**Supplemental Table**

Food groups reported in a 24-hour recall. National Dietary Survey. Brazil, 2017-2018.

| **Food groups** | **Food items**  |
| --- | --- |
| **Rice and other cereals**  | Rice and rice dishes, corn and corn dishes, pasta, bread, other cereals. |
| **Beef, pork, poultry, eggs, and fish**  | Beef, pork, organ meats, chicken, eggs, fish. |
| **Beans** | Beans and bean dishes, lentils, chickpeas, soy.  |
| **Sweets and desserts** | Candy, cereal bars, chocolate, fruit preserves, milk-based desserts, peanut-based sweets, jelly, jam, caramel candy, cakes, sweeteners. |
| **Fast foods and processed meats** | Pizza, hot dogs, hamburgers, sandwiches, chips, processed meats (ham, turkey breast, bologna, salami, sun-dried beef, jerked beef, *pâté*, sausages). |
| **Oils and Fats** | Non-specified vegetable oil, butter, margarine, bacon, pork skin, olive oil, soy oil, mayonnaise, coconut oil. |
| **Roots and tubers** | Cassava, potato, sweet potato, cassava flour. |
| **Milk and dairy products** | Milk, cheese, fermented milk, yogurt, soy milk-based drinks, milk-based drinks. |
| **Fruit- based drinks and soda** | Fresh squeezed fruit juice, coconut water; soft drinks, sodas, energy drinks, processed fruit-based drinks. |
| **Coffee and tea** | Coffee and tea. |
| **Cookies & crackers** | Crackers and cookies. |
| **Fruits and vegetables** | Açaí berry, acerola, apple, avocado, banana, orange, other fruits; beets, broccoli, cabbage, carrot, chayote, cauliflower, other vegetables. |
| **Other items** | Nuts and seeds; mixed dishes; broth, chowders and soups. |

**Table 2.** Use of table sugar and non-caloric sweeteners (%) according to sociodemographic variables, weight status, dieting, and supplement use. National Dietary Surveys, Brazil, 2008-2009 and 2017-2018.

| **Characteristics** | **Difference between surveys****(2008-2009 and 2017-2018)** |
| --- | --- |
| **Table sugar** | **Non-caloric sweeteners** | **Both** | **None** |
|  | **Effect size (Cohen's h)** |
| **Total** | 0.17 | 0.04 | 0.00 | 0.27 |
| **Sex** |  |  |  |  |
| Female | 0.14 | 0.03 | 0.00 | 0.24 |
| Male | 0.21 | 0.05 | 0.01 | 0.31 |
| **Age group** |  |  |  |  |
| Adolescents | 0.14 | 0.03 | 0.02 | 0.25 |
| Adults | 0.17 | 0.03 | 0.00 | 0.28 |
| Elderly | 0.10 | 0.01 | 0.04 | 0.28 |
| **Weight status** |  |  |  |  |
| No excess weight | 0.16 | 0.02 | 0.03 | 0.29 |
| Overweight or obese | 0.15 | 0.03 | 0.01 | 0.25 |
| **Area** |  |  |  |  |
| Urban | 0.17 | 0.04 | 0.00 | 0.28 |
| Rural | 0.15 | 0.06 | 0.03 | 0.24 |
| **Monthly family per capita income** |  |  |  |  |
| < 0.5 | 0.26 | 0.09 | 0.10 | 0.24 |
| 0.5 to <1.0 | 0.23 | 0.11 | 0.05 | 0.24 |
| 1.0 to 2.0 | 0.17 | 0.04 | 0.01 | 0.28 |
| > 2.0 | 0.18 | 0.04 | 0.02 | 0.33 |

**Table 2.** Use of table sugar and non-caloric sweeteners (%) according to sociodemographic variables, weight status, dieting, and supplement use. National Dietary Survey, Brazil, 2017-2018.

| **Characteristics** | **Comparing proportions in the 2017-2018 NDS** |
| --- | --- |
| **Table sugar** | **Non-caloric sweeteners** | **Both** | **None** |
| **Effect size (Cohen's h)** |
| **Sex** |  |  |  |  |
| Female *vs.* Male | 0.15 | 0.13 | 0.12 | 0.02 |
| **Age group** |  |  |  |  |
| Adolescents *vs.* Adults | 0.33 | 0.32 | 0.22 | 0.05 |
| Adolescents *vs.* Elderly | 0.68 | 0.69 | 0.29 | 0.08 |
| Adults *vs.* Elderly | 0.34 | 0.37 | 0.08 | 0.03 |
| **Weight status** |  |  |  |  |
| No excess weight *vs.* Overweight or obese | 0.18 | 0.17 | 0.13 | 0.00 |
| **Area** |  |  |  |  |
| Urban *vs.* Rural | 0.31 | 0.22 | 0.18 | 0.11 |
| **Monthly family per capita income** |  |  |  |  |
| < 0.5 *vs.* 0.5 to <1.0 | 0.13 | 0.13 | 0.07 | 0.03 |
| < 0.5 *vs.* 1.0 to 2.0 | 0.28 | 0.25 | 0.16 | 0.05 |
| < 0.5 *vs.* > 2.0 | 0.62 | 0.47 | 0.31 | 0.21 |
| 0.5 to <1.0 *vs.* 1.0 to 2.0 | 0.15 | 0.12 | 0.09 | 0.02 |
| 0.5 to <1.0 *vs.* >2.0 | 0.49 | 0.34 | 0.24 | 0.18 |
| 1.0 to 2.0 *vs.* >2 | 0.34 | 0.22 | 0.15 | 0.16 |
| **Being on a diet** |  |  |  |  |
| Yes *vs.* No | 0.70 | 0.26 | 0.64 | 0.09 |
| **Supplement intake** |  |  |  |  |
| Yes *vs.* No | 0.36 | 0.19 | 0.31 | 0.04 |

**Table 3.** Comparison of contribution (%) of selected food groups to daily energy intake between table sugar use and other options of sweeteners. National Dietary Survey, Brazil, 2017-2018.

| **Food groups** | **Sugar** |
| --- | --- |
| **Non-caloric sweeteners** | **Both** | **None** |
|  | **Effect size (Cohen's h)** |
| **Rice and other cereals** | 0.05 | 0.07 | 0.02 |
| **Beef. pork. poultry. eggs and fish** | 0.02 | 0.02 | 0.00 |
| **Beans** | 0.07 | 0.08 | 0.02 |
| **Candies and desserts** | 0.17 | 0.01 | 0.15 |
| **Fast-food and processed meats** | 0.01 | 0.01 | 0.00 |
| **Fruits and vegetables** | 0.14 | 0.12 | 0.08 |
| **Oils and fats** | 0.05 | 0.03 | 0.01 |
| **Roots and tubers** | 0.01 | 0.02 | 0.01 |
| **Milk and dairy products** | 0.13 | 0.07 | 0.11 |
| **Fruit-based drinks and soda** | 0.03 | 0.02 | 0.00 |
| **Cookies and crackers** | 0.01 | 0.02 | 0.00 |
| **Coffee and tea** | 0.05 | 0.02 | 0.00 |
| **Other items** | 0.09 | 0.05 | 0.06 |

**Table 4.** Daily energy, macronutrient, and energy-adjusted micronutrient intake and their comparison between table sugar use and other options of sweetener. National Dietary Survey, Brazil, 2017-2018.

| **Nutrient** | **Men** | **Women** |
| --- | --- | --- |
| **Sugar** | **Sugar** |
| **Non-caloric sweeteners** | **None** | **None** | **Non-caloric sweeteners** | **Both** | **None** |
| **Effect size** |
| **Total carbohydrates (%)\*** | 0.08 | 0.04 | 0.06 | 0.06 | 0.02 | 0.06 |
| **Added sugar (%)\*** | 0.14 | 0.03 | 0.10 | 0.13 | 0.03 | 0.10 |
| **Total protein (%)\*** | 0.03 | 0.00 | 0.00 | 0.05 | 0.03 | 0.03 |
| **Total fat (%)\*** | 0.05 | 0.02 | 0.02 | 0.02 | 0.02 | 0.02 |
| **Saturated fat (%)\*** | 0.03 | 0.03 | 0.03 | 0.03 | 0.03 | 0.03 |
| **Trans fat (%)\*** | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0.00 |
| **Energy intake (kcal) \*\*** | 0.06 | 0.08 | 0.09 | 0.44 | 0.45 | 0.53 |
| **Calcium (mg/1.000 kcal) \*\*** | 0.13 | 0.06 | 0.09 | 0.28 | 0.22 | 0.13 |
| **Sodium (mg/1.000 kcal) \*\*** | 0.05 | 0.01 | 0.04 | 0.06 | 0.04 | 0.01 |
| **Potassium (mg/1.000 kcal) \*\*** | 0.23 | 0.10 | 0.15 | 0.22 | 0.11 | 0.07 |
| **Phosphorus (mg/1.000 kcal) \*\*** | 0.22 | 0.06 | 0.15 | 0.31 | 0.14 | 0.08 |
| **Vitamin A (mcg/1.000 kcal) \*\*** | 0.22 | 0.14 | 0.11 | 0.16 | 0.14 | 0.11 |
| **Vitamin C (mg/1.000 kcal) \*\*** | 0.12 | 0.16 | 0.07 | 0.22 | 0.23 | 0.11 |

**\* Effect size (Cohen's h)**

**\*\* Effect size (Cohen's d)**