



Ultra-Processed Food Consumption in the Central Division of Fiji

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Availability of ultra-processed foods is likely to be high in the Pacific⁽¹⁾ however, information on consumption is limited. This study aimed to assess consumption levels and dietary sources of ultra-processed foods (UPFs) in a population of adults in the Central Division of Fiji. A random sample of 700 adults was selected from two statistical enumeration areas (one semi-urban, one rural) in Fiji. Participant characteristics were collected, along with a three-pass 24-hour diet recall. Foods consumed were coded based on level of processing, in alignment with the NOVA categorisation system (1 = unprocessed, 2 = minimally processed, 3 = processed and 4 = ultra-processed). UPF contribution to total energy, salt, fat, and sugar intake were estimated. Main sources of UPFs were then estimated by food group. 534 adults participated (76% response rate, 50% female). Preliminary results suggest that UPFs contributed 21.5% (95% CI, 19.5% to 23.4%) of total energy intake. Further, UPFs contributed to 22.8% (95% CI 20.5% to 25.1%) of total salt intake, 24.0% (95% CI, 21.4% to 26.6%) of fat intake and 18.6% (95% CI, 16.5% to 20.7%) of sugar intake. UPFs contributed over 20% of total energy intake in this sample of Fijian adults and over 20% of salt, fat, and sugar. Messages and interventions that encourage consumption of minimally processed foods while reducing consumption of UPFs are likely needed to improve the healthiness of diets.

Keywords: ultra-processed foods, Fiji, small island developing states, non-communicable diseases

Ethics Declaration

Yes

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Reference

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