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| Supplementary Table 1. Participants lost to follow-up in the LONCAAFS Study, 2014–2017. |
| Reasons for losses | 2015 | Returned in 2016 | 2016 | Returned in 2017 | 2017 | Total |
| Pregnancy | 02 | - | 04 | - | 0 | 06 |
| Absent  | 41 | 11 | 74 | 07 | 89 | 186 |
| Changed school (public) | 41 | 06 | 62 | 10 | 15 | 102 |
| Changed school (private) | 27 | 02 | 15 | 03 | 12 | 49 |
| Began studying at night  | 09 | 01 | 20 | - | 23 | 51 |
| Deceased | 01 | - | 1 | - | 0 | 02 |
| Change of address | 48 | 07 | 14 | - | 14 | 69 |
| Not found | 48 | 03 | 18 | 01 | 13 | 76 |
| Stopped studying | 07 | 02 | 07 | - | 15 | 27 |
| Refusal of the student | 12 | - | 23 | - | 24 | 59 |
| Refusal of the school | 02 | - | - | - | 0 | 02 |
| Refusal of parents | 11 | - | 13 | - | 5 | 29 |
|  |  |  |  |  |  |  |
| Total (n) | 250 | 32 | 251 | 21 | 210 | 658 |
| **Percentage of losses\*** | **17.47%** |  | **15.30%** |  | **13.21%** | **45.98%** |
| \*Percentage based on the total n of the sample in 2014 (n=1431) |

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| Supplementary Table 2. Dietary patterns of adolescents throughout the LONCAAFS study, Brazil, 2014−2017 |  |  |  |
| Groups | 2014 | 2015 | 2016 | 2017 |
| Traditional pattern | Snacks pattern  | Western pattern | Traditional pattern | Snacks pattern  | Western pattern | Traditional pattern | Snacks pattern  | Western pattern | Traditional pattern | Snacks pattern  | Western pattern |
| Basic foods | **0.73** | 0.03 | 0.01 | **0.75** | 0.04 | −0.08 | **0.75** | −0.04 | −0.08 | **0.74** | −0.03 | −0.01 |
| Beans | **0.55** | 0.16 | 0.08 | **0.60** | 0.07 | 0.08 | **0.61** | 0.11 | 0.03 | **0.60** | 0.18 | −0.14 |
| Fruit and vegetables | 0.08 | −0.08 | 0.14 | 0.02 | 0.01 | 0.11 | 0.12 | −0.01 | 0.11 | 0.06 | −0.10 | 0.08 |
| Meat | **0.71** | −0.03 | 0.09 | **0.75** | −0.06 | 0.14 | **0.75** | 0.01 | 0.13 | **0.78** | −0.02 | 0.11 |
| Cold meats | −0.24 | **0.34** | 0.24 | −0.06 | **0.50** | 0.18 | −0.21 | **0.39** | 0.01 | −0.16 | **0.35** | 0.14 |
| Butters and margarines | 0.10 | **0.54** | −0.23 | 0.08 | **0.40** | −0.20 | 0.03 | **0.61** | −0.12 | 0.04 | **0.58** | −0.08 |
| Breads, biscuits, and breakfast cereals | 0.01 | **0.83** | 0.08 | 0.03 | **0.80** | 0.02 | −0.04 | **0.78** | 0.21 | 0.01 | **0.80** | 0.05 |
| Sweets | 0.05 | −0.08 | **0.52** | 0.04 | −0.05 | **0.44** | 0.01 | −0.16 | **0.35** | 0.01 | −0.07 | **0.44** |
| Pastries and snacks | −0.28 | −0.15 | **0.41** | −0.14 | −0.15 | **0.50** | −0.25 | −0.06 | **0.56** | −0.21 | −0.20 | **0.59** |
| Sugary drinks | 0.16 | 0.07 | **0.75** | 0.15 | 0.16 | **0.78** | 0.16 | 0.01 | **0.74** | 0.15 | 0.14 | **0.75** |
| Milks and yogurts | −0.02 | 0.03 | 0.17 | −0.03 | 0.25 | 0.08 | −0.04 | −0.03 | 0.28 | −0.01 | 0.17 | 0.22 |
| Cheeses | −0.07 | **0.46** | **0.35** | −0.10 | **0.55** | **0.39** | 0.01 | 0.27 | **0.51** | −0.02 | **0.38** | **0.32** |
| Coffee and tea | 0.16 | **0.51** | **−0.30** | 0.28 | **0.43** | **−0.42** | 0.14 | **0.62** | −0.29 | 0.09 | **0.42** | **−0.37** |
| Soups | **−0.34** | −0.05 | −0.18 | **−0.34** | −0.12 | 0.05 | −0.09 | −0.12 | −0.08 | **−0.28** | 0.01 | −0.15 |

\*Explained variance: 2014= 0.35; 2015=0.35; 2016=0.35; 2017=0.36