NEWS | RESEARCH

Study links ultra-processed foods consumption with increased risk of dementia

The main food group contributing to high ultra-processed food intake was beverages, followed by sugary products and ultra-processed dairy in the study

By **Manbeena Chawla** | July 28, 2022



WordPress post #24494

The main food group contributing to high ultra-processed food intake was beverages, followed by sugary products and ultra-processed dairy in the study

People who eat the highest amounts of ultra-processed foods like soft drinks, chips and cookies may have a higher risk of developing dementia than those who eat the lowest amounts, according to a new study published in the medical journal of the American Academy of Neurology.

Researchers also found that replacing ultra-processed foods in a person's diet with unprocessed or minimally processed foods was associated with a lower risk. The study does not prove that ultra-processed foods cause dementia. It only shows an association.

Ultra-processed foods are high in added sugar, fat and salt, and low in protein and fiber. They include soft drinks, salty and sugary snacks, ice cream, sausage, deep-fried chicken, yogurt, canned baked beans and tomatoes, ketchup, mayonnaise, packaged guacamole and hummus, packaged breads and flavored cereals.

"Ultra-processed foods are meant to be convenient and tasty, but they diminish the quality of a person's diet," said study author Huiping Li, PhD, of Tianjin Medical University in China. "These foods may also contain food additives or molecules from packaging or produced during heating, all of which have been shown in other studies to have negative effects on thinking and memory skills. Our research not only found that ultra-processed foods are associated with an increased risk of dementia, it found replacing them with healthy options may decrease dementia risk."

image credit- shutterstock

Read online: https://nuffoodsspectrum.in/news/17/19187/study-links-ultra-processed-foods-consumption-with-increased-risk-of-dementia.html

© 2026 NUFFOODS Spectrum. All rights reserved.