

**Supplementary Table S1.** Ultra-processed Foods (UPF) List

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**FFQ foods included in UPF food list**

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All other cheese, such as American, cheddar or cream cheese, including cheese used in cooking  
Asian-style (stir-fried) noodles and rice, such as chow mein, fried rice and pad Thai  
Asian-style noodle soup  
Burritos, tacos, tostadas and quesadillas  
Buttered or regular microwave popcorn  
Canned tuna, tuna salad and tuna casserole  
Cheese sauce and cream sauce  
Chocolate, candy bars, and toffee  
Coleslaw  
Cooked standard grain cereals  
Cookies and cakes - lowfat  
Cookies and cakes - regular  
Corn tortillas  
Cornbread and corn muffins  
Cream soups such as chowders, potato and cheese  
Cream, non-dairy liquid (Coffee)  
Cream, non-dairy liquid (Milk in cooked cereal)  
Cream, non-dairy liquid (Milk on cold cereal)  
Cream, non-dairy liquid (Milk on cooked cereal)  
Cream, non-dairy liquid (Tea)  
Diet soft drinks  
Doughnuts, pies and pastries  
Enchiladas and tamales  
Flour tortillas  
French fries, fried potatoes and hash browns  
Fried chicken, including chicken nuggets and tenders  
Fried fish, fish sandwich and fried shellfish (shrimp, oysters)  
Granola bars and cereal bars such as Nutri-Grain Bars  
Greek yogurt, sweetened or with fruit, full-fat  
Greek yogurt, sweetened or with fruit, lowfat  
Greek yogurt, sweetened or with fruit, nonfat  
Highly fortified cereals  
Ice cream and milkshakes  
Jam, jelly, honey, syrup or sugar on bread, pancakes or waffles  
Japanese Noodles  
Ketchup  
Low fat cheese and low fat cream cheese, including cheese used in cooking  
Low fat sour cream (Fats on potatoes, rice, noodles and beans)  
Low fat sour cream (Fats used on vegetables)  
Low or nonfat crackers, such as saltines and SnackWell's

Low or nonfat frozen desserts such as lowfat ice cream, frozen yogurt, and sherbet  
Low or nonfat potato chips, tortilla chips, corn chips and pretzels  
Low-fat Butter (Cereals and Breads)  
Low-fat Butter (Fats on potatoes, rice, noodles and beans)  
Low-fat Butter (Fats used on vegetables)  
Lowfat cottage cheese and ricotta cheese  
Margarine, lowfat (Cereals and Breads)  
Margarine, lowfat (Fat used in cooking)  
Margarine, lowfat (Fats on potatoes, rice, noodles and beans)  
Margarine, lowfat (Fats used on vegetables)  
Margarine, stick (Cereals and Breads)  
Margarine, stick (Fat used in cooking)  
Margarine, stick (Fats on potatoes, rice, noodles and beans)  
Margarine, stick (Fats used on vegetables)  
Margarine, tub (Cereals and Breads)  
Margarine, tub (Fat used in cooking)  
Margarine, tub (Fats on potatoes, rice, noodles and beans)  
Margarine, tub (Fats used on vegetables)  
Mayonnaise, fat free or nonfat  
Mayonnaise, low or reduced fat  
Mayonnaise, regular  
Meal replacement drinks and shakes containing soy or soy protein [SOY]  
Meal replacement drinks and shakes such as Slim-Fast, Ensure and Carnation Instant Breakfast  
Meat gravies  
Miso soup  
Muffins, scones, croissants and biscuits  
Nonfat cheese and nonfat cream cheese, including cheese used in cooking  
Nonfat cottage cheese and ricotta cheese  
Nonfat sour cream (Fats on potatoes, rice, noodles and beans)  
Nonfat sour cream (Fats used on vegetables)  
Noodles and other grains (as a side dish)  
Other candy, such as Lifesavers, licorice and jelly beans  
Other fortified cereals  
Other soups such as chicken noodle  
Other soy desserts such as cheesecake  
Packaged mixed dishes with soy or tofu  
Pancakes, French toast, and waffles  
Pizza  
Plain popcorn (no butter) or lowfat microwave popcorn  
Potato, macaroni and pasta salads made with mayonnaise or oil  
Pudding, custard and flan  
Refried beans  
Regular cottage cheese and ricotta cheese

Regular crackers, such as Ritz and Wheat Thins  
Regular potato, tortilla chips, corn chips and puffs  
Regular sour cream (Fats on potatoes, rice, noodles and beans)  
Regular sour cream (Fats used on vegetables)  
Salad dressing - fat free  
Salad dressing - lowfat  
Salad dressing - regular  
Soy cheese  
Soy crackers  
Soy ice cream  
Soy sauce, tamari, teriyaki sauce, Szechwan sauce and natto  
Spaghetti and other pasta with oil, cheese or cream sauce, including macaroni and cheese  
Spaghetti, lasagna and other pasta with tomato sauce (and no meat)  
Sports bar and meal replacement bar containing soy  
Sports or meal replacement bars such as Power Bars and Cliff Bars  
Standard cold cereals  
Sweetened cold cereals  
Tofu or soy breakfast sausage or other breakfast meat  
Tofu or soy chicken or turkey  
Tofu or soy cold cuts, hot dogs or deli substitute  
Vegetable, minestrone and tomato soup  
Veggie soy or tofu burgers or ground meat substitute  
White breads, including bagels, rolls and English muffins  
Yogurt, sweetened or with fruit, full-fat  
Yogurt, sweetened or with fruit, lowfat  
Yogurt, sweetened or with fruit, nonfat

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**FFQ foods that are UPF but accounted for elsewhere in score and not included in aUPF food list**

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*Counted toward red and processed meat intake:*

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All other lunch meat such as bologna, salami and Spam  
Bacon and breakfast sausage  
Low or reduced fat hot dogs and sausage  
Lunch meats such as ham, turkey and lowfat bologna  
Regular hot dogs and sausage such as bratwurst and chorizo  
Spaghetti, lasagna and other pasta with meat sauce  
Stew, pot pie, curries and casseroles with meat or chicken

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*Counted toward sugar-sweetened beverage intake:*

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Fruit drinks fortified with Vitamin C, such as Hi-C, Fruitopia, and Kool-Aid  
Lattes  
Regular soft drinks (not diet)  
Sweet tea and bottled sweetened tea drinks

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*Counted toward alcohol intake:*

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Liquor and mixed drinks

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*Counted as high-fiber food:*

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Complete or primarily whole grain cold cereal

Cooked whole grain cereals

Lowfat whole grain crackers

Regular whole grain crackers

Spaghetti and other pasta with oil, cheese or cream sauce, including macaroni and cheese (whole wheat)

Spaghetti, lasagna and other pasta with tomato sauce (whole wheat and no meat)

Spaghetti, lasagna and other pastas with meat sauce (whole wheat)

Whole grain breads, including bagels and rolls

Whole grain breads, including bagels and rolls (100% Whole Grains)

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<sup>a</sup>UPF classification based upon NOVA standards and collaboration with investigators at NCI and AICR.