《冰淇淋和披萨不能多吃!这些超加工食品吃多了容易早逝》

冰淇淋、蛋糕、巧克力、披萨……这些美味食物不但会让你发胖,还会增加你的早逝 风险,因为它们都是超加工食品。研究发现,爱吃超加工食品的人患心脏病和癌症的 风险更大,也更容易早逝。



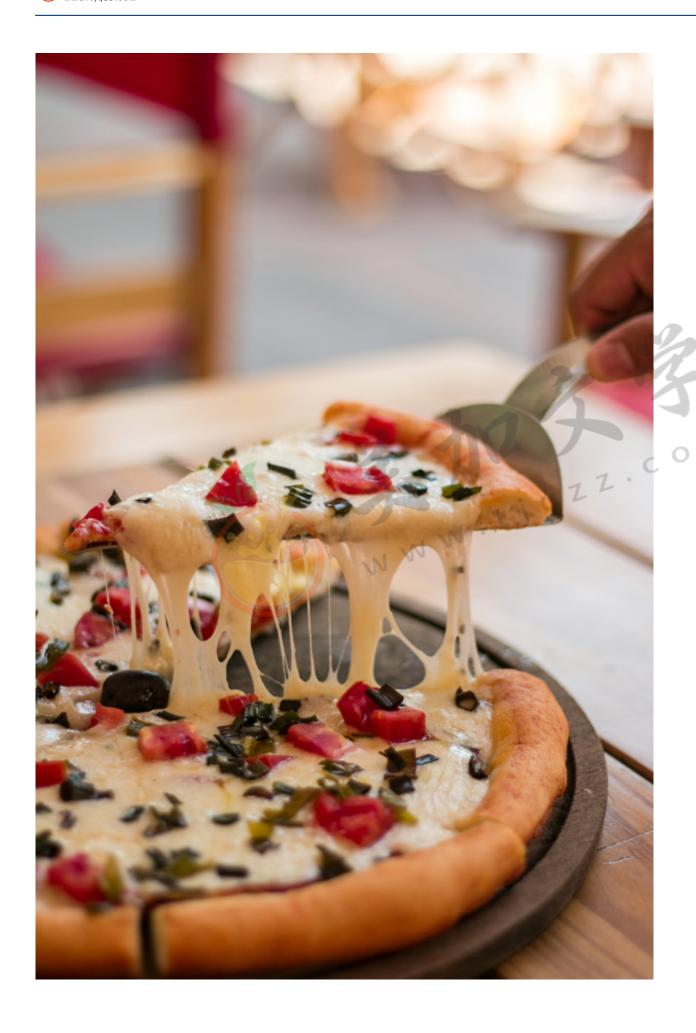


Photo by Nicolás Perondi on Unsplash

Ultra-processed foods - such as chicken nuggets, ice cream and breakfast cereals - have been linked to early death and poor health, scientists say.

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Researchers in France and Spain say the amount of such food being eaten has soared.

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What are ultra-processed foods?

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The term comes from a way of classifying food by how much industrial processing it has been through.

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The lowest category is "unprocessed or minimally processed foods", which include: fruit, vegetables, milk, meat, legumes, grains such as rice, eggs.



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"Processed foods" have been altered to make them last longer or taste better - generally using salt, oil, sugar or fermentation.

This category includes: cheese, bacon, home-made bread, tinned fruit and vegetables, smoked fish, beer.

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Then come "ultra-processed foods", which have been through more substantial industrial processing and often have long ingredient lists on the packet, including added preservatives, sweeteners or color enhancers.

Prof Maira Bes-Rastrollo, from the University of Navarra, told BBC News: "It is said that if a product contains more than five ingredients, it is probably ultra-processed."

Examples include: processed meat such as sausages and hamburgers, breakfast cereals or cereal bars, instant soups, sugary fizzy drinks, chicken nuggets, cake, chocolate, ice cream, mass-produced bread, many "ready to heat" meals such as pies and pizza, meal-replacement shakes.

mass-produced: adj. ??????????





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The first study, by the University of Navarra, in Spain, followed 19,899 people for a decade and assessed their diet every other year.

There were 335 deaths during the study.

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But for every 10 deaths among those eating the least ultra-processed food, there were 16 deaths among those eating the most (more than four portions a day).

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The second study, by the University of Paris, followed 105,159 people for five years and assessed their diet twice a tjazz. year.

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It showed those eating more ultra-processed food had worse heart health.

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Rates of cardiovascular disease were 277 per 100,000 people per year among those eating the most ultraprocessed food, compared with 242 per 100,000 among those eating the least.

Dr Mathilde Touvier, from the University of Paris, told BBC News: "[The] evidence is accumulating.

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"Increasing numbers of independent studies observe associations between ultra-processed foods and adverse health effects."

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