Time for burning questions

Q&A
Closure: any closer to clarity?

Dr Milka Sokolović, EUFIC
Cleared the consommé, or steamed-up the kitchen?

**TAKE HOME MESSAGES (2/3):**

While waiting for additional evidence from ongoing research on the impact of food processing on health and underlying mechanisms:

- Practical advice for consumers: official public health recommendations in France and several countries:
  - 1. Choose foods of better nutritional quality (highest level of evidence regarding health impact): NutriScore.
  - 2. Consider two other dimensions (correlated but not collinear) to choose food products:
    - Prefer minimally processed / unprocessed foods, first food address.
    - Prefer organic products when possible.

**IMPLICATIONS FOR CONSUMERS**

- Avoid liquid calories
- Slow down, small bites, choose foods to chew on
- Eat less, enjoy more
- From other fields → eat with attention

**MESSAGES**

Energy dense, high in salt, sugar (known and hidden), saturated fats, low in micro-nutrients and dietary fiber and not processing sensu stricto is linked with overweight, obesity, increase risk of cardio-vascular disease, type II diabetes, NASH, and cancer.

My choice:
- minimally processed, clean label,
- ORAC, lifestyle,
- Freedom to eat healthy if eating ad libitum.
Thank you for joining us!