

Ultra-processed food health warning

对超加工食品的健康警示

本集内容

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学习要点

有关“food 食品”的词汇

边看边答

How many people were assessed in the two studies about ultra-processed foods?

文字稿

This is ultra-processed food.

这是超加工食品。

They're the foods that have been through the most **industrial processing** - and often have a long list of ingredients on the packet. It includes popular items like fizzy drinks, chicken nuggets and breakfast cereals.

超加工食品是经过最工业化加工的食品。这些食品的包装上往往写着一长串配料名称。常见的此类食品包括碳酸饮料，炸鸡块和早餐麦片。

The two studies regularly assessed the **diets** of more than one hundred thousand people - and recorded what happened to their health. They showed people who ate the most ultra-processed foods tended to have the worst heart health and die earlier.

两项研究定期评估了 10 万多人的**饮食**，并记录了他们健康状况的变化。这些变化表明食用超加工食品数量最多的那些人**心脏健康状况**往往最差，**寿命**也较短。

The studies are not definitive proof of harm and experts have expressed caution. More work is still needed to explain what it is about ultra-processing that might have a detrimental effect on our bodies.

但这两项研究的结果不能作为确凿证据证明超加工食品是有害的，专家提示要谨慎对待。我们还需要做更多的研究来解释为什么经过超加工的食品会对我们的身体产生有害影响。

Victoria Taylor, British Heart Foundation

What we actually need to know is what's behind these associations. Is it the ultra-processed foods, is it the **nutritional content** of them, is it some kind of **additive** that's in them? Or is it actually something to do with people's lives of the people that are eating more of them. And I think before we make any changes or jump to any conclusions - we really need to find out a bit more about it.

维多利亚·泰勒 英国心脏基金会

“我们真正需要知道的是这些关联背后的原因。是超加工食品，是它们的**营养成分**，还是它们带有的**添加剂**？还是说这与吃超加工食品更多的人本身的生活习惯有关？在做出任何改变或得出任何结论之前，我们必须更多地了解超加工食品。”

The authors of the two studies say there is now mounting evidence that ultra-processed foods may be harmful. And the research comes out hot on the heels of trials showing these types of foods make us eat more and put on weight.

这两项研究的作者说，现在有越来越多的证据表明，超加工食品可能是有害的。这个研究结果紧随一系列显示超加工食品会让我们的饭量增大、体重增加的试验而公之于众。

But while the term ultra-processed might feel new - the health advice is very familiar. A diet **rich in** fruit, vegetables, fish, nuts and seeds also happens to be one full of unprocessed foods.

虽然“超加工”这个词听起来很新鲜，但对大众的健康提示一如以往。饮食应**富含**水果、蔬菜、鱼、坚果和籽类食物，恰好是一个充满未经加工的饮食结构。

词汇

industrial processing 工业化加工

diets 饮食

nutritional content 营养成分

additive 添加剂

rich in 富含...的

视频链接

<https://bbc.in/2WreAXe>

问题答案

The two studies regularly assessed the diets of more than one hundred thousand people.