How Ultra-Processed Foods Impact Your Health

Overview
In today's fast-paced world, many of us rely on ultra-processed foods. These are things like fast food, cold cuts, frozen pizzas, chips, candy and soda. They're often high in sugar, salt and fat. And they may not have the nutrients your body needs. Let's look at some ways ultra-processed foods are bad for your health.

Obesity
First, when you eat too much of these foods, your weight may creep up. That's because these foods are often high in calories and sugar, which makes them taste really good. And these foods tend to be low in fiber, so you often don't feel very full after eating them. That's why you tend to overeat these ultra-processed foods. This leads to weight gain, and it raises your risk for obesity.

Heart disease
Next, these foods are bad for your heart. Why? They're often packed with unhealthy fats, which raise your cholesterol levels. They are often high in salt, which raises your blood pressure. High cholesterol and high blood pressure are linked to heart disease.

Gut health
And finally, ultra-processed foods are also bad for gut health. Their lack of fiber is bad for digestion. And they often contain chemical additives and preservatives that disrupt the healthy balance of bacteria in your gut.

Conclusion
A diet high in ultra-processed foods can raise your risk for serious health problems, including type 2 diabetes, dementia, heart disease and cancer. So it's best to eat less of these foods. For more info, talk to your doctor.