993 257 1279 606

BMJ

30

Association of ultra-processed food consumption with all cause and cause specific mortality: population based cohort study

<https://www.bmj.com/content/385/bmj-2023-078476>

BMJ

Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses

<https://www.bmj.com/content/384/bmj-2023-077310.long>

45 1000 mortality, cancer, and mental, respiratory, cardiovascular,

gastrointestinal, and metabolic health outcomes

BMJ