**Supplemental Table 1:** Ultra-processed foods. ELSA-Brasil (2008-2010).

|  |  |  |
| --- | --- | --- |
|  | | **Ultra-processed foods** |
|  | *Breads*: Light bread, white/pita bread, sweet/homemade bread, whole grain/rye bread, Brazilian cheese bread  *Cakes and biscuits*: cake, stuffed cake, crackers, sweet biscuit w/ filling, sweet biscuit w/o filling  *Yogurts*: light yogurt, plain yogurt  *Cream cheese*: light cream cheese, regular cream cheese  *Margarine*  *Mayonnaise*: light mayonnaise, regular mayonnaise  Sausages and cold meats: sausage/chorizo/Vienna sausage, hamburger (beef), light cold cuts, ham/mortadella/salami  *Snacks and instant soup*: pizza, instant noodles, baked snacks, fried snacks, hot dogs, instant soup  *Sweets and treats*: chocolate powder, chocolate/bonbons/sweets, pudding/mousse, jam/jelly, gelatin, ice cream, fruit popsicles, caramel/candy  *Cereal bars*  *Soft drinks, processed juices and artificial juices*: diet soda, regular soda, processed juice w/sugar, processed juice w/ sweetener, artificial juice w/ sugar, artificial juice w/ sugar, artificial juice w/ sweetener  *Distilled beverages*: whisky, vodka, cachaça | |