

## Vysoce průmyslově zpracované potraviny - Výskyt rakoviny a úmrtnost v souvislosti s konzumací vysoce průmyslově zpracovaných potravin

### Metodologie a reference

#### Metodologie - Vlastní zpracování na základě:

- 1 Ultra-processed food consumption, cancer risk and cancer mortality: a large-scale prospective analysis within the UK Biobank, 2023  
<https://pubmed.ncbi.nlm.nih.gov/36880051/>
- 2 Association Between Ultraprocessed Food Consumption and Risk of Mortality Among Middle-aged Adults in France, 2019  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6450295/>

#### Další reference:

- 1 Consumption of ultra-processed foods and cancer risk: results from NutriNet-Santé prospective cohort, 2018  
<https://www.bmj.com/content/360/bmj.k322>
- 2 Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake, 2019  
<https://pubmed.ncbi.nlm.nih.gov/31105044/>
- 3 The effect of sugar and processed food imports on the prevalence of overweight and obesity in 172 countries  
<https://globalizationandhealth.biomedcentral.com/articles/10.1186/s12992-018-0344-y>
- 4 Body-mass index and cause-specific mortality in 900 000 adults: collaborative analyses of 57 prospective studies, 2009  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2662372/>
- 5 Association between body mass index and cardiovascular disease mortality in east Asians and south Asians: pooled analysis of prospective data from the Asia Cohort Consortium, 2013  
<https://www.bmj.com/content/347/bmj.f5446>
- 6 Could ultra-processed foods be harmful for us?  
<https://www.bbc.com/news/health-65754290>
- 7 BBC One: King's academics highlight impact of ultra-processed food on health  
<https://www.kcl.ac.uk/news/kings-college-london-ultra-processed-food-tim-spector#:~:text=Professor%20Tim%20Spector%20says%20the,heart%20disease%2C%20more%20mental%20illness>