

SUPPLEMENTARY MATERIALS

Table 1. Characterization of Food Products According to Nutri-Score

Food Products	Nutriscore A	Nutriscore B	Nutriscore C	Nutriscore D	Nutriscore E
Sweet	13	45	130	317	394
Beverage	55	173	77	150	351
Milk and Dairy Products	91	176	99	58	111
Cereals	127	96	108	117	46
Fruits, Vegetables, and Pulses	99	48	109	102	39
Snacks	8	15	44	187	141
Meat, Fish, Seafood and Egg Products	61	79	13	84	51
Dish Meal	30	96	79	43	8
Milk Substitute	121	77	11	11	2
Condiments	2	23	41	89	33
Fats and Oil	0	5	13	11	15
Meat Substitute	16	3	4	9	1
Supplement	1	4	2	0	1
Total	624	840	730	1178	1193
%	14	18	16	26	26

Table 2. Characterization of Food Products According to Nova Food Classification

Food Products	Nova 1	Nova 2	Nova 3	Nova 4
Sweet	4	8	50	457
Beverage	85	0	37	324
Milk and Dairy Products	39	1	35	115
Cereals	56	2	40	168
Fruits, Vegetables, and Pulses	30	1	57	79
Snacks	3	3	29	29
Meat, Fish, Seafood and Egg Products	20	0	22	75
Dish Meal	1	0	7	135
Condiments	2	1	30	62
Fats and Oil	2	26	1	7
Meat Substitute	3	0	9	9
Supplement	0	0	0	4
Total	<i>245</i>	<i>42</i>	<i>317</i>	<i>1464</i>
%	<i>12</i>	<i>2</i>	<i>15</i>	<i>71</i>

Table 3. Characterization of Food Products According to Multi-Traffic Light System (sugar and salt)

Food Groups	Sugar						Salt					
	Low		Moderate		High		Low		Moderate		High	
	n	%	n	%	n	%	n	%	n	%	n	%
Supplement	5	63	3	38	0	0	4	50	3	38	1	13
Meat Substitute	31	94	2	6	0	0	18	55	13	39	2	6
Fats and Oil	38	90	4	10	0	0	38	88	3	7	2	5
Condiments	129	69	46	25	12	6	82	43	55	29	55	29
Milk Substitute	95	43	120	54	7	3	182	82	35	16	5	2
Dish Meal	161	63	94	37	2	1	13	5	123	48	120	47
Meat, Fish, Seafood and Egg Products	267	78	64	19	11	3	50	15	212	62	79	23
Snacks	298	76	81	21	15	4	117	30	240	61	38	10
Fruits, Vegetables, and Pulses	223	57	131	33	38	10	262	67	104	27	26	7
Cereals	278	57	174	35	39	8	134	27	153	31	206	42
Milk and Dairy Products	148	28	350	65	38	7	428	80	88	16	20	4
Beverage	168	22	263	34	346	45	271	35	17	2	493	63
Sweet	183	20	491	55	219	25	640	72	226	25	28	3

Table 4. Characterization of Food Products According to Multi-Traffic Light System (total fat and saturated fat)

Food Groups	Total Fat						Saturated Fat					
	Low		Moderate		High		Low		Moderate		High	
	n	%	n	%	n	%	n	%	n	%	n	%
Supplement	4	50	4	50	0	0	5	63	2	25	1	13
Meat Substitute	14	42	15	45	4	12	22	67	8	24	3	9
Fats and Oil	6	14	13	30	24	56	8	19	6	14	29	67
Condiments	144	77	31	17	12	6	149	84	17	10	11	6
Milk Substitute	83	37	136	61	3	1	180	81	32	14	10	5
Dish Meal	45	18	194	75	18	7	112	44	115	45	29	11
Meat, Fish, Seafood and Egg Products	154	45	172	50	20	6	201	59	118	35	22	6
Snacks	55	14	257	65	83	21	86	22	214	54	94	24
Fruits, Vegetables, and Pulses	182	46	162	41	49	12	235	61	104	27	46	12
Cereals	239	48	224	45	30	6	314	64	137	28	39	8
Milk and Dairy Products	261	49	241	45	36	7	237	44	211	40	85	16
Beverage	649	83	109	14	23	3	596	82	73	10	61	8
Sweet	200	22	483	53	220	24	295	33	270	31	318	36

Table 5. Characterization of Food Products According to dietary fiber content

Food Groups	Dietary Fiber Content							
	No Dietary Fiber		Contain/Source of Dietary Fiber		High Dietary Fiber		Low Dietary Fiber	
	n	%	n	%	n	%	n	%
Sweet	513	57	292	32	73	8	24	3
Beverage	666	82	94	12	26	3	24	3
Milk and Dairy Products	408	76	106	20	14	3	11	2
Cereals	142	29	180	36	114	23	61	12
Fruits, Vegetables, and Pulses	109	27	164	41	80	20	44	11
Snacks	131	34	190	49	43	11	22	6
Meat, Fish, Seafood and Egg Products	78	66	34	29	5	4	1	1
Dish Meal	43	17	149	58	56	22	8	3
Milk Substitute	88	39	105	47	16	7	14	6
Condiments	153	80	32	17	3	2	4	2
Fats and Oil	43	98	1	2	0	0	0	0
Meat Substitute	12	36	12	36	4	12	5	15
Supplement	5	63	1	13	0	0	2	25

Table 6. Characteristics of UPF according to Nutrients of Concern

Nutrients of Concern	Low		Medium		High	
	n	%	n	%	n	%
Total Sugar	729	40	762	42	313	17
Salt	797	44	560	31	451	25
Total Fat	678	38	880	48	249	14
Saturated Fat	858	48	567	32	360	20