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A new report by the US Dietary Guidelines Advisory Committee (DGAC) has found "limited" evidence that ultra-processed foods cause weight gain more rapidly than other food types. The committee reviewed over a dozen studies dating back to the 1990s and found that calorie intake remains the key factor in weight gain, not the intrinsic properties of processed foods.

Carolyn Williams, a registered dietitian, noted that while previous studies linked ultra-processed foods to various health issues like cancer, diabetes, and obesity, the new report indicates that the evidence is not conclusive. The DGAC has called for more research to provide a clearer understanding of ultra-processed foods' effects on health.

The DGAC consists of 20 nutrition experts appointed by the US Department of Health and Human Services and the US Department of Agriculture. Their findings inform national nutrition guidelines, which will cover the years 2025 to 2030.

### Mediterranean Diet Linked to Lower Mortality Rates in Long-term Study

A study published in JAMA Network Open reveals that a stronger adherence to the Mediterranean diet is associated with a lower risk of death over a 25-year period. The research tracked over 25,000 women and found that those who followed the diet closely were up to 23% less likely to die during the study period.

The Mediterranean diet, rich in fruits, vegetables, whole grains, and lean proteins, has long been favored by health professionals. It is known to help reduce risks associated with cardiovascular disease, diabetes, and other chronic conditions. The study suggests that benefits arise from reduced inflammation, improved blood metabolites, and better weight management.

While the study mainly involved white women, its findings are supported by similar research on diverse populations. The Mediterranean diet's flexibility makes it adaptable to various cuisines and lifestyles, emphasizing its effectiveness in promoting longevity and overall health.