XII INTERNATIONAL SYMPOSIUM FOOD TECHNOLOGY

MURCIA Food 25

CONSUMPTION OF ULTRA-PROCESSED FOODS IN CHILDREN AND YOUNG POPULATION IN THE REGION OF MURCIA AND ITS IMPACT ON THE RISK AND PROGRESSION OF STEATOTIC LIVER DISEASE ASSOCIATED WITH METABOLIC DYSFUNCTION (MASLD)

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INTRODUCTION

The consumption of ultra-processed foods has increased significantly among children and adolescents, in the last decades (1). Excessive intake of these products is associated with various metabolic diseases, including metabolic dysfunction-associated steatotic liver disease (MASLD) (2). Worldwide, MASLD is highly prevalent and its incidence is expected to increase, especially among the young population (3). Improving dietary habits through a Mediterranean style of eating and physical activity could reduce the progression of this pathology.

Objective >>> To evaluate the effect of the consumption of ultra-processed foods in the child and adolescent population of the Murcia Health Area III on the incidence and evolution of MASLD.

METHODOLOGY

Analytical prospective longitudinal study in children and adolescents in Area III of Murcia. Figure 1.

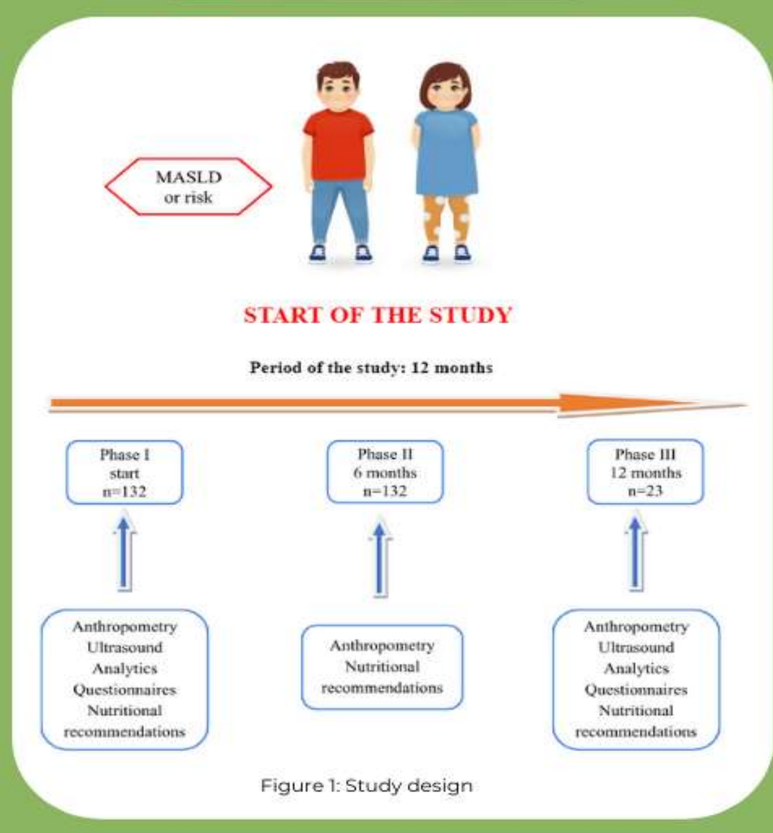

Figure 1: Study design

RESULTS

1. Greater increase in consumption of ultra-processed foods (UPF) rich in sugars and saturated fatty acids (SFA) in the MASLD group at the end of the study. Figures 2 and 3.
2. Of the eight patients initially diagnosed with grade I steatosis, one has progressed to grade II, while in two cases it has been reversed. Figure 4.
3. Significant increase in weight, % fat mass and decrease in % muscle mass in the MASLD group at the end. Figures 5, 6 and 7.

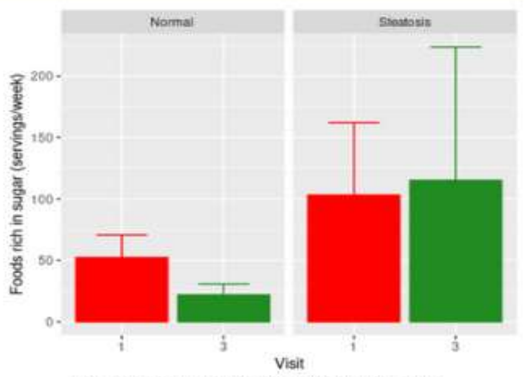

Figure 2 : Consumption of high-sugar UPF

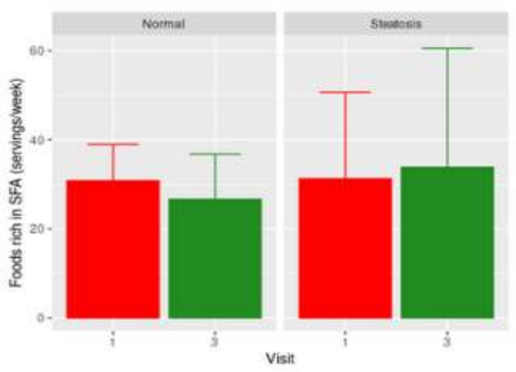

Figure 3: Consumption of high-SFA UPF

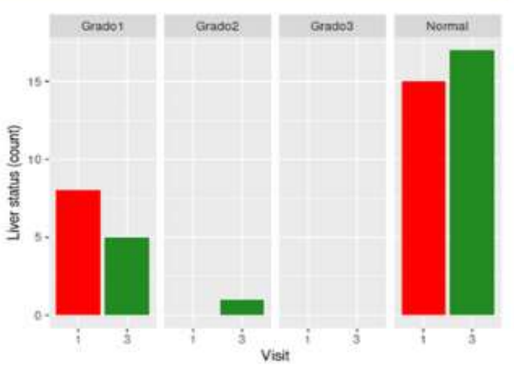

Figure 4: Ultrasound at baseline and at the end

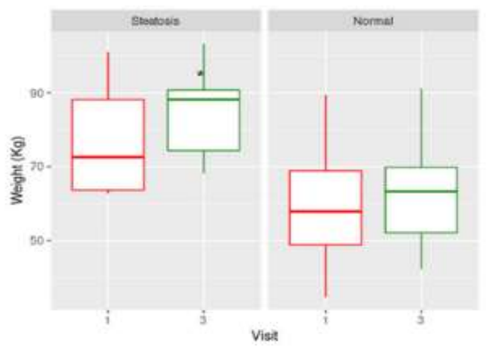

Figure 5: Weight at baseline and at the end

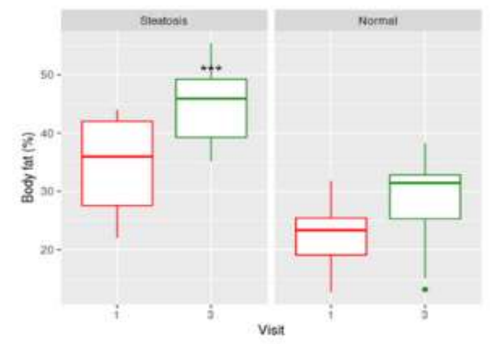

Figure 6: % Fat mass at baseline and at the end

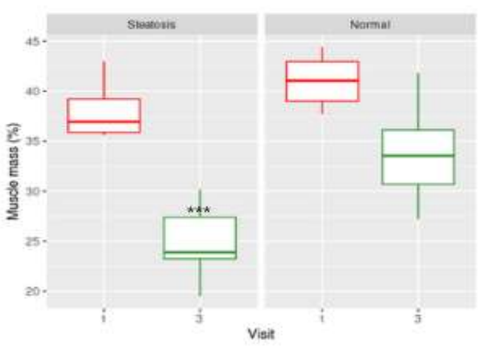

Figure 7: % Muscle massat baseline and at the end

CONCLUSIONS

- It is crucial to promote nutrition education on the adolescents and school-aged populations in order to increase awareness of the risks of overconsumption of ultra-processed foods.
- Furthermore, it is essential to promote healthy eating habits and physical activity to curb the worrying increase in MASLD in young population.

ACKNOWLEDGEMENTS

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