

World Nutrition

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Cover picture. Foods still remain classified into groups largely according to their main chemical constituents – proteins, carbohydrates, vitamins, and so forth. This gives little clue as to why whole populations, including the kids on the cover, are becoming overweight and obese. The key cause, says Carlos Monteiro, is what is now being done to food – and in particular, ultra-processing. He proposes a whole new way to classify foods, as the analytical tool needed to understand, control and prevent obesity and related chronic diseases.

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