Supplementary Table 1. Nutritional characteristics by ultra-processed food intake quartiles

Characteristic	UPF intake quartiles				*P* value[c]
	Q1	Q2	Q3	Q4	
Nutrient density[a]					
Fiber, g	4.9±0.1	4.5±0.1	4.2±0.1	3.6±0.1	<0.0001
Calcium, mg	280.3±4.3	291.8±6.5	275.0±3.8	237.1±3.6	<0.0001
Phosphorous, mg	655.3±3.9	648.0±3.6	610.9±3.4	531.8±3.3	<0.0001
Iron, mg	8.7±0.2	9.0±0.2	8.2±0.1	7.0±0.2	<0.0001
Sodium, mg	2,612±44	2,685±40	2,595±32	2,539±32	0.0318
Potassium, mg	1,768±21	1,709±15	1,624±16	1,392±13	<0.0001
Vitamin A, μgRE	462.2±15.1	436.5±11.4	429.7±13.0	334.1±7.7	<0.0001
Carotene, μg	2,572±88	2,332±66	2,275±74	1,724±44	<0.0001
Vitamin B_1, mg	0.64±0.01	0.66±0.01	0.65±0.01	0.60±0.01	<0.0001
Vitamin B_2, mg	0.56±0.01	0.59±0.01	0.59±0.01	0.55±0.01	<0.0001
Niacin, mg	8.1±0.1	8.6±0.1	8.4±0.1	7.5±0.1	<0.0001
Vitamin C, mg	63.6±1.3	59.9±1.1	56.8±1.1	45.4±0.9	<0.0001
Food group intake[b]					
Grains	312.6±2.7	291.8±2.3	291.9±3.0	318.2±3.8	<0.0001
Potatoes	51.0±3.9	44.2±3.1	33.3±2.2	22.4±2.2	<0.0001
Sugars	5.0±0.2	7.9±0.3	8.9±0.4	7.6±0.4	<0.0001
Legumes	43.1±2.0	42.9±1.9	44.0±2.1	31.4±2.0	<0.0001
Nuts	4.9±0.7	7.1±1.9	4.2±0.7	1.7±0.8	0.0056
Vegetables	371.6±5.9	360.4±5.8	342.7±6.4	281.8±5.1	<0.0001
Mushrooms	4.9±0.5	3.8±0.4	4.3±0.5	2.5±0.3	0.0008
Fruits	242.2±15.2	208.8±9.4	179.7±8	107.2±6.1	<0.0001
Seaweeds	6.3±0.5	6.7±0.5	5.5±0.4	3.8±0.3	<0.0001
Meats	53.1±2.5	83.7±3.8	78.3±3.0	58.6±2.9	<0.0001
Eggs	11.2±0.7	16.1±1.0	16.8±0.8	17.6±0.9	<0.0001
Seafoods	50.5±2.1	55.3±2.1	57.1±2.3	47.8±2.2	0.0091
Dairy products	44.0±3.3	55.9±3.5	66.3±4.4	59.1±3.5	<0.0001

Values are presented as mean±standard error.
UPF, ultra-processed food; Q, quartile; μgRE, μg retinol equivalents.
[a]Nutrient density is expressed as each nutrient intake per 1,000 kcal, and values were obtained using the general linear model after adjusting for age and sex and weighted, [b]Food group intake is expressed as g/day, and values were obtained using the general linear model after adjusting for age, sex, and total energy intake and weighted, [c]*P* values for differences between quartile 1 and quartile 4 are determined using a two-sample *t*-test.