|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Points** | **0** | **1** | **2** | **3** | **4** |
| **Fresh/minimally processed** | | | | | |
| **Beansa** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Nutsb** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Vegetablesc** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Dark green vegetablesd** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Fruit** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Red meat** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Chicken** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Fish** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Egg** | Daily | 5 to 6 days per week | 3 to 4 days per week | 1 to 2 days per week | Never or almost never |
| **Ultra-processed** | | | | | |
| **Soft drinks** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Chocolate drink and artificial yogurt** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Cookies** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Packed snack** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Instant noodle** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Frozen productse** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Processed meatf** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Sweet breadsg** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |
| **Sweetsh** | Never or almost never | 1 to 2 days per week | 3 to 4 days per week | 5 to 6 days per week | Daily |

Note: aBeans or soy, peas, lentils, chickpeas; bNuts or chestnuts, peanuts, walnuts, almonds, macadamia, among others; clettuce, tomato, carrot, chayote, eggplant, zucchini; dspinach, kale, watercress, arugula; epizza, nuggets, french fries; fhamburger, sausage, bologna, salami, ham, turkey breast; gLoaf bread, hamburger or hot dog bread or other sweet bread; hcandy, gum, ice cream, gelatin and chocolate

**Table 1 -** Score to analyze the consumption of fresh/minimally processed and ultra-processed foods, COVID INCONFIDENTES 2021.