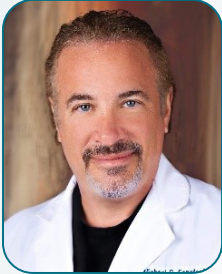


## Global Congress on Integrated Healthcare

A joint Conference in Collaboration with United Research Forum, UK and Mutah University, Jordan

**Under The Patronage of his Excellency Dr Yousef Goussous**

**May 15 - 16, 2022 | Hotel Crowne Plaza Dead Sea, Jordan**



### Ultra-Processing and Paradoxes: Food and Health Myths Explained?

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#### Abstract

Since the end of World War II, there has been an ever-accelerating increase, particularly in the Westernized and industrialized nations of the world, in the incidence and prevalence of chronic disabilities and diseases like obesity, type II diabetes, and cardiovascular disease. Subsequent research has clearly established that dietary choices play a significant role in the risk of developing such pathologies.

However historical precedent, among other factors, has continued the tradition of a nutrient-centric approach focusing on emphasizing the consumption or elimination of particular nutrients and macronutrients e.g., saturated fats, or even complete food groups e.g., red meat. Throughout the evolution of such a narrative, there have been a number of outliers. Often laid aside and dismissed as unexplained paradoxes, these datasets can serve as valuable guides into the reasons behind the abject failure of the nutrient-centric approach, or Nutritionism, to address the current pandemic of chronic disability and disease.

Recent research over the last decade examining the comestibles we consume, both in terms of their individual food matrix as well as nutrient content, has led to a reclassification of dietary components based on the level of processing. Specifically, it has led to the identification of a unique class of manufactured foods known as ultra-processed foods, or NOVA Classification Group 4 foods.

Re-examining these so-called “paradoxes” in the context of ultra-processed food consumption yields additional insights into the accumulating data regarding the health dangers associated with the high consumption of these products. Furthermore, in light of these revelations, complementary information regarding the favorable health status of populations consuming “undesirable” nutrients or foods serves to unmask persistent and unproductive food myths that continue to be applied to individual food components and food groups. Considering these “paradoxes” in light of the most recent evidence regarding the risk of chronic disability and disease, and early mortality associated with increased consumption of ultra-processed foods provides additional historical evidence and contemporary context in terms of efforts to reduce their omnipresence in the daily global diet.

**Keywords:** ultra-processed foods, UPFs, culinary medicine, mortality risk



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### Biography

Michael S. Fenster, MD, FACC, FSCA&I, FRSM, MIANE, PEMBA; better known as Chef Dr. Mike, is one of a handful of physicians worldwide to hold both culinary and medical degrees and is the only Interventional Cardiologist, and Professional Chef to do so. He is also the only cardiologist with joint academic appointments in both the Medical and Culinary Arts. He is the only Interventional Cardiologist, Professional Chef, and Professor of Culinary Medicine in the world. His Culinary Medicine course at The University of Montana is likewise amongst the first of its kind in the United States.

Culinary Medicine, as taught at The University of Montana is “the multidisciplinary application of evidence-based decision making in the selection of ingredients and techniques used in preparing foodstuffs with a goal of achieving and maintaining health and wellness through an optimized food experience.”