

Supplementary Materials

Table S1. PICOS acronym used in the design of the study (n = 9).

Acronym	Description
P (Population)	Adults (20 to 59 years of age) and/or older people (60 years of age or older)
I (Intervention)	High consumption of processed and ultra-processed foods based on the NOVA classification
C (Control)	Low consumption of processed and ultra-processed foods based on the NOVA classification
O (Outcome)	Arterial hypertension defined based on any diagnostic criteria
S (Study design)	Observational (cohort, case-control and cross-sectional) and intervention studies

Table S2. Methodological quality of studies selected for present review (n = 9).

Modified Newcastle Ottawa	Selection				Comparability	Outcome			Total				Classification
item	1	2	3	4	1	1	2						
Conceição et al. (2018) [19]	☆	☆	-	☆☆☆	-	-	☆		☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Smiljanec et al. (2020) [21]	-	-	-	☆☆☆	☆	-	☆		☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Fair
Martinez-Peres et al. (2021) [24]	☆	☆	☆	☆☆☆	☆	-	☆		☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Nardocci et al. (2020) [3]	☆	☆	☆	☆☆☆	☆	-	☆		☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Martínez-Steele et al (2019) [22]	☆	☆	☆	☆☆☆	☆	-	☆		☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Newcastle-Ottawa	Selection				Comparability	Outcome			Total				Classification
item	1	2	3	4	1	1	2	3					
Rezende-Alves et al. (2020) [2]	☆	☆	☆	☆	☆	-	☆	☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Monge et al. (2021) [23]	-	☆	☆	☆	☆	-	☆	☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Mendonça et al. (2017) [1]	☆	☆	☆	☆	☆	-	☆	☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good
Scaranni et al. (2021) [20]	☆	☆	☆	☆	☆	-	☆	☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	Good