**Supplemental Table 1.** Category and definition for classifying processed foods across three systems of classification, with food product examples.

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| **IFIC**(33) | **NOVA**(32) | **Poti et al**(7) |
| Category/definition | Example | Category/definition | Example | Category/definition | Example |
| Minimally processed Foods requiring little  processing of production | Packaged fruits and vegetables; roasted nuts; milk | Unprocessed and minimally processed  Foods being of plant/animal  altered in ways that do not  add/introduce any  substance, but that may  involve subtracting parts of  the food in ways not  significantly affecting use | Fresh, chilled, frozen, vacuum-packed vegetables and fruits; grains (cereals); fruit juices; milk, plain yoghurt; | Unprocessed/minimally processed  Single-ingredient foods  with no or very slight  modifications that do not  change inherent properties  of the food as found in its  natural form  | Milk, eggs, fresh/frozen/dried fruit; herbs and spices; brown rice |
| Processed for preservation  Foods processed to  help preserve and  enhance nutrients and  freshness of foods at  their peak  | Canned tuna, beans and fruit; fruit juices; broth  | Processed culinary ingredients  Food products extracted and  purified by industry from  constituents of foods, or  else obtained from nature,  such as salt | Plant oils; animal fats; sugars and syrups; flours, uncooked ‘raw’ pasta | Basic processed Ingredients: Isolated food  components obtained using  processes that change  inherent properties of the  food For preservation: Foods  modified for the purpose of  preservation or precooking  but remaining as single  foods | Fruit juices; unsweetened canned fruit/veg.; whole grain flour; plain yogurt; oil; salt; unsalted butter; unswseetened/salted peanut butter |
| Mixtures of combined ingredients Foods containing  sweeteners, spices, oils,  colors, flavors, and  preservatives used for  promotion of safety, taste,  visual appeal | Breads; sugars and sweeteners; cheese; margarine, sauces and dressings | Processed food products  Foods manufactured by  adding substances like oil,  sugar or salt to whole foods.. Generally produced to be  consumed as part of meals,  or used, together with ultra-  processed products,  replacing freshly prepared  dishes  | Canned/bottled vegetables; tinned fish preserved in oil; salted nuts; bacon, smoked fish; cheese | Moderately processed Single minimally or  moderately processed  foods with addition of  flavor additives; directly  recognizable as original  plant/animal source. Grain  products made from  whole-grain flour, water,  salt and/or yeast | Sweetened/flavoured fruit juice, milk, yogurt peanut butter; cheese; salted butter; whole-grain breads |
| Ready-to-eat processed  Foods needing minimal or  no preparation | Sodas, cookies; breakfast cereal; lunch meat,  | Ultra-processed products Foods typically  containing little or no  whole foods. Containing  multiple ingredients, some  of which are derived from  whole foods but others by  further processing. Majority  of ingredients are  preservatives including  stabilizers, emulsifiers,  flavours and colours | Chips; ice- cream; confectionery; breakfast cereals; margarine; sweetened yoghurts; pre-prepared dishes; meal substitutes | Highly processed Multi-ingredient  industrially formulated  mixtures processed to the  extent they are no longer  recognizable as their  original source | Soda; bread; breakfast cereals; margarine; prepared dishes  |
| Prepared foods/meal Foods packaged for  freshness and ease of  preparation  | Prepared deli foods; frozen meals; pizzas | -- | -- | -- | -- |