

Food addiction

Published: January 13, 2026, 5:27 pm

I watched this programme on BBC2 last night on ultra-processed foods and the games that companies in that industry play to hide their culpability for the health consequences arising from their products:



The [programme is here](#), if you have a BBC licence.

The programme was just what the BBC should be doing, and was powerful in its analysis, with which the ultra-processed food industry refused to engage.

If you wonder why I get so worried about the economic, social and health consequences of these supposed foods this programme is essential watching, not least for highlighting the links with the tobacco industry and its creation of the false narratives about food, fat and addiction.