**Table S1.** Full sample and sex-stratified multivariable Poisson regression analyses of the association between quintiles of relative dietary contribution of ultra-processed food (%kcal) and indicators of excess weight and abdominal obesity among adults aged 20-64 years in NHANES 2005-2014 (Prevalence ratios and 95% confidence intervals)

|  | Quintile of relative dietary contribution of ultra-processed food (% of total kcal) | | | | | | | | | | | | |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 (≤ 36.5%) | | 2(36.6 - 49.9%) | | 3(50.0 - 60.9%) | | | 4 (61.0 - 74.1%) | | | 5(≥ 74.2%) | | | | *P for trend* |
|  | PR | 95%CI | PR | 95%CI | | PR | 95%CI | | PR | 95%CI | | PR | 95%CI | |  | |
| BMI≥25 |  |  |  |  | |  |  | |  |  | |  |  | |  | |
| Full sample (N=15,977) | 1.0 | (Ref.) | 1.05\* | 1.01, 1.10 | | 1.06\* | 1.01, 1.11 | | 1.09\* | 1.04, 1.14 | | 1.12\* | 1.06, 1.18 | | *<0.001* | |
| Women (N = 8,115) | 1.0 | (Ref.) | 1.13\* | 1.04, 1.23 | | 1.16\* | 1.08, 1.24 | | 1.19\* | 1.10, 1.28 | | 1.24\* | 1.14, 1.34 | | *<0.001* | |
| Men (N = 7,862) | 1.0 | (Ref.) | 0.99 | 0.94, 1.04 | | 0.98 | 0.92, 1.04 | | 1.01 | 0.96, 1.06 | | 1.02 | 0.96, 1.08 | | *0.356* | |
| BMI≥30 |  |  |  |  | |  |  | |  |  | |  |  | |  | |
| Full sample (N=15,977) | 1.0 | (Ref.) | 1.02 | 0.92, 1.13 | | 1.12\* | 1.02, 1.23 | | 1.17\* | 1.07, 1.28 | | 1.29\* | 1.17, 1.43 | | *<0.001* | |
| Women (N = 8,115) | 1.0 | (Ref.) | 1.11 | 0.96, 1.30 | | 1.25\* | 1.09, 1.43 | | 1.27\* | 1.12, 1.43 | | 1.41\* | 1.21, 1.65 | | *<0.001* | |
| Men (N = 7,862) | 1.0 | (Ref.) | 0.93 | 0.82, 1.06 | | 1.01 | 0.88, 1.15 | | 1.09 | 0.96, 1.24 | | 1.19\* | 1.02, 1.38 | | *0.002* | |
| Abdominal obesity b |  |  |  |  | |  |  | |  |  | |  |  | |  | |
| Full sample (N=15,977) | 1.0 | (Ref.) | 1.03 | 0.96, 1.11 | | 1.08\* | 1.01, 1.15 | | 1.13\* | 1.05, 1.21 | | 1.22\* | 1.14, 1.29 | | *<0.001* | |
| Women (N = 8,115) | 1.0 | (Ref.) | 1.09\* | 1.00, 1.18 | | 1.11\* | 1.02, 1.20 | | 1.15\* | 1.05, 1.25 | | 1.22\* | 1.13, 1.31 | | *<0.001* | |
| Men (N = 7,862) | 1.0 | (Ref.) | 0.95 | 0.83, 1.07 | | 1.02 | 0.91, 1.15 | | 1.08 | 0.96, 1.21 | | 1.21\* | 1.09, 1.34 | | *<0.001* | |

Kcal, kilocalories; CI, confidence interval; BMI, body mass index; PR, prevalence ratio: Ref., reference group

a Adjusted for age (yrs), gender, educational attainment (less than high school, high school degree/general equivalency diploma, some college, college graduate of above), race/ethnicity (Hispanic, Non-Hispanic White, Non-Hispanic Black, other race incl. multi-racial), ratio of family income to poverty, marital status (married, separated/divorced/widowed, never married) and smoking (never smoked, former smoker, current smoker) and physical activity level (low, medium, high).

b Defined as waist circumference ≥88/102cm for women and men, resp.

\* P < 0.05