Supplementary Table 1- Food and beverage product items included as ultra-processed food in the present study

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| Food groups | Food and beverage items\* |
| Non-dairy Beverages | Cola, nectar drink, instant coffee |
| Cookies and cakes | Cookies, biscuit, pastries (creamy and non-creamy), cake, pancake*,* doughnut, industrial bread, toasted bread, noodles, pasta |
| Dairy beverages | Ice cream (non-pasteurized), ice cream (pasteurized), chocolate milk, cocca milk |
| Potato chips and salty snacks | Chips (crisps), crackers, cheese puff |
| Processed meat and fast food | Burger, sausage, bologna, pizza |
| Oil and suasues | Margarine, ketchup, mayonnaise  |
| Sweets | Jam, rock candy, candies, chocolates, Sweets, Nogal, Sohan, Gaz, sesame halva |
| FFQ, food frequency questionnaire\*Definition of ultra-processed food items adapted from the NOVA classification retrieved from: Moubarac, Jean-Claude, et al. "Food classification systems based on food processing: significance and implications for policies and actions: a systematic literature review and assessment." *Current obesity reports* 3.2 (2014): 256-272. |