**Supplemental Table 1. Socio-demographic characteristics of the subjects included in the study from the NutriNet-Santé cohort according to energy-weighted UPFp quartiles (N=74470)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Energy-weighted proportion of Ultra-processed food in the diet | | | |  |
|  |  | Quartile 1 | Quartile 2 | Quartile 3 | Quartile 4 |  |
|  |  | <0.25 | 0.25 - 0.35 | 0.35 - 0.45 | ≥0.45 |  |
| N |  | 18617 | 18618 | 18618 | 18617 | 74470 |
| Sex | Men | 19.9 | 19.2 | 18.4 | 19.2 |  |
|  | Women | 80.1 | 80.8 | 81.6 | 80.8 | 0.0111 |
| Age (years old) | <25 | 0.9 | 1.7 | 3.2 | 7.1 |  |
|  | 25-44 | 21.4 | 31.2 | 42.1 | 58.5 |  |
|  | 45-64 | 64.6 | 57.7 | 48.6 | 31.8 |  |
|  | ≥65 | 13.2 | 9.3 | 6.2 | 2.7 | <0.0001 |
| Income per household unit (€/month) | <1200 | 26.3 | 26.8 | 26.8 | 28.3 |  |
|  | 1200-1799 | 35.4 | 35.5 | 36.9 | 37.5 |  |
|  | 1800-2299 | 16.7 | 16.6 | 16.6 | 16.2 |  |
|  | ≥2300 | 21.6 | 21.1 | 19.7 | 18.1 | <0.0001 |
| Marital status | Single/divorced/widowed | 30.9 | 29.8 | 30.7 | 33.6 |  |
|  | Married/cohabiting | 69.1 | 70.2 | 69.3 | 66.5 | <0.0001 |
| Educational level (years) | <12 | 2.2 | 2.1 | 2.2 | 2.5 |  |
|  | 12 | 40.4 | 41.3 | 41.9 | 45.1 |  |
|  | 13-15 | 31.2 | 31.6 | 31.4 | 30.6 |  |
|  | > 15 | 26.2 | 25.1 | 24.5 | 21.8 | <0.0001 |
| Residence | Rural | 18.8 | 19.3 | 17.8 | 17.2 |  |
|  | Urban | 81.2 | 80.7 | 82.2 | 82.8 | <0.0001 |
| Smoking status | Never smoker | 51.1 | 52.3 | 52.5 | 52.2 |  |
|  | Former smoker | 34.3 | 33.0 | 32.0 | 30.7 |  |
|  | Current smoker | 14.6 | 14.7 | 15.5 | 17.1 | <0.0001 |
| Body Mass Index (Kg/m²) | <18.5 | 3.2 | 2.6 | 2.5 | 2.7 |  |
|  | 18.5-24.9 | 63.9 | 63.4 | 62.2 | 59.6 |  |
|  | 25-29.9 | 24.9 | 25.4 | 26.2 | 25.9 |  |
|  | ≥30 | 8.0 | 8.6 | 9.1 | 11.8 | <0.0001 |

Percentages are mutually adjusted using multivariable logistic regression

**Supplemental Table 2. Food consumption in g/day according to the energy-weighted proportion of ultra-processed food in the diet in subjects from the NutriNet-Santé cohort (N=74470)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Energy-weighted proportion of Ultra-processed food in the diet | | | | | | | |  |
|  |  | Quartile 1 | | Quartile 2 | | Quartile 3 | | Quartile 4 | |  |
|  |  | <0.25 | | 0.25 - 0.35 | | 0.35 - 0.45 | | ≥0.45 | |  |
|  |  | Mean | SD | Mean | SD | Mean | SD | Mean | SD |  |
| Fruits and vegetables | | 526.5 | 257.6 | 451.8 | 215.0 | 394.6 | 199.5 | 304.0 | 181.7 | <0.0001 |
|  | Fruits | 256.5 | 181.3 | 211.7 | 149.5 | 180.5 | 136.9 | 131.6 | 120.7 | <0.0001 |
|  | Vegetables | 270.0 | 137.7 | 240.0 | 121.1 | 214.1 | 114.2 | 172.5 | 106.3 | <0.0001 |
| Meat, fish and eggs | | 153.6 | 78.2 | 141.8 | 71.6 | 132.5 | 67.9 | 115.3 | 62.2 | <0.0001 |
|  | Meat and poultry | 86.9 | 61.1 | 85.2 | 58.5 | 82.5 | 56.6 | 77.5 | 53.2 | <0.0001 |
|  | Fish and seafood | 49.8 | 50.4 | 42.0 | 44.1 | 36.7 | 41.0 | 27.2 | 34.4 | <0.0001 |
|  | Eggs | 16.9 | 24.9 | 14.6 | 22.2 | 13.4 | 20.9 | 10.7 | 17.4 | <0.0001 |
| Processed meat | | 14.4 | 20.7 | 21.7 | 26.6 | 25.7 | 30.2 | 29.8 | 35.1 | <0.0001 |
| Fats |  | 27.6 | 17.9 | 26.6 | 17.3 | 25.0 | 16.8 | 22.6 | 16.1 | <0.0001 |
| Sugary products | | 90.6 | 71.3 | 122.9 | 79.4 | 142.9 | 85.9 | 169.8 | 98.5 | <0.0001 |
|  | Dried fruit | 3.5 | 11.8 | 2.6 | 8.6 | 2.2 | 7.6 | 1.3 | 5.8 | <0.0001 |
|  | Biscuits and cakes | 36.4 | 47.2 | 48.2 | 51.1 | 54.5 | 52.2 | 63.9 | 55.3 | <0.0001 |
|  | Confectionnery, chocolate, dairy desserts and other sugary products | 50.7 | 48.6 | 72.2 | 58.4 | 86.2 | 66.7 | 104.5 | 79.8 | <0.0001 |
| Salty snacks | | 14.1 | 21.5 | 14.9 | 19.3 | 16.3 | 20.2 | 18.1 | 22.3 | <0.0001 |
| Dairy products | | 214.0 | 165.5 | 207.0 | 154.9 | 198.0 | 153.7 | 185.6 | 148.6 | <0.0001 |
|  | Cheese | 38.1 | 32.2 | 38.1 | 30.5 | 36.4 | 28.9 | 35.0 | 28.6 | <0.0001 |
|  | Milk | 77.0 | 128.7 | 80.2 | 124.2 | 83.8 | 126.7 | 88.1 | 124.9 | 0.06 |
|  | Yogurt and cottage cheese | 98.9 | 103.2 | 88.7 | 92.7 | 77.8 | 87.6 | 62.5 | 79.5 | <0.0001 |
| Starchy foods | | 262.8 | 122.3 | 253.8 | 110.5 | 240.4 | 103.0 | 227.9 | 97.7 | <0.0001 |
|  | Whole-grains | 45.4 | 60.9 | 38.2 | 51.7 | 32.6 | 45.2 | 24.4 | 38.2 | <0.0001 |
|  | Pasta, rice and bread | 150.9 | 100.0 | 148.6 | 92.4 | 141.9 | 83.9 | 137.3 | 78.7 | <0.0001 |
|  | Potatoes and tubers | 63.9 | 63.8 | 61.3 | 57.9 | 57.8 | 55.9 | 55.0 | 53.7 | <0.0001 |
|  | Breakfast cereals | 2.6 | 9.1 | 5.7 | 14.8 | 8.1 | 18.4 | 11.1 | 22.4 | <0.0001 |
| Beverages | | 1348.0 | 594.4 | 1354.6 | 583.2 | 1333.6 | 573.8 | 1274.2 | 578.7 | <0.0001 |
|  | Alcoholic beverages | 116.2 | 178.7 | 109.5 | 163.3 | 98.7 | 153.1 | 75.1 | 137.3 | <0.0001 |
|  | Light sodas | 0.5 | 10.1 | 0.8 | 12.5 | 1.1 | 14.7 | 1.5 | 18.4 | 0.0009 |
|  | Tea, coffee and water | 1156.7 | 573.5 | 1146.4 | 563.6 | 1108.6 | 551.3 | 1007.6 | 560.5 | <0.0001 |
|  | Vegetable milk | 10.7 | 63.4 | 15.4 | 74.1 | 19.7 | 80.3 | 33.9 | 125.4 | <0.0001 |
|  | Soft drinks | 15.7 | 49.3 | 26.9 | 65.1 | 44.6 | 95.0 | 93.3 | 162.7 | <0.0001 |
|  | Fruit and vegetable juice | 48.2 | 81.4 | 55.6 | 82.7 | 60.9 | 86.7 | 62.8 | 91.5 | <0.0001 |
| Other |  | 56.8 | 56.4 | 60.8 | 57.1 | 60.1 | 58.3 | 56.2 | 59.6 | <0.0001 |

Adjusted on sex, age, educational level, income, marital status, smoking status, BMI classification, energy intake. P values fort trend obtained with multivariable linear regression using quartiles as continuous variables.

**Supplemental Table 3. Nutrient intake according to the energy-weighted proportion of ultra-processed food in the diet in subjects from the NutriNet-Santé cohort (N=74470)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Energy-weighted proportion of Ultra-processed food in the diet | | | | | | | |  |
|  | Quartile 1 | | Quartile 2 | | Quartile 3 | | Quartile 4 | |  |
|  | <0.25 | | 0.25 - 0.35 | | 0.35 - 0.45 | | ≥0.45 | |  |
|  | Mean | SD | Mean | SD | Mean | SD | Mean | SD |  |
| PNNS-GS | 8.47 | 1.68 | 8.03 | 1.69 | 7.63 | 1.65 | 6.97 | 1.59 | <0.0001 |
| Energy intake (alcohol excluded) | 1801.98 | 472.55 | 1855.68 | 471.67 | 1865.49 | 470.33 | 1890.92 | 497.21 | <0.0001 |
| Energy from carbohydrates (%) | 42.64 | 7.87 | 42.95 | 6.98 | 43.13 | 6.75 | 43.52 | 6.55 | <0.0001 |
| Energy from lipids (%) | 38.50 | 7.36 | 39.14 | 6.56 | 39.64 | 6.32 | 40.42 | 6.11 | <0.0001 |
| Energy from protein (%) | 18.87 | 4.65 | 17.91 | 3.99 | 17.23 | 3.70 | 16.05 | 3.28 | <0.0001 |
| Alcohol intake (g/d) | 9.92 | 14.17 | 9.03 | 12.87 | 8.10 | 12.35 | 5.90 | 11.06 | <0.0001 |
| Sugar (g/d) | 88.50 | 26.60 | 91.72 | 24.80 | 94.82 | 25.34 | 98.80 | 27.63 | <0.0001 |
| Added sugar (g/d) | 28.12 | 16.55 | 35.04 | 17.18 | 40.49 | 18.67 | 49.81 | 22.99 | <0.0001 |
| Added fats (g/d) | 26.09 | 12.61 | 24.32 | 11.59 | 22.95 | 11.26 | 20.98 | 10.88 | <0.0001 |
| Added animal fat (g/d) | 9.26 | 8.14 | 8.74 | 7.54 | 7.97 | 6.92 | 6.64 | 6.29 | <0.0001 |
| Added vegetable fat (g/d) | 16.84 | 11.11 | 15.60 | 10.11 | 15.02 | 9.92 | 14.38 | 9.84 | <0.0001 |
| Saturated fats (g/d) | 31.32 | 8.47 | 33.06 | 7.86 | 33.96 | 7.70 | 35.02 | 7.56 | <0.0001 |
| Mono-unsaturated fats (g/d) | 30.65 | 8.36 | 30.46 | 7.18 | 30.73 | 6.76 | 31.29 | 6.45 | 0.76 |
| Poly-unsaturated fats (g/d) | 12.11 | 5.60 | 11.59 | 4.50 | 11.46 | 4.01 | 11.52 | 3.82 | <0.0001 |
| N-3 fatty acids (g/d) | 1.63 | 0.99 | 1.45 | 0.81 | 1.33 | 0.72 | 1.14 | 0.59 | <0.0001 |
| N-6 fatty acids (g/d) | 9.81 | 5.18 | 9.48 | 4.18 | 9.46 | 3.73 | 9.70 | 3.63 | <0.0001 |
| Cholesterol (g/d) | 320.91 | 135.17 | 321.19 | 127.84 | 317.23 | 120.66 | 300.56 | 110.95 | 0.65 |
| Fibers (g/d) | 22.46 | 7.10 | 20.62 | 6.32 | 19.23 | 6.12 | 17.07 | 5.78 | <0.0001 |
| Sodium (g/d) | 2730.15 | 731.91 | 2755.65 | 698.38 | 2738.94 | 708.13 | 2647.36 | 703.24 | <0.0001 |
| Beta-carotene (μg/d) | 4178.72 | 3241.07 | 3715.12 | 2729.72 | 3342.55 | 2532.67 | 2772.50 | 2307.85 | <0.0001 |
| Vitamin C (mg/d) | 132.22 | 79.09 | 122.34 | 70.92 | 116.78 | 91.22 | 105.87 | 75.63 | <0.0001 |
| Vitamin B9 (μg/d) | 366.15 | 118.09 | 344.64 | 107.75 | 326.79 | 103.86 | 296.74 | 100.24 | <0.0001 |
| Vitamin B12 (μg/d) | 5.94 | 6.11 | 5.54 | 5.62 | 5.09 | 4.80 | 4.46 | 3.74 | <0.0001 |
| Calcium (mg/d) | 967.10 | 275.59 | 946.21 | 259.87 | 924.27 | 255.50 | 894.40 | 258.37 | <0.0001 |
| Vitamin D (μg/d) | 3.06 | 2.73 | 2.81 | 2.27 | 2.66 | 2.08 | 2.36 | 1.89 | <0.0001 |

Adjusted on sex, age, educational level, income, marital status, smoking status, BMI classification, energy intake using the residual method. P-values for trend obtained with multivariable linear regression using quartiles as continuous variables

**Supplemental Table 4. Contribution (in %) of each food group to the energy-weighted proportion of ultra-processed food in the diet in subjects from the NutriNet-Santé cohort (N=74470)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Energy-weighted proportion of Ultra-processed food in the diet | | | | | | | |  |
|  |  | Quartile 1 | | Quartile 2 | | Quartile 3 | | Quartile 4 | |  |
|  |  | <0.25 | | 0.25 - 0.35 | | 0.35 - 0.45 | | ≥0.45 | |  |
|  |  | Mean | SD | Mean | SD | Mean | SD | Mean | SD |  |
| Fruits and vegetables | | 10.3 | 11.9 | 8.1 | 8.4 | 6.8 | 6.8 | 5.3 | 5.2 | <0.0001 |
|  | Fruits | 2.1 | 5.2 | 1.5 | 3.1 | 1.1 | 2.3 | 0.7 | 1.5 | <0.0001 |
|  | Vegetables | 8.2 | 10.9 | 6.7 | 7.8 | 5.6 | 6.3 | 4.6 | 4.9 | <0.0001 |
| Meat, fish and eggs | | 6.2 | 10.7 | 5.4 | 7.3 | 5.3 | 6.4 | 5.5 | 5.6 | <0.0001 |
|  | Meat and poultry | 5.5 | 10.4 | 4.6 | 7.1 | 4.5 | 6.2 | 4.8 | 5.4 | <0.0001 |
|  | Fish and seafood | 0.5 | 2.2 | 0.5 | 1.7 | 0.6 | 1.5 | 0.5 | 1.2 | 0.0001 |
|  | Eggs | 0.2 | 0.7 | 0.2 | 0.6 | 0.2 | 0.5 | 0.2 | 0.5 | 0.43 |
| Processed meat | | 6.0 | 11.5 | 5.8 | 9.2 | 5.2 | 7.8 | 4.2 | 6.1 | <0.0001 |
| Fats |  | 3.2 | 6.2 | 2.5 | 4.1 | 2.1 | 3.2 | 1.8 | 2.4 | <0.0001 |
| Sugary products | | 42.6 | 28.4 | 46.7 | 25.2 | 48.4 | 24.0 | 49.6 | 22.6 | <0.0001 |
|  | Dried fruit | 0.1 | 1.3 | 0.1 | 0.9 | 0.1 | 0.6 | 0.0 | 0.5 | 0.0024 |
|  | Biscuits and cakes | 13.8 | 19.6 | 17.1 | 19.0 | 18.9 | 18.9 | 20.6 | 18.5 | <0.0001 |
|  | Confectionnery, chocolate, dairy desserts and other sugary products | 28.7 | 26.0 | 29.5 | 23.1 | 29.4 | 21.6 | 28.9 | 20.3 | 0.26 |
| Salty snacks | | 3.5 | 8.7 | 3.8 | 7.7 | 4.1 | 7.4 | 4.3 | 7.2 | <0.0001 |
| Dairy products | | 3.1 | 6.9 | 3.2 | 5.1 | 3.5 | 5.0 | 3.9 | 4.8 | <0.0001 |
|  | Cheese | 1.5 | 4.9 | 1.9 | 4.2 | 2.3 | 4.4 | 3.0 | 4.5 | <0.0001 |
|  | Milk | 0.3 | 1.7 | 0.3 | 1.1 | 0.3 | 1.0 | 0.3 | 0.9 | 0.0007 |
|  | Yogurt and cottage cheese | 1.2 | 4.5 | 1.0 | 2.8 | 0.9 | 2.1 | 0.7 | 1.6 | <0.0001 |
| Starchy foods | | 12.4 | 15.3 | 14.2 | 14.5 | 15.2 | 14.1 | 15.9 | 12.8 | <0.0001 |
|  | Whole-grains | 2.2 | 7.2 | 2.0 | 5.6 | 1.8 | 5.1 | 1.5 | 4.1 | <0.0001 |
|  | Pasta, rice and bread | 4.9 | 8.7 | 5.7 | 7.7 | 6.4 | 7.4 | 7.3 | 7.0 | <0.0001 |
|  | Potatoes and tubers | 2.3 | 4.7 | 2.1 | 3.8 | 2.1 | 3.6 | 2.4 | 3.8 | <0.0001 |
|  | Breakfast cereals | 3.0 | 10.8 | 4.4 | 11.8 | 4.9 | 11.6 | 4.8 | 10.3 | <0.0001 |
| Beverages | | 4.9 | 10.1 | 4.7 | 7.9 | 5.0 | 7.8 | 5.9 | 7.9 | 0.0003 |
|  | Alcoholic beverages | 1.2 | 3.8 | 0.9 | 2.4 | 0.8 | 2.4 | 0.6 | 2.0 | <0.0001 |
|  | Light sodas | 0.0 | 0.4 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.2 | 0.18 |
|  | Tea, coffee and water | 0.8 | 4.1 | 0.5 | 2.2 | 0.4 | 2.0 | 0.3 | 1.4 | <0.0001 |
|  | Vegetable milk | 0.2 | 2.4 | 0.2 | 1.3 | 0.2 | 1.4 | 0.1 | 1.1 | <0.0001 |
|  | Soft drinks | 1.9 | 7.1 | 2.4 | 6.4 | 2.9 | 6.5 | 4.2 | 7.2 | <0.0001 |
|  | Fruit and vegetable juice | 0.7 | 4.3 | 0.7 | 3.1 | 0.7 | 2.7 | 0.7 | 2.3 | 0.0036 |
| Other |  | 7.6 | 9.4 | 5.6 | 6.4 | 4.6 | 5.3 | 3.6 | 4.6 | <0.0001 |

% are adjusted on sex, age, educational level, income, marital status, smoking status, BMI classification, energy intake, PNNSGS. P-values for trend obtained with multivariable linear regression using quartiles as continuous variables

**Supplemental Table 5. Contribution (in %) of each food group to the energy-weighted proportion of ultra-processed food in the diet in the ‘Healthy’ group of subjects from the NutriNet-Santé cohort (N=18167)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Energy-weighted proportion of Ultra-processed food in the diet | | | | | | | |  |
|  |  | Quartile 1 | | Quartile 2 | | Quartile 3 | | Quartile 4 | |  |
| n |  | 4541.00 | | 4542.00 | | 4542.00 | | 4542.00 | |  |
|  | | <0.21 | | 0.21 - 0.28 | | 0.29 - 0.37 | | ≥0.37 | |  |
|  |  | Mean | SD | Mean | SD | Mean | SD | Mean | SD |  |
| Fruits and vegetables | | 12.4 | 14.3 | 10.3 | 10.7 | 9.3 | 8.9 | 7.9 | 7.2 | 0.0000 |
|  | Fruits | 2.6 | 6.4 | 1.9 | 3.9 | 1.6 | 3.1 | 1.2 | 2.4 | 0.0000 |
|  | Vegetables | 9.8 | 13.2 | 8.4 | 9.9 | 7.8 | 8.3 | 6.7 | 6.7 | 0.0000 |
| Meat, fish and eggs | | 5.9 | 11.4 | 5.2 | 7.8 | 5.1 | 6.8 | 5.2 | 6.0 | 0.0000 |
|  | Meat and poultry | 5.3 | 11.2 | 4.5 | 7.6 | 4.3 | 6.4 | 4.4 | 5.7 | 0.0000 |
|  | Fish and seafood | 0.5 | 2.3 | 0.6 | 1.8 | 0.7 | 2.1 | 0.7 | 1.5 | 0.0000 |
|  | Eggs | 0.2 | 0.7 | 0.2 | 0.6 | 0.2 | 0.5 | 0.2 | 0.5 | 0.6338 |
| Processed meat | | 4.9 | 11.0 | 4.9 | 9.4 | 4.5 | 7.7 | 4.0 | 6.4 | 0.0541 |
| Fats |  | 4.0 | 7.8 | 3.3 | 5.0 | 2.9 | 4.1 | 2.3 | 3.2 | 0.0000 |
| Sugary products | | 39.4 | 29.7 | 43.8 | 26.7 | 44.5 | 24.8 | 44.3 | 23.3 | 0.0000 |
|  | Dried fruit | 0.1 | 1.7 | 0.1 | 1.2 | 0.1 | 0.9 | 0.1 | 0.6 | 0.4237 |
|  | Biscuits and cakes | 12.3 | 19.8 | 14.7 | 19.2 | 16.6 | 19.0 | 17.7 | 18.4 | 0.0000 |
|  | Confectionnery, dairy desserts and other sugary products | 27.0 | 26.8 | 29.0 | 24.3 | 27.8 | 22.1 | 26.5 | 20.6 | 0.6457 |
| Salty snacks | | 2.9 | 8.7 | 2.8 | 6.8 | 3.1 | 6.9 | 3.4 | 7.0 | 0.7630 |
| Dairy products | | 3.4 | 8.4 | 3.2 | 5.9 | 3.5 | 5.2 | 4.0 | 5.2 | 0.2890 |
|  | Cheese | 1.5 | 5.8 | 1.7 | 4.6 | 1.9 | 4.1 | 2.5 | 4.5 | 0.0000 |
|  | Milk | 0.3 | 2.0 | 0.3 | 1.3 | 0.3 | 1.1 | 0.3 | 1.1 | 0.0927 |
|  | Yogurt and cottage cheese | 1.5 | 5.7 | 1.3 | 3.6 | 1.3 | 3.1 | 1.2 | 2.4 | 0.0050 |
| Starchy foods | | 13.3 | 17.2 | 15.5 | 16.7 | 17.1 | 16.2 | 20.0 | 16.2 | 0.0000 |
|  | Whole-grains | 3.3 | 9.5 | 3.2 | 8.0 | 3.1 | 7.1 | 3.9 | 7.8 | 0.7183 |
|  | Pasta, rice and bread | 4.3 | 8.9 | 5.1 | 8.1 | 5.7 | 7.8 | 6.8 | 7.7 | 0.0000 |
|  | Potatoes and tubers | 2.3 | 4.9 | 2.1 | 3.7 | 2.1 | 3.6 | 2.1 | 3.5 | 0.0416 |
|  | Breakfast cereals | 3.4 | 12.2 | 5.1 | 13.6 | 6.2 | 14.0 | 7.3 | 14.2 | 0.0000 |
| Beverages | | 4.9 | 10.8 | 4.2 | 8.1 | 3.9 | 6.7 | 3.9 | 6.2 | 0.0000 |
|  | Alcoholic beverages | 1.0 | 3.6 | 0.9 | 2.8 | 0.6 | 1.7 | 0.5 | 1.6 | 0.0000 |
|  | Light sodas | 0.0 | 0.5 | 0.0 | 0.3 | 0.0 | 0.2 | 0.0 | 0.2 | 0.9570 |
|  | Tea, coffee and water | 1.4 | 6.0 | 0.9 | 3.4 | 0.7 | 2.5 | 0.7 | 2.5 | 0.0000 |
|  | Vegetable milk | 0.2 | 1.9 | 0.2 | 1.5 | 0.2 | 1.6 | 0.2 | 1.8 | 0.3862 |
|  | Soft drinks | 1.4 | 6.3 | 1.6 | 5.7 | 1.6 | 5.0 | 1.6 | 4.3 | 0.5431 |
|  | Fruit and vegetable juice | 0.9 | 5.2 | 0.7 | 3.2 | 0.7 | 3.2 | 0.9 | 3.0 | 0.0374 |
| Other |  | 8.8 | 10.6 | 6.9 | 7.8 | 6.0 | 7.1 | 5.0 | 5.9 | 0.0000 |

% are adjusted on sex, age, educational level, income, marital status, smoking status, BMI classification, energy intake, PNNSGS. P-values for trend obtained with multivariable linear regression using quartiles as continuous variables