

**Table S1.** Synthesis of the referred items in the 24-hour-recalls grouped according to the NOVA classification.

NOVA food groups	Referred items
<i>In natura or minimally processed foods (including culinary preparations based on these foods)</i>	avocado pumpkin zucchini açaí leafy vegetables Coconut Water cassava lettuce red plum banana potato sweet potato eggplant beet broccoli khaki onion carrot chayote coconut coriander cabbage cauliflower guava tubers Scarlet eggplant orange lychee lemon apple papaya watermelon melon corn palm heart strawberry orange juice tangerine tomato grape cucumber pear pepper cabbage fruit salad okra

	cane juice sugar olive oil butter honey White rice rice with meats rice with vegetables brown rice beans oat beef meatball shrimp pork chicken liver and other viscera omelet egg fish soy kafta nuts flour skimmed milk whole milk oatmeal flour cassava flour cake bean broth Chicken Soup spinach cream couscous farofa pasta oatmeal porridge pancake chickpea paste mashed potato risotto Chicken salad soup Sushi tapioca tea coffee
<i>Processed foods</i>	French bread and other processed breads processed cheeses canned tuna olive canned green corn

	canned fruit jam dried meat beer
<i>Ultra-processed foods</i>	sliced bread and other ultra-processed breads sweets and candies chocolate gelatin flavored yogurt condensed milk peanut candy pudding popsicle ice cream Dairy beverage Gatorade soft drinks chocolate powder juice powder ultra-processed cake stuffed sweet biscuit sweet biscuit without filling cracker cornflakes popcorn baked salted fried snacks packet snacks French fries hot dog and other sandwiches farofa ready hamburger frozen lasagna noodles Fried pastry Pizza ready soup mortadella nuggets sausage Ham Pâté Ham Turkey breast ultra-processed cheeses cream cheese ketchup, mayonnaise and other prepared sauces Margarine