

Supplementary Table: Foods and beverages from group 4 in the NOVA classification included in the Ultra-Processed Food Index (UPFI)

Food and beverage groups

Alcoholic beverages

Bacon

Biscuits

Cereals with added sugars

Drinks with artificial sweeteners

Fish sticks

French fries

Hamburgers

Ice creams

Lunch meats

Margarines

Meat spreads

Pastries

Pizza

Powdered soups and sauces

Sausages

Savoury snacks

Store bought condiments

Sugar added to foods/beverages

Sugary spreads

Sweets/candies

White bread
