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Eating Ultra-Processed Foods May Harm Your Health
食用超加工食品可能危害你的健康

Study finds each additional 100 grams/day consumption of ultra-processed foods increased risk of hypertension, cardiovascular events, cancer and more

研究发现，每日摄入 100 克超加工食品将增加高血压、心血管事件、癌症等疾病的风险

SINGAPORE (May 8, 2025) — Consumption of ultra-processed foods, such as sugar-sweetened beverages, potato chips and packaged cookies, may be associated with adverse health outcomes, according to research being presented at the ACC Asia 2025 Together with SCS 36th Annual Scientific Meeting taking place May 9-11 in Singapore. This risk for hypertension, other cardiovascular events, cancer, digestive diseases, mortality and more, increased with every 100 grams of ultra-processed foods consumed each day.

新加坡（2025 年 5 月 8 日）——根据即将在 2025 年 5 月 9 日至 11 日于新加坡举行的“ACC Asia 2025 暨第 36 届新加坡心脏学会年会”上发布的研究结果，摄入超加工食品（如含糖饮料、薯片和包装饼干）可能与多种不良结局有关。研究显示，每天摄入 100 克超加工食品，将增加高血压、心血管事件、癌症、消化系统疾病、和死亡的风险。

“Ultra-processed foods are characterized by high sugar, high salt, and other non-nutritive components, exhibiting low nutritional density yet high caloric content,” said Xiao Liu, MD, with the department of cardiology at Sun Yat-sen Memorial Hospital of Sun Yat-sen University in Guangzhou, China. “These products may contribute to adverse health outcomes through multiple mechanisms, including but not limited to dysregulation of blood lipid profiles, alterations in gut microbiota composition, promotion of obesity, induction of systemic inflammation, exacerbation of oxidative stress and impairment of insulin sensitivity.”

中山大学孙逸仙纪念医院心内科 Xiao Liu, MD 表示：“超加工食品具有高糖、高盐和其他非营养性成分，营养密低但热量高。” “这些食品可能通过多种机制危害健康，包括但不限于血脂异常、肠道菌群失衡、肥胖、系统性炎症、氧化应激以及胰岛素敏感性下降等。”

The systematic review included 41 prospective cohort studies spanning the Americas, Europe, Asia and Oceania assessing the association between ultra-processed foods and health outcomes prior to April 2024. Taken together, the studies involved a total of 8,286,940 adult patients aged 18 years or older from the general population (30.8% male, 69.2% female).
该系统综述纳入了截至 2024 年 4 月，来自美洲、欧洲、亚洲和大洋洲的 41 项前瞻性队列研究，分析超加工食品与不良结局之间的关联。总体研究对象共纳入 8,286,940 名 18 岁以上普通人群（其中男性 30.8%，女性 69.2%）。

All included studies used the Nova food classification system to define ultra-processed foods as industrially manufactured food products derived from natural foods or other organic constituents. These products undergo extensive multi-stage processing and typically contain significant quantities of food additives, including preservatives, colorants and flavor enhancers. According to the researchers, common examples of ultra-processed foods include commercially produced breads, sugar-sweetened beverages, potato chips, chocolate confectionery, candy, packaged cookies, etc.
所有研究均使用 Nova 食物分类系统，将超加工食品定义为以天然食品或有机成分为基础、经工业化多步骤深度加工的食品。这类食品通常含有大量食品添加剂，包括防腐剂、色素和香精。研究人员指出，常见的超加工食品包括工业生产的面包、含糖饮料、薯片、巧克力糖果、糖果、包装饼干等。

The study found ultra-processed food consumption was associated with hypertension, cardiovascular events, cancer, digestive diseases and all-cause mortality. Each additional 100 g/day of ultra-processed food consumption was associated with a 14.5% higher risk of hypertension, 5.9% increased risk of cardiovascular events, 1.2% increased risk of cancer, 19.5% higher risk of digestive diseases and 2.6% higher risk of all-cause mortality. Researchers also observed increased risk of obesity/overweight, metabolic syndromes/diabetes and depression/anxiety.
研究发现，食用超加工食品与高血压、心血管事件、癌症、消化系统疾病以及全因死亡风险增加相关。每日摄入 100 克超加工食品，高血压风险增加 14.5%，心血管事件风险增加 5.9%，癌症风险增加 1.2%，消化系统疾病风险增加 19.5%，全因死亡风险增加 2.6%。研究人员还观察到肥胖/超重、代谢综合征/糖尿病、抑郁/焦虑等风险增加。

The researchers used the Grading of Recommendations Assessment, Development, and Evaluation (GRADE) system to assess the quality of evidence included in the analysis. GRADE assessment indicated high to moderate certainty for most outcomes, except low certainty for metabolic syndrome/diabetes.

研究使用 GRADE 系统评估纳入证据的质量。大多数结局的证据质量为中到高，仅代谢综合征/糖尿病为低质量证据。

“Clinicians should clearly explain that ultra-processed foods are typically high in added sugars, sodium, and unhealthy fats, while being low in fiber, essential vitamins, and other protective nutrients. This nutritional imbalance contributes to a wide range of adverse health outcomes,” Liu said. “Emerging evidence suggests a dose-response relationship between ultra-processed food consumption and negative health outcomes—meaning the more ultra-processed foods consumed, the greater the health risk. Therefore, reducing ultra-processed foods intake, even modestly, may offer measurable health benefits.”
Liu 表示“临床医生应明确说明超加工食品通常含有大量添加糖、钠和不健康脂肪，而纤维、必需维生素及其他有益的营养素含量却很低。这种营养不均衡导致多种不良结局。最新证据显示，超加工食品摄入与健康风险呈剂量依赖性，即摄入越多，风险越高。因此，即使是适度减少摄入，也可能带来显著健康获益。”

According to the researchers, governments may consider implementing measures to reduce the consumption of ultra-processed foods and mitigate the associated health impacts. Some suggested measures include establishing stringent food labeling regulations, requiring manufacturers to provide explicit and comprehensive ingredient disclosures—particularly detailing all additives present in ultra-processed foods, Liu said. Clinicians should also encourage patients to gradually lower their ultra-processed food intake, replacing them with more nutritious, minimally processed foods.

研究人员指出，政府可考虑采取措施减少超加工食品摄入，以减轻相关健康负担。Liu 建议，包括制定严格的食品标签法规，要求制造商全面披露成分，尤其是添加剂。此外，临床医生应鼓励患者逐渐减少超加工食品摄入，用更营养、加工度更低的食物替代。

While the study was limited in generalizability and comparability by different definitions of ultra-processed foods, Liu said the findings are not just about what to avoid, but also about what to embrace. Emerging evidence has linked health benefits to whole foods, simple ingredients, and culturally appropriate healthy eating patterns such as the Mediterranean or DASH diet, he said. High quality studies about this topic are further needed.

尽管不同研究对“超加工食品”的定义存在差异，影响了研究的普遍适用性和可比性，但 Liu 指出，研究的重点不仅在于“应避免什么”，而在于“应选择什么”。他表示，越来越多证据表明，摄入全食、简单原料和符合当地文化的健康饮食（如地中海饮食或 DASH 饮食）有益健康。未来还需开展更多高质量研究。

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