

American Diet Is 61% Ultra-Processed Foods, Study Shows Link to Cancer

A study from the American Journal of Clinical Nutrition found that 77% of grocery store purchases were made up of processed foods, with about 61 percent of purchases being “ultra-processed” foods. This indicates that the average American ingests more than 1,000 calories a day of processed foods. In the UK, they fare slightly better, with a study showing 51% of their diet is made up of “ultra-processed” foods.

Ultra-processed foods are foods with man-made ingredients, food additives invented by food technologists.

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Research by global nutrition experts shows how our food has evolved from real food too salty, refined, artificially flavored, chemically preserved foods like sugary cereals, industrially-made breads, desserts, sugar-laden microwaveable meals, instant noodles, reconstituted heavily processed meats, and sweetened (or chemically sweetened) soft drinks, etc.

A new study that’s making waves in the medical community shows that a 10% increase in consumption of ultra-processed foods correlates with a 12% increase in overall cancer rates and an 11% increase in breast cancers. The study, led by researchers based at the Sorbonne in Paris, looked at eating habits and the medical records of nearly 105,000 adults.

‘Examples of NOVA Group 4 foods include “mass produced packaged breads and buns; sweet or savoury packaged snacks; industrialised confectionery and desserts; sodas and sweetened drinks; meat balls, poultry and fish nuggets, and

other reconstituted meat products transformed with addition of preservatives other than salt (for example, nitrites); instant noodles and soups; frozen or shelf stable ready meals; and other food products made mostly or entirely from sugar, oils and fats, and other substances not commonly used in culinary preparations such as hydrogenated oils, modified starches, and protein isolates' – in short, many of the foods sold in supermarkets.” – BMJ 2018;360:k322

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Sources:

- *Consumption of ultra-processed foods and cancer risk: results from NutriNet-Santé prospective cohort – The BMJ*
- *Over half US grocery store purchases are highly processed foods, says study – Fox News*
- *'Ultra-processed' products now half of all UK family food purchases – The Guardian*