

- Existen determinadas características de este tipo de productos que podemos vincular a diferentes enfermedades, entre ellas el cáncer, ya que contienen un alto contenido de grasas saturadas, azúcares, sal, en detrimento de otros compuestos beneficiosos para el organismo ^{16,17,18,19,20,21,22,23,24}.
- Los ultraprocesados poseen aditivos no beneficiosos para la salud, como los nitritos ²⁵, relacionados con la actividad celular carcinógena.

DISCUSIÓN

Según la evidencia disponible, el consumo de productos ultraprocesados aumenta el riesgo de padecer determinadas enfermedades como diabetes, enfermedad cardiovascular y diferentes tipos de cáncer, según recientes estudios. Esto podemos atribuirlo no solo a los componentes perjudiciales que éstos contienen (grasas saturadas, azúcares añadidos etc) , sino a que generalmente, su consumo desplaza el de otros más saludables, como fruta o verdura, que poseen elementos que además de no ser perjudiciales, aportan grandes beneficios a nuestra salud.

El consumo de ultraprocesados está sufriendo un aumento durante los últimos años de una forma alarmante. La industria alimenticia intenta confundir al consumidor a través de un más que estudiado marketing, de ahí que se destaque la importancia de que la población sepa interpretar el etiquetado de los productos.

A pesar de los resultados , la evidencia es, a día de hoy, algo escasa, ya que los estudios se llevaron a cabo en muestras de población muy concretas. Por esta razón, aun es pronto para poder prever el impacto que tienen los productos ultraprocesados en la salud, aunque es evidente que consumirlos no aporta ningún beneficio, mas bien, todo lo contrario. Cada vez hay mas evidencia de que lo más importante para conseguir optimizar la salud es ingerir alimentos de calidad.

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