dmj

Supplementary Fig. 2. Adjusted differences in adiposity indicators by the percentage of energy intake (%kcal) from ultra-processed foods (UPFs) (reference, 1.6%). (A) Differences in percent body fat by UPF intake. (B) Differences in percent appendicular skeletal muscle mass (ASM) by UPF intake. Multivariable linear regression models were used to estimate the adjusted differences (95% confidence intervals [CIs]) in percent body fat and percent ASM by the percentage of energy intake from UPFs after adjusting for age, sex, residential area, education level, monthly household income level, marital status, current smoking, current drinking, walking exercise, weight training, and total energy intake.