|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food or food group** | **Food recorded in 24hR** | **Breakfast**  **n (%)** | **Lunch**  **n (%)** | **Dinner**  **n (%)** |
| White breads | Sweet bread, French bread, loaf bread, toast, hot dog bread, homemade bread | 257 (58.81) |  |  |
| Sweet bread, French bread, loaf of bread, hamburger buns |  |  | 83 (13.92) |
| Milk and yogurt | Flavored milk, yogurt, smoothies, fermented milk, coffee with milk, whole milk, semi-skimmed and skimmed milk, lactose free milk, powdered milk, chestnut milk | 197 (45.01) |  |  |
| Yogurt, powdered milk, whole milk, lactose free milk |  |  | 33 (5.54) |
| Butter and margarine | Mayonnaise, butter, margarine, lightmargarine, Brazilian cream cheese, light Brazilian cream cheese | 179 (40.96) |  |  |
| Mayonnaise, butter, margarine, Brazilian cream cheese |  |  | 55 (9.23) |
| Coffees and teas | Coffee (infusion), soluble coffee, cappuccino, mate tea, tea | 165 (37.76) |  |  |
| Jam | Processed Fruit Jam | 60 (13.73) | - |  |
| Chocolate milk | Chocolate milk ready-to-drink | 53 (12.13) |  |  |
| Sausages | Mortadella, ham, Turkey breast, sausage, salami | 46 (10.53) |  |  |
| Mortadella, ham, Turkey breast, sausage, salami, Pepperoni, Chicken Nugget |  |  | 35 (5.87) |
| Cakes and cookies | *Biscoito de polvilho* (a snack made of cassava starch), sweetened biscuits, cracker type salted biscuits, water and salt biscuits, brown rice cracker, cakes | 43 (9.84) |  | 52 (8.72) |
| Cheese | Brazilian Minas cheese, mozzarella cheese, *queijo Prato* (Brazilian soft cheese) | 41 (9.38) |  |  |
| Brazilian Minas cheese, cheese, mozzarella cheese, *queijo Prato* (Brazilian soft cheese), parmesan, *queijo coalho* (Curd Cheese), ricotta |  |  | 38 (6.37) |
| Fruits | Persimmon, apple, papaya, watermelon, melon, tangerine, banana, acai | 39 (8.92) |  |  |
| Apple, watermelon, tangerine, banana, pineapple, cherry, acai |  | 70 (10.32) |  |
| Savories | Brazilian Bauru sandwich, hot dog, Baked and fried savories, Brazilian cheese bread, pie | 23 (5.26) |  |  |
| Baked and fried savories, pie |  |  | 31 (5.20) |
| Whole wheat bread | Whole wheat bread | 23 (5.26) |  |  |
| White rice | Polished rice |  | 475 (70.06) |  |
| Beans | Pinto beans, black beans, *feijão tropeiro* (Brazilian beans with sausage and collard greens) |  | 463 (68.29) | 205 (34.40) |
| Vegetables | Beet, broccoli, cabbage, carrot, cauliflower, chayote, cherry tomato, chicory, collard greens, cucumber, eggplant, lettuce, napa cabbage, onion, okra, pumpkin, spinach, tomato, zucchini, others |  | 401 (59.14) |  |
| Arugula, beet, bell peppers, broccoli, cabbage, carrot, chicory, collard greens, cucumber, cress, chayote, cauliflower, eggplant, green beans, lettuce, napa cabbage, onion, okra, palm heart, pumpkin, tomato, zucchini, scarlet eggplant, others |  |  | 184 (30.87) |
| Beef | Beef |  | 343 (50.59) |  |
| Processed juice | Soft drinks powder, Juice box |  | 198 (29.20) | 100 (16.78) |
| Poultry meat | Poultry meat |  | 128 (18.88) |  |
| Natural juice | Fruit juice, fruit pulp juice and pasteurized whole fruit juice |  | 112 (16.52) | 72 (12.08) |
| Brown rice | Brown rice |  | 73 (10.77) |  |
| French fries | Potato sticks, French fries |  | 71 (10.47) |  |
| Tubers/roots | Manioc, British potatoes, sweet potato, mashed potatoes |  | 57 (8.41) |  |
| Pasta | Pasta, lasagna, yakisoba, gnocchi, rondelle |  | 57 (8.41) |  |
| Rice | Polished rice, parboiled rice and brown rice, rice recipes |  |  | 238 (39.93) |
| Soft drinks | Fanta, guarana, coke, Fanta grape |  | 52 (7.67) |  |
| Fanta, guarana, guaran diet coke, Fanta grape, sprite |  |  | 63 (10.57) |
| Savories and breads | Baked and fried savories, pizzas e sandwiches, garlic bread, French bread, hamburger buns, mini milk buns, loaf bread, sweet bread, Brazilian cheese bread, crepe, pie, shepherd's pie |  | 52 (7.67) |  |
| Red meat | Beef and pork meat |  |  | 132 (22.15) |
| Desserts | *Brigadeiro* (Brazilian chocolate candy), chocolate, chocolate candy, truffle candy, chocolate gingerbread, ice cream, popsicle, gelatin, *dulce de leche*, sweet pie, mousse, pave, *paçoca de amendoim* (Brazilian candy made out of peanuts, sugar and salt), churros, coconut sweet, guava paste, condensed milk, peanut candy, coconut "truffles" with clove |  |  | 106 (17.78) |
| White meat | Poultry meat and fish |  |  | 74 (12.42) |
| Eggs | Omelet, egg |  |  | 31 (5.20) |

**Supplementary Table 1.** Food items and food groups defined from the 24-hour Food Recall for use in Factor Analysis. Cuiabá, 2016-2017[[1]](#footnote-1).

1. (n=685; Breakfast – n=437; Lunch – n=678; Dinner – n=596). [↑](#footnote-ref-1)