# Overlap between ultra-processed food and food that is high in fat, salt or sugar: analysis of the UK National Diet and Nutrition Survey

## Introduction

In this repository, we present the summary of calculations for the study on the overlap between ultra-processed food and food that is high in fat, salt or sugar: analysis of the UK National Diet and Nutrition Survey, waves 1-11.

Specifically, we have the following objectives:

* 1. Classify HFSS foods using the UK Nutrient Databank based on the NPM 2004/5 version.
  2. Classify HFSS foods using the UK Nutrient Databank based on the NPM 2018 revised version.
  3. Classify UPFs using UK Nutrient Databank based on NOVA (available elsewhere).
  4. Quantify the proportion of food and drink items from UK Nutrient Databank data that are:

1. HFSS (NPM 2004/5)
2. HFSS (NPM 2018)
3. UPFs
4. HFSS (NPM 2004/5) and UPFs
5. HFSS (NPM 2018) and UPFs
6. Neither HFSS (NPM 2004/5) nor UPFs
7. Neither HFSS (NPM 2018) nor UPFs
   1. Quantify the proportion of energy (%kcal)/ weight (grammes) derived from:
8. HFSS (NPM 2004/5)
9. HFSS (NPM 2018)
10. UPFs
11. HFSS (NPM 2004/5) and UPFs
12. HFSS (NPM 2018) and UPFs
13. Neither HFSS (NPM 2004/5) nor UPFs
14. Neither HFSS (NPM 2018) nor UPFs
    1. Identify examples of foods and drinks in each group:
       * + 1. HFSS (NPM 2004/5)
           2. HFSS (NPM 2018)
           3. UPFs
           4. HFSS (NPM 2004/5) and UPFs
           5. Neither HFSS (NPM 2004/5) nor UPFs
    2. Quantify the weighted **relative** contribution to total daily **energy** intake (%kcal/d per person) consumed by NDNS participants in each group:
15. HFSS (NPM 2004/5)
16. HFSS (NPM 2018)
17. UPFs
18. HFSS (NPM 2004/5) and UPFs
19. HFSS (NPM 2018) and UPFs
20. Neither HFSS (NPM 2004/5) nor UPFs
21. Neither HFSS (NPM 2018) nor UPFs
    1. Quantify the weighted **relative** contribution to total daily **weight** intake (%g/d per person) consumed by NDNS participants in each group:
22. HFSS (NPM 2004/5)
23. HFSS (NPM 2018)
24. UPFs
25. HFSS (NPM 2004/5) and UPFs
26. HFSS (NPM 2018) and UPFs
27. Neither HFSS (NPM 2004/5) nor UPFs
28. Neither HFSS (NPM 2018) nor UPFs