

Supplementary Table IV. Contribution of NOVA groups and subgroups to sodium, potassium, fiber and iron supply in Mexican households from 1984 to 2018

	Sodium (average of percentage)					Potassium (average of percentage)				
	84	94	04	14	18	84	94	04	14	18
UMPF	30.9	33.0	27.9 ^{a,b}	23.6 ^{a,b,c}	23.5 ^{a,b,c}	79.1	79.4	78.3 ^b	75.7 ^{a,b,c}	75.1 ^{a,b,c,d}
Cereals and tubers	1.9	1.5	1.2 ^{a,b}	1.0 ^{a,b,c}	1.0 ^{a,b,c}	25.8	23.5 ^a	24.1 ^a	25.0 ^{b,c}	25.0 ^{b,c}
Fruits and vegetables	2.9	2.3	2.1	2.1	2.1	14.3	15.8 ^a	16.9 ^{a,b}	18.0 ^{a,b,c}	18.3 ^{a,b,c}
Legumes	2.8	1.9 ^a	1.3 ^{a,b}	1.1 ^{a,b,c}	0.9 ^{a,b,c,d}	15.4	13.2 ^a	11.6 ^{a,b}	10.7 ^{a,b,c}	9.3 ^{a,b,c,d}
Meat, dairy and egg	23.2	27.2 ^a	22.9 ^b	19.0 ^{a,b,c}	19.1 ^{a,b,c}	23.5	26.8 ^a	25.2 ^{a,b}	21.3 ^{a,b,c}	21.8 ^{a,b,c}
Ingredients	12.2	9.5 ^a	6.1 ^{a,b}	4.6 ^{a,b,c}	4.3 ^{a,b,c}	0.2	0.2	0.2	0.2	0.2
Salt	11.8	9.1 ^a	5.7 ^{a,b}	4.3 ^{a,b,c}	4.0 ^{a,b,c}	0.0	0.0	0.0	0.0	0.0
PFD	42.4	35.4 ^a	38.9 ^{a,b}	42.4 ^{b,c}	43.5 ^{b,c,d}	3.5	4.0	4.6 ^{a,b}	5.9 ^{a,b,c}	7.6 ^{a,b,c,d}
Cereals	34.5	23.7 ^a	25.5 ^{a,b}	26.5 ^{a,b}	26.1 ^{a,b}	1.6	1.1 ^a	1.3 ^a	1.5 ^b	1.6 ^{b,c}
Meat and dairy	5.1	7.0 ^a	7.8 ^a	9.2 ^{a,b,c}	9.2 ^{a,b,c}	0.6	0.5	0.3 ^{a,b}	0.4	0.4
UPFD	11.5	19.6 ^a	24.4 ^{a,b}	26.7 ^{a,b,c}	26.2 ^{a,b,c}	1.8	3.2 ^a	5.9 ^{a,b}	8.2 ^{a,b,c}	8.6 ^{a,b,c}
Cereals	3.3	5.8 ^a	8.5 ^{a,b}	9.9 ^{a,b,c}	10.3 ^{a,b,c}	0.3	0.5	1.1 ^{a,b}	1.3 ^{a,b,c}	1.5 ^{a,b,c}
Meat	3.7	7.9 ^a	9.4 ^{a,b}	8.8 ^{a,b}	7.8 ^{a,c,d}	0.5	1.0 ^a	2.5 ^{a,b}	2.8 ^{a,b,c}	2.9 ^{a,b,c}
	Fiber (average of percentage)					Iron (average of percentage)				
UMP	78.0	79.1	76.2 ^{a,b}	76.5 ^{a,b}	75.5 ^{a,b,c,d}	73.5	74.9	71.7 ^{a,b}	70.5 ^{a,b,c}	70.1 ^{a,b,c}
Cereals and tubers	37.6	36.5	35.7 ^a	34.9 ^{a,b}	35.4 ^{a,b}	38.3	36.8	35.8 ^a	37.0 ^c	36.6 ^a
Fruits and vegetables	28.2	31.8 ^a	31.0 ^a	33.1 ^{a,b,c}	32.7 ^{a,c}	8.1	9.3	9.8 ^a	10.0 ^{a,b}	9.8 ^a
Legumes	12.3	10.7 ^a	9.5 ^{a,b}	8.5 ^{a,b,c}	7.4 ^{a,b,c,d}	11.4	9.9 ^a	8.7 ^{a,b}	8.2 ^{a,b,c}	7.0 ^{a,b,c,d}
Meat, dairy and egg	0.00	0.00	0.00	0.00	0.00	15.5	18.6 ^a	17.0 ^{a,b}	15.0 ^{b,c}	16.2 ^{b,c,d}

Ingredients	0.00	0.00	0.00	0.00	0.00	1.3	1.1	0.8 ^{a,b}	0.6 ^{a,b,c}	0.6 ^{a,b,c}
PFD	7.1	5.9 ^a	7.1 ^b	6.4 ^c	8.0 ^{a,c,d}	10.6	8.3 ^a	10.0 ^b	11.2 ^{b,c}	12.4 ^{a,b,c,d}
Cereals	6.6	4.7 ^a	5.9 ^b	4.2 ^{a,b,c}	4.5 ^{a,b,c}	8.8	5.8 ^a	6.5 ^{a,b}	6.4 ^{a,b}	6.3 ^{a,b}
UPFD	2.6	4.4 ^a	7.5 ^{a,b}	9.3 ^{a,b,c}	10.0 ^{a,b,c,d}	3.3	5.8 ^a	9.4 ^{a,b}	10.4 ^{a,b,c}	10.8 ^{a,b,c}
Cereals	2.3	3.6 ^a	6.0 ^{a,b}	6.7 ^{a,b,c}	7.0 ^{a,b,c}	1.5	2.8 ^a	5.7 ^{a,b}	6.0 ^{a,b}	6.1 ^{a,b,c}

M: mean; UMP: unprocessed or minimally processed; PCI: processed culinary ingredients; PFD: processed foods and drinks; UPFD: ultra-processed foods and drinks; SS: sugar-sweetened. Percent contribution of each nutrient to total daily household food supply by adult equivalent. Weighted estimates are reported. Superscripts mean that there was a significant difference ($p < 0.050$) using Bonferroni's adjustment for multiple comparisons: ^aSignificant difference from 1984; ^bSignificant difference from 1994; ^cSignificant difference from 2004; and ^dSignificant difference from 2014.