**Supplemental material**

**Table 1.** Categorization of food and beverages into NOVA classification

|  |  |  |
| --- | --- | --- |
| 1- Unprocessed or minimally processed foods | Vegetables | Chard |
| Chicory |
| Red chili pepper / red bell pepper |
| Green chili pepper / green or yellow bell pepper |
| Artichoke |
| Celery |
| Fresh pea |
| Eggplant |
| Watercress |
| Broccoli |
| Bean sprouts |
| Onion |
| Green bean |
| Fresh corn |
| Cauliflower |
| Asparagus |
| Spinach |
| Fresh beans |
| Fennel |
| Fresh mushrooms |
| Lettuce |
| Cucumber |
| Leek |
| Radish |
| Radicheta |
| Beet |
| Brussels sprout |
| Cabbage |
| Fresh tomato |
| Carrot |
| Zucchini |
| Squash |
| Roots and tubers | Sweet potato |
| Cassava |
| Potato |
| Fruits | Pineapple |
| Banana |
| Fresh cherry (pulp and skin) |
| Raw prune |
| Fresh pulp plum |
| Fresh coconut |
| Damascus |
| Fresh peach |
| Raw dried peach with stone |
| Raw strawberry / pitanga / blackberry |
| Grenade |
| Guava |
| Kiwi / prickly pear |
| Fresh pulp lemon |
| Mamón |
| Tangerine |
| Mango |
| Apple with skin |
| Skinless apple |
| Fresh pulp melon |
| Raw fresh pulp quince |
| Orange |
| Nispero / guabirva |
| Avocado |
| Raisins |
| Pear |
| Grapefruit |
| Watermelon |
| Fresh grape |
| Cereals | Amaranth |
| White rice |
| Integral rice |
| Oats |
| Dry noodles |
| Algarrobo / Patay Flour |
| Rice flour |
| Barley flour |
| Rye flour |
| Cornmeal |
| Soybean flour |
| Wheat flour |
| Whole wheat flour |
| Whole grain corn |
| Raw Seed Quinoa / Flax Seed |
| Oat bran |
| Wheat bran |
| Semola - vitina - anchi |
| Tapioca (cassava flour) |
| Raw whole grain wheat |
| Legumes | Pea raw whole dried |
| Pea or wheat germ raw split dried seed |
| Garbanzo beans |
| Lentils |
| Beans |
| Soy beans |
| Nuts | Almond / sunflower seed |
| Hazelnut |
| Nut |
| Milk and plain yogurt | Goat milk whole |
| Cow's milk whole |
| Cow's milk whole with vitamins A and D |
| Cow's Milk Part Skim |
| Cow's Milk Part Skim with Vitamins A and D |
| Skim milk powder |
| Lactose-free milk powder with vitamins A and D |
| Whole milk powder |
| Whole milk powder fortified with iron (Maternal and infant plan and others) |
| Dehydrated fluid whole milk with vitamins A and D |
| Iron-fortified fluid whole milk |
| Part-skim milk Lactose-free fluid with vitamins A and D |
| Whole plain yogurt |
| Meat | Goat |
| Pork/ Capybara |
| Chinchulines |
| Rabbit |
| Lamb |
| Liver |
| Language |
| Sweetbread |
| Tripe |
| Duck |
| Chicken with skin |
| Chicken offal |
| Chicken without skin / Vizcacha / Jacare / Garza / Partridge / Charata (bird) / Lampalagua (snake) |
| Kidney |
| Brains |
| Udder |
| Beef, cuts with bone: empty roast minced meat common needle skirt alita dura matambre Guazuncho |
| Beef, boneless cuts: vacuum roast minced meat common needle skirt flank hard matambre Guazuncho |
| Beef, boneless cuts: loin ball buttock peceto paddle square rump |
| Fish and seafood | Squid |
| Mussel |
| Sea Fish average: White corvina, brool, hake, sole, catfish |
| River Fish average: Trout, palometa, surubí, dorado |
| Egg | Quail Egg |
| Egg white |
| Egg |
| Egg yolk |
| 2-Processed culinary ingredients | Table sugar | White sugar |
| Brown sugar |
| Animal fats | Milk cream |
| Pork fat |
| Beef fat |
| Butter |
| Plant oils | Edible oil blend |
| Canola oil |
| Sunflower oil |
| Corn oil |
| Olive oil |
| Soy oil |
| Oil Grape |
| Other processed culinary ingredient | Cornstarch |
| Honey / Arrope / Kero |
| 3- Processed foods | Breads (fresh unpackaged) | Country biscuit |
| Arabic bread |
| Creole bread / semita / tortillas / buns / Flour |
| Cornbread |
| Bread crumb |
| French bread |
| Bread crumbs |
| Cheese | Soft Cheeses: cuartirolo, double cream, Limburgues, mozzarella |
| Hard Cheeses: Goya, Parmesan, Provolone, Reggianito, Sardo, Sbrinz |
| Medium Hard Cheeses: Azul, Chubut, Fontina, Gruyère, Holland, Mar del Plata, Pategras, Machine cheese, Roquefort, Taif, Tandil |
| Ricotta |
| Ham and other salted, smoked or canned meat or fish | Anchovy in oil |
| Tuna in oil |
| Tuna in water |
| Canned mackerel |
| Chorizo |
| Cooked ham |
| Raw ham |
| Blood sausage |
| Bacon |
| Sardines in oil |
| Vegetables, fruits and other plant foods preserved in brine or syrup | Pickled pulp green olives |
| Canned pineapple |
| Canned fresh peas |
| Canned corn kernels |
| Natural packed peach pulp |
| Canned mushrooms |
| Canned palm hearts |
| Canned natural pear |
| Canned tomato |
| Other processed foods | Chipa |
| Churros |
| Sweet Batata |
| Quince sweet |
| Quince jelly |
| Fruit jam |
| Potato Gnocchi |
| Fried cake |
| Salty roasted peanuts |
| Alcoholic beverages | Beer with alcohol |
| Alcohol-free beer |
| Wine |
| 4- Ultra-processed foods | Soft drinks, carbonated | Soft drinks |
| Diet soft drinks |
| Fruit drinks/sweetened water | Juice |
| Powdered juices |
| Diet juice powder |
| Liquid concentrated soft drink / frozen juices in sachet / Achilate |
| Other non alcoholic beverages | Bitter serrano |
| Bitter serrano diet |
| Soy-based drinks |
| Light soy-based drinks |
| Breads (packaged) | Pizza mass |
| Rye bread |
| Gluten bread |
| Bran bread |
| Viena bread |
| Lactal bread |
| Lactal bread with bran |
| Unleavened black bread |
| Cakes, cookies and pies | Grease cakes / Mantecado / Jachaleras pancakes |
| Bay Biscuit type cakes / anise rolls |
| Canale type cakes |
| Pastries (Facturas) |
| Croissants |
| Stuffed sweet cookies |
| Manon type cookies |
| Wafers / Cucurucho / Cubanito without filling |
| Vanillas |
| Crackers (refined and whole) | Marinera biscuit |
| Unsalted water crackers |
| Rice crackers |
| Wholegrain crackers without salt |
| Whole grain cookies |
| Express type cookies |
| Breadsticks |
| Breakfast cereals and cereal bars | Cereal bars / nougat |
| Fortified Infant Cereal |
| Sugary cereal flakes / Tutuca / Puflito |
| Big wave |
| All bran type wheat bran |
| Doughs and pasta | Cappelettis |
| Raw fresh noodles |
| Tart dough or empanadas |
| Fresh ravioli |
| Milk based drink and yogurt | Chocolate milk |
| Cindor Chocolate Milk |
| Skim Probiotics |
| Whole probiotics |
| Low-fat yogurt |
| Drinkable skim yogurt |
| Whole drinkable flavored yogurt |
| Whole flavored yogurt |
| Milk desserts | Ready-to-eat diet flan |
| Flan ready to eat |
| Drinkable milk desserts (Danonino type) |
| Ready-to-eat milk desserts (Danonino type) |
| Ready-to-eat milk desserts (Serenito type) |
| Diet ready-to-eat milk desserts (type Ser) |
| Infant formula | Powdered starter formula |
| Fluid starter formula |
| Follow-up formula powdered milk |
| Fluid follow-up formula |
| Cheese (spreadable and melted) | Molten cheese |
| Whole spreadable cream cheese |
| Skim cheese spread |
| Spread semi-skim cheese |
| Reconstituted meat | Mortadella |
| Pate / mince |
| Headcheese |
| Salami |
| Vienna sausage |
| Barbecue sausage |
| *Dulce de leche* | Caramel sauce |
| Cocoa and milk flavorings | Cocoa powder |
| Chocolate flavoring |
| Sweets and candies | Chocolate Alfajor / Rhodesia |
| Alfajor of dulce de leche / alfajor of cornstarch |
| Filled candy |
| Hard candies |
| Diet hard candies |
| Chewy candies |
| Chocolate for cup / butter |
| Chocolate bar |
| Desserts | Powdered flan |
| Prepared dietary gelatin |
| Prepared gelatin |
| Water ice cream |
| Ice cream |
| Powder to prepare fortified peach dessert |
| Powder to prepare fortified vanilla dessert |
| Powder to prepare fortified chocolate dessert |
| Margarine | 100% vegetable margarine (in pot and in bread) |
| Spread reduced calorie margarine |
| Sauces, dressings and gravies | Ketchup |
| Mayonnaise |
| Soy mayonnaise |
| Mayonnaise reduced in calories |
| Mustard |
| Golf sauce |
| Salty snacks | Chizitos |
| Sticks |
| Chips |
| Sandwiches & hamburgers on bun | Industrialized beef burgers |
| Industrialized Chicken Burgers |
| Instant meals | Portuguese rice |
| Fortified rice a la yaya |
| Fortified spring rice |
| Noodles with sauce |
| Campero stew |
| Lents' stew |
| Creole stew |
| Fortified Manchega lentils |
| Soy Milanesa |
| Instant mashed potatoes |
| Instant and canned soups | Broths in cube |
| Diet powder bouillon |
| Instant diet cream soup |
| Instant cream soup |
| Other ultra-processed foods | Creamy canned choco |
| Diet packaged peach |
| Canned natural pear diet |

**Table 2.** Categorization of food and beverages into categories of healthy foods

|  |  |
| --- | --- |
| Fresh vegetables | Chard |
|  | Chicory |
|  | Red chili pepper / red bell pepper |
|  | Green chili pepper / green or yellow bell pepper |
|  | Artichoke |
|  | Celery |
|  | Fresh pea |
|  | Eggplant |
|  | Watercress |
|  | Broccoli |
|  | Bean sprouts |
|  | Onion |
|  | Green bean |
|  | Fresh corn |
|  | Cauliflower |
|  | Asparagus |
|  | Spinach |
|  | Fresh beans |
|  | Fennel |
|  | Fresh mushrooms |
|  | Lettuce |
|  | Cucumber |
|  | Leek |
|  | Radish |
|  | Radicheta |
|  | Beet |
|  | Brussels sprout |
|  | Cabbage |
|  | Fresh tomato |
|  | Carrot |
|  | Zucchini |
|  | Squash |
| Fresh fruits | Pineapple |
|  | Banana |
|  | Fresh cherry (pulp and skin) |
|  | Raw prune |
|  | Fresh pulp plum |
|  | Fresh coconut |
|  | Damascus |
|  | Fresh peach |
|  | Raw dried peach with stone |
|  | Raw strawberry / pitanga / blackberry |
|  | Grenade |
|  | Guava |
|  | Kiwi / prickly pear |
|  | Fresh pulp lemon |
|  | Mamón |
|  | Tangerine |
|  | Mango |
|  | Apple with skin |
|  | Skinless apple |
|  | Fresh pulp melon |
|  | Raw fresh pulp quince |
|  | Orange |
|  | Nispero / guabirva |
|  | Avocado |
|  | Pear |
|  | Grapefruit |
|  | Watermelon |
|  | Fresh grape |
|  | Acerola |
|  | Cayota o Alcayota |
| Legumes | Pea raw whole dried |
|  | Pea or wheat germ raw split dried seed |
|  | Garbanzo beans |
|  | Algarrobo / Patay Flour |
|  | Soybean flour |
|  | Lentils |
|  | Beans |
|  | Soy beans |
|  | Soy Milanesa |
|  | Canned fresh peas |
| Nuts and seeds | Almond / sunflower seed |
|  | Hazelnut |
|  | Salted Roasted Peanuts |
|  | Nut |
|  | Pistachios |
| Whole grains | Amaranth |
|  | Integral rice |
|  | Oats |
|  | Wholegrain crackers |
|  | Rye flour |
|  | Barley flour |
|  | Whole wheat flour |
|  | Whole grain corn |
|  | Rye bread |
|  | Unleavened black bread |
|  | Raw Seed Quinoa / Flax Seed |
|  | Oat bran |
|  | Wheat bran |
|  | All bran type wheat bran |
|  | Raw whole grain wheat |
|  | Wholegrain crackers without salt |