ultra-processed foods among US adults](#). *Preventive Medicine* 2020;141 <https://doi.org/10.1016/j.ypmed.2020.106261>

Steele EM, Popkin B, Swinburn B, Monteiro CA. [The share of ultra-processed foods and the overall nutritional quality of diets in the US: evidence from a nationally representative cross-sectional study](#). *Population Health Metrics* 2017;15(6).

Steele EM, Baraldi LG, da Costa Louzada ML, Moubarac J, 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. doi:10.1136/bmjopen-2015-009892

Weaver C, Dwyer J, Fulgoni V, et al. [Processed food: contributions to nutrition](#). *Amer J Clin Nutr* 2014;99(6):1525-1542.

Wilson, B. [How ultra-processed food took over your shopping basket](#). *The Guardian*, February 12, 2020.