

1 **Supplementary materials**

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3 **Table 1.** Nutritional information of the products included in the comparison task of three labels within three categories.

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Category	Product	Portion	Calories (kcal/portion)	Carbohydrates (g/portion)	Sugars (g/portion)	Fat (g/portion)	Saturated fat (g/ portion)	Sodium (mg/portion)
Cookies	1**	25.5 g (2 cookies)	116	17	5.4	4.3	0.5	41
	2	30 g (3 cookies)	138	20	7.8	4.3	0.4	84
	3	30 g (3 cookies)	118	17	7.4	4.6	0.5	79
Juice	1	200 ml (1 cup)	86	21	21	0	0	9
	2**	200 ml (1 cup)	82	19	19*	0	0	0
	3	200 ml (1 cup)	98	24	24	0	0	18
Yogurt	1**	200 g (1 cup)	112	20	12.4	1.2	0.8	80
	2	200 g (1 cup)	158	26	18.4	3.1	1.9	72
	3	200 ml (1 cup)	194	29	21.4	5.4	3.5	110

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6 Notes: The content of the nutrients highlighted in bold was categorized as excessive according to the Uruguayan legislation.¹⁴ * Indicates that the product did
7 not contain the nutrient added during the manufacturing process and therefore the excessive content of the nutrient was not considered. ** Highlights the
8 product regarded as most healthful within the set.

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10 **Table 2.** Nutritional information of the products included in the task involving the evaluation of the nutritional composition of labels of seven
11 categories.

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Category	Portion	Calories (kcal/portion)	Carbohydrates (g/portion)	Sugars (g/portion)	Fat (g/portion)	Saturated fat (g/ portion)	Sodium (mg/portion)
Canned green peas	130 g (1 tea cup)	127	19	-	0.8	-	741
Cookies	30 g (3 cookies)	118	17	7.4	4.6	0.5	79
Crackers	29 g (6 crackers)	123	19	1	3.9	0.3	239
Cream cheese	30 g (3 soup spoons)	39	2.3	-	2.1	1.4	44
Dairy dessert	100 g (1 container)	88	15	10	1.4	0.8	110
Granola	40 g (1/2 cup)	139	31	12	0.6	0.1	99
Soup	9 g (1 packet)	30	6.3	1.9	-	-	446

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14 Notes: The content of the nutrients highlighted in bold was categorized as excessive according to the Uruguayan legislation.¹⁴