GLP podcast: Exposing nutrition myths and fact-checking Instagram ‘biohacking bros’ with Dr. Andrea Love

Reporters, alt-health gurus and even some scientists warn consumers to avoid so-called “ultra-processed foods.” These cheap, convenient products–loaded with sugar, salt, fat and a variety of preservatives–are carefully engineered to keep you coming back for more even though they’re uniquely harmful to human health. It’s a scandalous story—and it’s mostly nonsense, says immunologist and microbiologist Dr. Andrea Love.

While most people recognize that subsisting on french fries and cookies is nutritionally unwise, the claim that these types of foods are especially dangerous is wholly unsubstantiated by the available evidence. In fact, recent research shows that a diet consisting almost entirely of “ultra-processed foods” can be far more nutritious than the typical American diet. These observations point us to an important conclusion: “The extent of processing of a food is not directly related to nutritional content,” Love says.

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Join hosts Dr. Liza Dunn, GLP contributor Cameron English and special guest Dr. Andrea Love as they discuss how Fear-mongering about “processed foods” is harming public health and science literacy.

Dr. Andrea Love has a PhD in Immunology and Microbiology. Andrea is a subject-matter expert in infectious disease immunology, cancer immunology, and autoimmunity and is adept at translating complex scientific data and topics for the public and healthcare providers. Follow Andrea on X @dr_andrealove

Dr. Liza Dunn is a medical toxicologist and the medical affairs lead at Bayer Crop Science. Follow her on X @DrLizaMD

Cameron J. English is the director of bio-sciences at the American Council on Science and Health. Visit his website and follow him on X @camjenglish