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Título	Association between processed and ultra-processed food intake and cardiovascular disease and its risk factors in patients with type 2 diabetes
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Introduction: Dietary ultra-processed foods can be associated with cardiovascular risk factors, like obesity, diabetes and hypertension. Therefore, regarding the prevention of cardiovascular disease (CVD), the study of ultra-processed food consumption in high risk patients is very important. **Objective:** Analyze the association between consumption of processed and ultra-processed food and CVD and its risk factors in patients with type 2 diabetes. **Methodology:** Patients from the Diabetes clinic at HCPA were consecutively recruited and oriented to perform the 3-day weighted diet records in order to evaluate dietary habits. The items of food consumption were classified in 4 groups: *in natura* or minimally processed foods, culinary ingredients (oils), processed and ultra-processed foods. **Results:** A total of 481 patients (52%W; mean age: 61±9 years) were evaluated. The mean consumption of processed and ultra-processed foods were, respectively, 20,4% and 14,2% of daily energy. The patients were divided based on the quartiles (Q) of processed and ultra-processed foods consumption. The patients from Q3 were younger (59,1±9,8 years; P=0,037) than those from Q1 (62,4±8,4 years). Regarding the frequency of CVD, glycemic and blood pressure controls and lipid profile, no difference was observed among the quartiles groups. The patients from Q4 presented a higher dietary energy intake, compared with the patients from Q1. The dietary *trans* and saturated fatty acids intake were higher in Q3 and 4 compared with Q1 and 2. The consumption of proteins and polyunsaturated fatty acids was lower in Q4 compared with Q1. **Conclusions:** An inverse association between the consumption of foods with a higher processing level and age was observed. The consumption of these types of foods was associated with a higher intake of calories, *trans* and saturated fatty acids. No association was observed between highly processed foods and CV risk factors.