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| Supplement 1 Average percentage of food consumption and / or food groupsa. EVA-JF Study, Brazil, 2018-19. | |
| Food categories | **%** |
| *Vegetables and legumes* |  |
| Lettuce, chard, or cabbage | 26,0 |
| Kale, broccoli, watercress, or spinach | 11,0 |
| Pumpkin, carrot, sweet potato, or okra | 18,7 |
| Tomato, cucumber, zucchini/courgette, eggplant/aubergine, chayote, or beet | 34,8 |
| *Fruit* |  |
| Papaya, mango, or melon | 4,3 |
| Orange, banana, apple, or pineapple | 26,6 |
| *Cereals, tubers, and legumes* |  |
| Rice, pasta, polenta, couscous, or corn | 91,5 |
| Potato, manioc, or yam | 30,7 |
| Beans, lentils, peas, or chickpeas | 73,2 |
| *Meat, eggs and milk* |  |
| Beef, pork, chicken, or fish | 78,6 |
| Fried, boiled or scrambled egg | 37,9 |
| Milk | 52,6 | |
| *Oleaginous* |  | |
| Nuts or peanuts | 1,8 | |
| *Sugary drinks* |  | |
| Soft drink | 28,6 | |
| Juice box or can | 8,5 | |
| Powdered refreshment | 36,6 | |
| Chocolate drink | 30,7 | |
| Flavoured Yogurt | 4,6 | |
| *Industrialized salty crackers, sweet crackers and cookies, and treats* |  | |
| Packaged salty snack or crackerb | 31,9 | |
| Sweet cookies, filled cookies, or industrialized packaged sweets/cakesc | 43,3 | |
| Chocolate, ice cream, flan, gelatine, or other industrialized dessertd | 45,5 | |
| *Processed meat* |  | |
| Vienna sausage, other sausages, bologna, or hame | 38,4 | |
| *Industrialized breads* |  | |
| Loaf of bread, hot dogs, or hamburgersf | 24,2 | |
| *Other ultra-processed foods* |  | |
| Mayonnaise, ketchup, or mustardg | 16,5 | |
| Margarine | 30,8 | |
| Instant noodles, industrialized soup, or frozen ready dishh | 18,1 | |

areferring to the two 24h recalls applied.

bcream crackers, water crackers, salted crackers, potato sticks, or items similar to potato chips.

ccornstarch cookies, cookies filled with any flavour, sweet donuts, large cookies, shortbread cookies, industrialized packaged sweets/cakes.

dround candies, cereal bars, bubble gum, lollipops, industrialized dulce de leche, condensed milk, popsicles, peanut paste candy, industrialized peanut sweets, chocolate balls, jujube, coconut candy.

esalami, turkey breast.

findustrialized toast, mini-baguettes, sweet bread, potato bread.

grose sauce, ready salad dressings.

hnuggets, minipizza or frozen pizza, frozen potato, frozen hamburgers, frozen cheese bread.