

Supplementary Table II. NOVA food groups and subgroups

Unprocessed or minimally processed foods	
Unprocessed cereals and tubers	Maize grain, maize flour, maize dough, maize <i>tortilla</i> , wheat flour, soup pasta, other wheat products, rice, other rice products, oats, other cereals, beetroot, sweet potato, potato, other roots
Fresh fruits and vegetables	Sugar-apple, custard-apple and soursop; cherry, raspberry, strawberry and blackberry; strawberry; peach; <i>chicozapote</i> and <i>mamey</i> ; plum; guava; <i>jicama</i> ; lime; lemon; mandarin, nectarine and tangerine; grapefruit; other citrus; mango; <i>mamey</i> ; apple and <i>peron</i> ; cantaloupe; orange; papaya; pear; pineapple; dragonfruit and prickly pear; plantain and banana; green and <i>tabasco</i> banana; other banana; watermelon; grapes; other fruits; radish; chard, spinach and purslane; garlic; broccoli; zucchini and pumpkin; onion; <i>chayote</i> ; pea; <i>jalapeño</i> pepper; <i>poblano</i> pepper; serrano pepper; other pepper; cilantro; collard, kale and cabbage; bean; corn; <i>epazote</i> ; tomato; lettuce; cactus; cucumber; parsley and peppermint; green tomato; carrot; packaged mixed vegetables; other vegetables; maize, soy and wheat germinated; powder chili; frozen vegetables and legumes; fresh mushrooms
Legumes	Beans, chickpea, broad bean, lentils, other legumes
Meat, dairy and egg	Beef steak; skirt, steak and fillet; breaded beef; beef <i>chamorro</i> ; beef rib cutlet; beef chuck, shank, tithe, backbone, strip, patch, <i>tampiquena</i> ; cooked beef and remnant beef; special beef cuts (t-bone, roastbeef, etc.); grounded beef; pulp beef; beef from other parts; beef offal; pork steak; pork leg; pork pulp; grounded pork; pork rib or chops; pork shoulder; pork knuckle; other pork meat; pork offal; bacon; chicken leg, thigh or breast with bone; chicken leg, thigh or breast boneless; whole chicken except leg thigh or breast; chicken offal; other fowl; lamb; goat and goatling; other meats; chicken eggs red and white; other eggs; cow pasteurized milk; powdered milk whole or skim; raw milk

Fish and seafood	Whole clean or unclean fish; fish steak; eel, egg fish, stingray, <i>pejelagarto</i> , etc; abalone, oyster, octopus, etc; fresh shrimp; fresh seafood; other fish and seafood
Otros	Bulk seeds; toasted been coffee; toasted soluble coffee; raw been coffee; flower and leaves for tea; soluble tea; cinnamon; clove; aromatic herbs; pepper
Processed culinary ingredients	
Sugar	White and brown sugar; honey; other sugar and syrup
Vegetable oil	Vegetable oil; coconut, olive and soy oil; vegetable shortening; other oils
Animal fat	Cream, butter, pork lard
Salt	Salt
Processed foods and drinks	
Cereals	Fried <i>tortilla</i> ; other maize products; white bread (<i>bolillo</i>); sweet bread in pieces; cakes or cupcakes in pieces; mash potatoes flour
Vegetables and legumes	Processed vegetables; canned vegetables and legumes; tomato puree; processed bean; other processed legumes
Meat and dairy	Spiced or smoked meat; pork rinds; smoked porkchops; dried meat and <i>machaca</i> ; pork head cheese; other processed meats; evaporated milk; old or <i>cotija</i> cheese; <i>Chihuahua</i> cheese; fresh cheese; manchego cheese; <i>Oaxaca</i> or <i>asadero</i> cheese; curd cheese; other cheeses; other dairy products
Fish and seafood	Canned tuna; processed salmon and cod; sardine; smoked or dried fish, nugget, sardine; dried: cod, chara, shrimp, etc.; processed seafood: smoked, canned, flour, dried shrimp

Prepared food	<i>Carnitas</i> and pork rinds; roasted chicken; <i>barbacoa</i> and <i>birria</i> ; other prepared food: <i>atole</i> , <i>flautas</i> , stew, hot-dog, sandwiches, soup, <i>tacos</i> , <i>tamales</i> , <i>tortas</i> , <i>sopes</i> , <i>menudo</i> , <i>pozole</i> , <i>arroz con leche</i> , etc.
Sugar and desserts	Condensed milk; syrup and canned fruits; crystallized fruits, spicy and dried fruits; other fruits: sweetened, spicy, etc.; other typical sweets: <i>chilacayote</i> , <i>cocada</i> , <i>alegrías</i> , etc.
Processed seeds	Packaged seeds, processed seeds
Alcoholic beverages	Beer; mead, <i>pulque</i> and <i>tlachique</i> ; white, pink or red wine
Ultra-processed foods and drinks	
Cereals	Cornstarch; wheat <i>tortillas</i> ; sweet cookies; crackers; packaged sweet bread; sandwich, hamburger, hot-dog or toasted bread; packaged cakes or cupcakes; other wheat products; flakes; snacks: fries, popcorn, Cheetos, Doritos; instant soup; fried potato packaged or in bulk; rice, oat, banana, apple, and mixed cereals for baby
Fats	Margarine, mayonnaise, <i>mole</i>
Sweets and dessert	Jelly and jam; chocolate bar; chocolate powder; other chocolate: cocoa, chocolate syrup, etc.; custard, gelatin and powder pudding; <i>cajeta</i> , caramel, <i>jamoncillos</i> ; <i>ates</i> and peanut butter; ice cream and popsicles; other sweet: candy, lilibops, etc.; ketchup
Meat and dairy	Beef patties; sausages with any seasoning or color and <i>longaniza</i> ; ham; mortadella, salami, bologna, and pork head cheese; chicken sausage, ham, nugget, mortadella, etc.; modified or infant milk; other milk; American cheese; fermented beverages; yogurt

Prepared food	Sauce (sweet and spicy); other dressing, spices and sauce; baby porridge; other baby food; prepared pizza; chicken broth and tomato concentrates
Sweetened beverages	Prepared water and natural juices; fruit and vegetable juice for babies; mineral water with or without flavour; packaged juices and nectars; concentrates and powder to prepare beverages; soda; energy drinks; fermented maize beverages, ice, natural syrup, <i>sangrita</i> , <i>tepache</i> and <i>tuba</i> .
Alcoholic beverages	Cognac and brandy; anise; sherry; liqueur or fruit cream; schnapps, cane alcohol, <i>charanda</i> and <i>mezcal</i> ; old, white or lemon rumn; <i>rompope</i> ; old, blue or white <i>tequila</i> ; vodka; whiskey; prepared alcoholic beverage; other alcoholic beverage