**Supplementary Table.** Foods contained in the Food Frequency Questionnaire (FFQ) of the 2004, 1993 and 1982 Pelotas Birth Cohorts, according to the processing group by the NOVA classification(5).

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| **Food groups** | **2004 and 1993 Cohorts** | **1982 Cohort** |
| Group 1: Unprocessed or minimally processed foods | Rice; spaghetti; homemade cake; boiled potatoes; fried potato, polenta or cassava; cow milk; orange or tangerine; banana; papaya; apple or pear; watermelon; melon; pineapple; avocado; mango; strawberry; grape; peach; guava; natural juice; lettuce; tomato; collard greens; cabbage; chayote; pumpkin; natural cucumber; green beans; carrot; beet; cauliflower; pepper; onion; garlic; bean; lentil, pea or chickpeas; salted fried (quibe, pastel); coffee; tea; chestnut, walnut or almond; homemade pudding; beef; pork; chicken; fish; shrimp; viscera (gizzard, liver, heart, kidney); egg; popcorn; lasagna, gnocchi or ravioli. | Rice; spaghetti; homemade cake; boiled potatoes; fried potato, polenta or cassava; cow milk; orange or tangerine; banana; papaya; apple; watermelon or melon; pear; pineapple; avocado; mango; strawberry; grape; peach; guava; natural juice; lettuce; tomato; collard greens; cabbage; chayote; pumpkin; natural cucumber; green beans; carrot; beet; cauliflower; pepper; onion; garlic; bean; lentil, pea or chickpeas; salted fried (quibe, pastel); coffee or tea; chestnut, walnut or almond; homemade pudding; boneless meat; meat with bone; pork; boiled chicken; fried chicken; fish; shrimp; viscera (gizzard, liver, heart, kidney); egg; popcorn; cassava flour; corn on the cob. |
| Group 2: Processed culinary ingredients | Butter and sugar. | Butter and sugar. |
| Group 3: Processed foods | Beer; wine; yellow cheese; white cheese; bacon; canned fish; canned food (peas, corn); whole grain bread; white bread; jelly or fruit jam. | Beer; wine; cheese; bacon; canned fish; canned food (peas, corn); whole grain bread; white bread. |
| Group 4: Ultra-processed foods | Sweet or sandwich cookies; salty cracker; yogurt; creamy cheese; sausage; ham, mortadella or salami; margarine; mayonnaise; ice cream or popsicle; candies or lollipop; chocolate powder; chocolate bar or bonbon; soft-drinks (naturally and artificially sweetened); artificial juice (box or powder); cachaça, whiskey or vodka; bauru or hot dog; hamburger or nuggets; pizza; salty snacks; granola; breakfast cereals; cereal bar; instant noodles; soy milk. | Sweet or sandwich cookies; salty cracker; yogurt; creamy cheese; sausage; ham, mortadella or salami; dried meat; margarine; mayonnaise; ice cream or popsicle; candies or lollipop; chocolate powder; chocolate bar or bonbon; soft-drinks (naturally and artificially sweetened); artificial juice (box or powder); cachaça, whiskey or vodka; bauru; hot dog; hamburger; pizza; salty snacks. |