



Intake of Ultra-Processed Foods by Women Surviving Breast Cancer

Sara Maria Moreira Lima Verde,
Ceara Cancer Institute, Brazil.

Abstract

Problem statement: The high prevalence of breast cancer in Brazil in parallel with the increase in consumption of ultra-processed foods suggests a close relationship between these factors. The purpose of this study is to describe the consumption of ultra-processed foods by women survivors of breast cancer, identifying their contribution and making associations with the intake of specific nutrients. **Methodology and Theoretical Guidance:** Cross-sectional study with 100 women with breast cancer followed up in an oncology treatment center, from which we collected sociodemographic, clinical and anthropometric information. To assess food consumption, we used a food frequency questionnaire, from which food items were grouped in natura, processed and ultra-processed, following the NOVA classification. The energy contribution of each food group was given by the ratio between calories from the group and total calories. We categorized patients into high and low consumption of ultra-processed and the differences between the two groups were tested by Pearson's X². The relationship between the intake of calories from ultra-processed foods and the intake of energy and specific nutrients was based on crude linear regression models and adjusted for age, education and body mass index. **Conclusion and Meaning:** Women survivors of breast cancer have one third of their diet composed of ultra-processed foods associated with a reduction in the consumption of fresh products, proteins and fibers and an increase in the intake of total fat and sodium. We suggest health education actions related to healthy food consumption in the follow-up of breast cancer survivors.

Biography

Sara Maria Moreira Lima Verde is dietician, professor of the undergraduate course in Nutrition at the State University of Ceará (UECE), researcher in the Postgraduate Program in Nutrition and Health (PPGNS / CCS / UECE) and Coordinator of the Study Group on Oncological Nutrition (GENO). I develop research that investigates the interface between diet, weight profile and body composition of the breast cancer women.

Publications

Sara Maria Moreira Lima Verde, Intake of Ultra-Processed Foods by Women Surviving Breast Cancer

19th Annual summit on Surgical Oncology
Webinar, May 19, 2021

Citation: Sara Maria Moreira Lima Verde, Intake of Ultra-Processed Foods by Women Surviving Breast Cancer, 19th Annual Summit on Surgical Oncology 2471-2671-7:3-04