**Nutrition in the era of industrialized food systems**

Nutritional and environmental characteristics of modern dietary trends

Over the last centuries, profound dietary changes have occurred in the context of globalization and urbanization. This is not only associated with a higher prevalence of obesity and diet-related non-communicable diseases, but also with detrimental effects on the world’s natural resources. At the population level, eating habits are largely influenced by the culture and the environment around us. Ubiquitous access to cheap, readily available and highly palatable unhealthy products, together with strong cultural forces and social norms, have led to overconsumption of energy-dense, nutrient-poor foods. Broader and braver public health measures that aim to create an environment that helps consumers make the healthy choice favoring the availability and affordability of healthy, minimally processed foods should be implemented in conjunction with educational strategies.

Keywords: globalization, nutrition transition, ultraprocessed food, non-communicable diseases, environmental sustainability, public health strategies.

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