Table S1. Definitions and example foods for each category of the NOVA [1] and Poti et al. [2] food processing classification systems.

Classification system	Category	Definition	Examples of foods
NOVA	Unprocessed or minimally processed foods	'Fresh' or 'whole' foods derived from plants or animals without any industrial processing; foods that are processed or altered to improve their palatability and shelf-life, or facilitate their cooking and preparation, without the addition of fats, sugars or salt	Fruits and vegetables (fresh, dry or frozen); grains; legumes; nuts, meats; seafood; eggs; unflavoured milk; plain yogurt; tea, coffee, drinking water; dried mixed fruits with no added sugar; granola made from cereals, nuts and dried fruits without added sugars or oil
Poti et al.	Unprocessed/minimally processed	Foods with a single ingredient that have undergone no or minimal alterations; inherent properties of the food in its natural form remain unchanged	Fresh plain milk, coffee; tea bags or leaves; bottled plain water; plain fruits, vegetables or legumes (fresh, frozen or dried); plain nuts; eggs; whole-grain hot cereal; brown rice; cream; honey; herbs and spices
NOVA	Processed culinary ingredients	Ingredients extracted and refined from food components or derived from nature, typically not consumed in isolation but rather, are used in the preparation and cooking of foods to increase their palatability and diversity	Salt; sugar; molasses; honey; maple syrup; vegetable oils; butter (unsalted or salted); lard; corn starch and other plant starches
Poti et al.	Basic processed		
	Processed basic ingredients	Single ingredients obtained using physical or chemical processes to extract or purify a food component; inherent properties of the food are altered	Unsweetened fruit juice not from concentrate; egg whites; whole-grain flour or pasta; oil; unsalted butter; sugar; pure maple syrup; salt
	Processed for basic preservation	Foods that have been minimally processed for preservation or	Unsweetened fruit juice from concentrate; powdered milk; instant coffee; unsweetened/unflavoured canned

Classification system	Category	Definition	Examples of foods
		precooking purposes; remains as a single food, but inherent properties are altered	fruit, vegetables or legumes; nut butters without added salt or sugar; unseasoned canned meat; refined-grain pasta or flour; white and/or instant rice; plain yogurt
NOVA	Processed foods	Foods produced by adding fats, oils, sugars, salt and other culinary ingredients to increase their durability and palatability, usually through some form of preservation	Meats that have been salted, pickled or cured; canned fish; vegetables, fruits, legumes or animal products preserved in oil, syrup or brine; unpackaged freshly-made breads and cheeses
Poti et al.	Moderately processed		
	Moderately processed for flavour	Minimally or moderately processed food containing flavour additives (e.g., sugar) for improving palatability; food is still recognizable as its original source	Sweetened/flavoured juice or milk; sweetened/flavoured canned, dried, refrigerated or frozen fruit, vegetables or legumes; potato chips; frozen French fries; salted nut butter; sweetened/flavoured hot cereal or yogurt; cheese; salted butter; flavoured pasta or oil
	Moderately processed grain products	Grain products made from whole-grain flour, water, salt and/or yeast (i.e., no added sugar, fat or modified ingredients)	Whole-grain breads, tortillas, crackers or ready-to-eat cereals with no added sugar or fat
NOVA	Ultra-processed food and drink products	Products that are primarily formulations of industrial ingredients and other substances derived from foods (e.g., fats, oils, starches, sugar), and additives such as preservatives, antioxidants and stabilizers; typically contain minimal amounts of intact food, or none at all	Carbonated beverages; sweet or savoury packaged snacks; ice-cream; chocolate; confectionary; mass-produced packaged breads and buns; breakfast cereals and cereal or energy bars; sweetened yogurts; instant sauces; pre-prepared meals (e.g., pasta dishes, pizza); reconstituted meat products (e.g., breaded nuggets, hot dogs, burgers); instant soups, noodles and desserts

Classification system	Category	Definition	Examples of foods
Poti et al.	Highly processed		
	Highly processed ingredients	Mixtures of multiple ingredients that have been industrially-formulated and processed to such a degree that they are not recognizable as their original source; consumed as additions to foods (e.g., sauces, dips, toppings)	Tomato sauce, salsa, hummus, bread crumbs with refined grains or added sugar/fat; creamer, dips, margarine, artificial sweeteners; instant sauces, condiments and seasoning mixes
	Highly processed stand-alone	Mixtures of multiple ingredients that have been industrially-formulated and processed to such a degree that they are not recognizable as their original source; not usually consumed as additions to other foods (i.e., other ingredients not required)	Carbonated beverages; flavoured waters; fruit snacks; frozen vegetables in sauce; restructured potato chips; reformed French fries; sausage; hot dogs; lunch meats; breaded meats; bread products with refined grains and/or added sugar or fat; processed cheese; pre-prepared/instant meals; broth; ice cream and other pre-prepared desserts; confectionary

[1]Monteiro, C.A.; Cannon, G.; Levy, R.; Moubarac, J.-C.; Jaime, P.; Martins, A.P.; Canella, D.; Louzada, M.; Parra, D. NOVA. The star shines bright. *World Nutrition* **2016**, *7*, 28-38. [2]Poti, J.M.; Mendez, M.A.; Ng, S.W.; Popkin, B.M. Is the degree of food processing and convenience linked with the nutritional quality of foods purchased by US households? *Am J Clin Nutr* **2015**, *101*, 1251-1262, doi:10.3945/ajcn.114.100925.