Supplementary table 1: Included food products in our adapted Ultra Processed Food (aUPF) list used for calculating percent of total energy intake for the fast food recommendation. The aUPF list is primarily based on the NOVA classification (ultra processed food - group 4) but adapted to be in line with Dutch national guidelines, WCRF report and NCI UPFs list and avoid coincidence of food products used in other recommendations.

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|  | NOVA | aUPF list |
| Instant mashed and baked/fried potatoes | X | X |
| Refined grains (pasta, white rice, bread, crackers or other bakery products when more than 50% is refined grains) |  | X |
| Pancakes and pizza | X | X |
| Ready-to-eat meals (ready-to-eat cereal) | X | X |
| Creamed and instant soups | X | X |
| Milk drinks and other fruit flavored milk or yoghurt products | X | X |
| Ice-creams and milkshakes | X | X |
| Sugar-sweetened drinks | X |  |
| Light products | X | X |
| Meal replacements | X | X |
| Desserts (custard, pudding, pap, mousse) | X | X |
| Canned or bottled fruits with added sugar |  | X |
| Biscuits, cakes and pies | X | X |
| Candy & chocolate | X | X |
| Soya products and vegetarian products (meat replacers) | X | X |
| Processed meat | X |  |
| Gravy | X | X |
| Fried fish | X | X |
| Crisps and salty snacks | X | X |
| Creamed cheeses | X | X |
| Sandwich spreads | X | X |
| Sauces (mayonnaise, dressings) | X | X |
| Halvarine & margarine | X |  |