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**STUDY OF THE PERCEPTION AND PRACTICES AMONG
ADOLESCENTS REGARDING THE CONSUMPTION OF ULTRA-
PROCESSED FOODS AND ITS ASSOCIATION WITH LIFESTYLE
DISEASES.**

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TITLE: STUDY OF THE PERCEPTION AND PRACTICES AMONG ADOLESCENTS REGARDING THE CONSUMPTION OF ULTRA-PROCESSED FOODS AND ITS ASSOCIATION WITH LIFESTYLE DISEASES.

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ABSTRACT

Background: In the first 2 years of a child's life, optimal nutrition fosters healthy growth and improves cognitive development. It also reduces the risk of becoming overweight or obese and developing Non communicable diseases (NCDs) later in life. Unhealthy diets are recognized as a major determinant of the occurrence of NCDs. With the increasing trend of NCDs, a steady rise in the share of processing foods has been seen. In the last half century food processing has evolved greatly as a consequence of the industrialization and globalization of food systems. Adolescence defined as 10-19 years of age by WHO is a vulnerable age where eating behaviors are inculcated. Educating the adolescents about the healthy eating behaviors, the types of ultra-processed foods, the dangers of consumption of the same with effects being later in life, will go a long way in inculcating healthy eating behaviors and finally improve the health of the society. Ultra-processed foods (UPF) are defined as multi-ingredient, industrially formulated mixtures highly processed to the extent that they are no longer recognizable as their original plant or animal sources. Scientific research has investigated associations between levels of consumption of UPFs and health outcomes.

Patients and Methods: 200 Adolescents enrolled in schools and colleges located in Mangalore, as an online based study.

Results: Awaited

Conclusions: Awaited

Key words: Ultra-Processed foods (UPFs), Adolescents, Perception and Practices, Lifestyle diseases.