

Supplementary Table 1. The NOVA food groups

Group 1. Unprocessed and minimally processed foods	
Definition	It includes the edible parts of plants, such as fruit, leaves, roots, and seeds, as well as the edible parts of animals, such as meat, eggs, and milk. It also includes mushrooms, algae, and water. In contrast, minimally processed foods have undergone simple physical processes, such as drying, grinding, freezing, pasteurization, or vacuum sealing, for the purpose of making them edible or preserving them.
Examples	Fresh, frozen, or dried fruits and leafy/root vegetables; fruit and vegetable juices without additives; grains such as rice (brown or white), corn, and wheat; legumes such as beans, lentils, and chickpeas; starchy roots such as potatoes and sweet potatoes; fresh or dried mushrooms; red meat, poultry, fish, and seafood (fresh, chilled, or frozen; whole, fillet, or other cuts); eggs; plain yogurt; fresh or pasteurized milk; tea and coffee; fresh or dried herbs and spices such as thyme, basil, mint, pepper, cloves, and cinnamon; unsweetened and unsalted nuts and seeds.
Group 2. Processed culinary ingredients	
Definition	These ingredients are obtained from nature or minimally processed foods through physical processes such as pressing, grinding, or distillation. They are generally used as food preparation aids.
Examples	Vegetable oils obtained from seeds, nuts, or fruits (especially olives); butter; sugars obtained from beets or sugarcane; honey obtained from honeycombs; maple syrup; starches obtained from corn and other plants; rock salt; sea salt; iodized or non-iodized table salt; antioxidant-containing or -free oils; products formed by combining two Group 2 items (e.g., salted butter); and enriched products (e.g., vitamin- or mineral-fortified salt).
Group 3. Processed foods	
Definition	These are products produced by adding substances from group 2, such as salt, oil, and sugar, to foods from group 1, and then processing them through canning, bottling, or non-alcoholic fermentation (e.g., cheese, bread).
Examples	Canned, bottled, or pickled vegetables and legumes; salted or sugared nuts and seeds; salted, dried, smoked, or cured meats and fish; canned fish (with or without preservatives); fruit in syrup; unadulterated, freshly made, and unpackaged breads and cheeses.
Group 4. Ultra-processed foods	
Definition	These industrially formulated products consist mainly of additives and processed ingredients and contain little to no whole foods. They are produced using techniques that cannot be replicated at home, such as extrusion, molding, and hydrogenation.

Examples	Packaged breads; processed meat products such as chicken nuggets, sausages, salami, and hamburgers; salted, pickled, smoked, or processed meat and fish; fish canned in oil; sugary breakfast cereals; energy bars; margarine; ready-made soups and noodles; frozen ready meals; snacks; biscuits and sweets; carbonated beverages; artificially sweetened yogurts; weight control products; baby foods.
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