

Research Rundown

Article:

Trends in Consumption of Ultraprocessed Foods Among US Youths Aged 2-19 Years, 1999-2018

What did this study examine?

The objective of this study was to identify and characterize the trends in consumption of ultraprocessed foods among US youths from 1999 to 2018.



How was the consumption data of ultraprocessed foods among US youths gathered and assessed?

The data was gathered using a 24-hour dietary recall from a nationally representative sample of US youths aged 2-19 years from 1999-2018. The dietary intake was analyzed to obtain the total energy from consumption of ultraprocessed foods (foods that fall under NOVA Food Group 4).

Key Findings:

From 1999 to 2018,

The estimated percentage of total energy from consumption of ultraprocessed foods **increased**,

whereas...

the estimated percentage of total energy from consumption of unprocessed or minimally processed foods **decreased**.



61.4% to **67%** ↑



28.8% to **23.5%** ↓

Estimated Percentage of Energy from Consumption of Ultraprocessed Food Subgroups

Ready-To-Heat-and-Eat Dishes (**increased** from 2.2% to 11.2%)

Sweets and Sweet Snacks (**increased** from 10.7% to 12.9%)

Sugar-Sweetened Beverages (**decreased** from 10.8% to 5.3%)

Processed Fats, Oils, Condiments (**decreased** from 7.1% to 4.0%)

Put it into practice!

- Consider decreasing the amount of heat and serve dishes on your menu by incorporating new fresh or non-processed ingredients.
- Aim to reduce the amount of breakfast or lunch entrée items that may have higher amounts of sugar, such as cookies, donuts, and cereal bars by substituting them for items such as whole grain rolls, biscuits, and lower sugar cereal varieties.

Reference:

Wang L, Martínez Steele E, Du M, et al. Trends in Consumption of Ultraprocessed Foods Among US Youths Aged 2-19 Years, 1999-2018. JAMA. 2021;326(6):519-530. doi:10.1001/jama.2021.10238



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