

Table S1: Classification of items of the food frequency questionnaires according to degree of processing (NOVA classification)

NOVA GROUPS
Unprocessed or minimally processed foods (Group 1) Fruit, vegetables, legumes, eggs, meats, poultry, fish and seafood, nuts, plain yogurt, milk (whole, semi-skimmed, and non-fat), natural juice, coffee and tea
Processed culinary ingredients (Group 2) Sugar, honey, jam, vegetable oils (olive, sunflower) and butter
Processed foods (Group 3) Cheeses, cured traditional ham, canned fish, breads (white and whole), olives, beer and wine
Ultra-processed foods (Group 4) Ham, processed meat (cold cuts, sausage, hamburger), pate, foie-gras, ultra-processed cheese, salty snacks, pizza, sauces and dressings, liquors, sugar sweetened beverages, low calorie sugar sweetened beverages, juice boxes, milkshakes, cookies, chocolate cookies, muffins, doughnuts, cakes or other non-handmade pastries, churros, chocolates and candies, breakfast cereals, sweetened yoghurt, sugared ‘fruit’ yoghurts, Petit Suisse, dairy desserts, ice cream and margarine

Table S2: Demographic characteristics of the DRECE cohorts

	N	N included	Age (years)	Sex (male)	BMI (kg/m²)
DRECE I 1991	4787	4679	30.56 (15.61) [5-60]	2288 (48.90%)	24.24 (5.04)
DRECE II 1996	1079	928	46.56 (14.78) [10-73]	566 (60.99%)	27.47 (4.68)
DRECE III 2004	2009	1065	45.84 (15.99) [5-73]	475 (44.60%)	27.61 (5.24)
DRECE IV 2008	5038	4835	43.73 (14.65) [15-74]	2257 (46.68%)	26.22 (4.18)
Data is shown as mean (SD), [min.-max.] or N (%)					