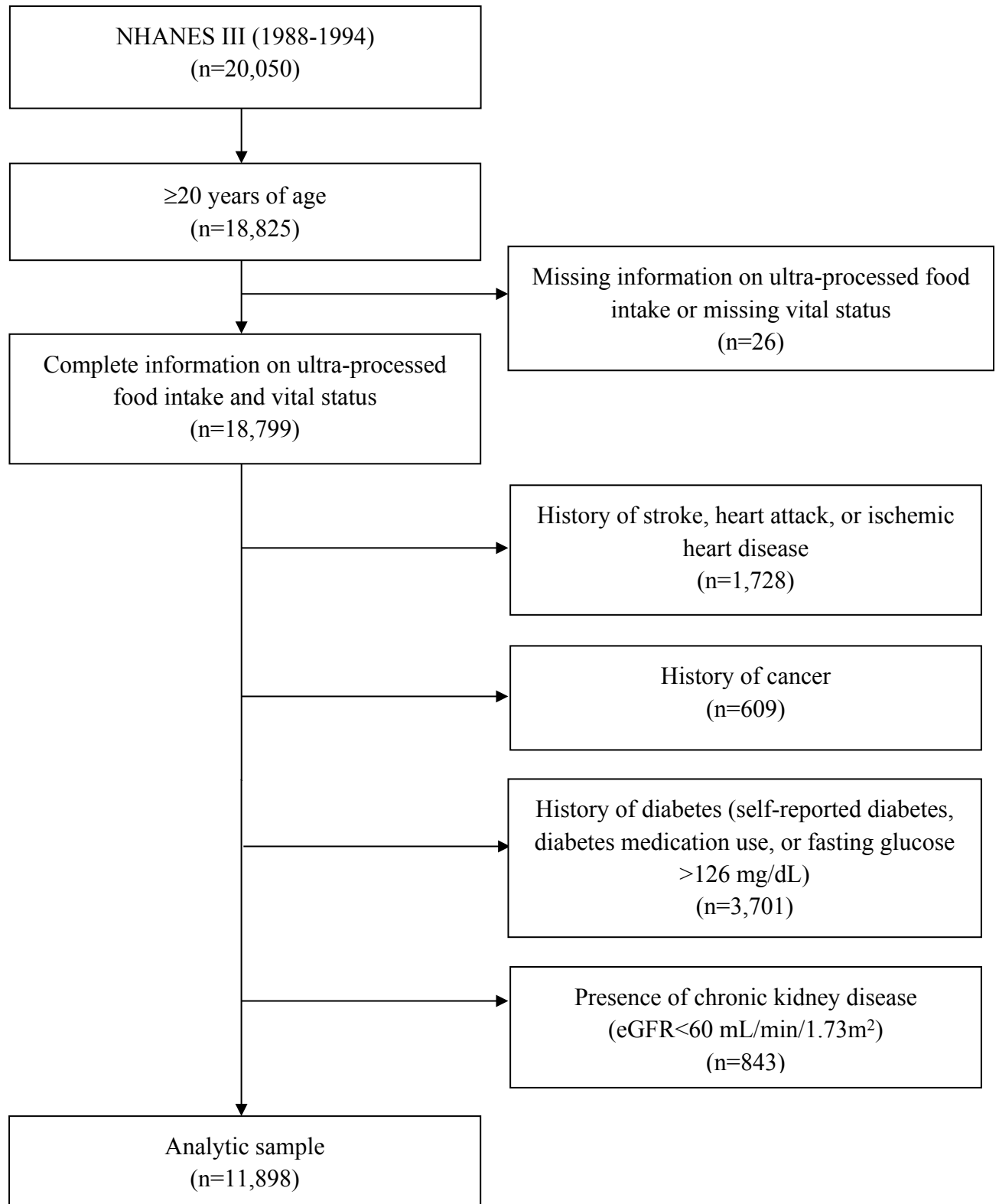


Supplemental Figure 1. Participant flow chart, The Third National and Nutrition Examination Survey (NHANES III)



Supplementary data

Supplemental Table 1. Classification of food items on food frequency questionnaire representing levels of processing

NOVA Food Category	Food Items
Minimally processed foods	Milk (whole, 2%, 1%, skim), yogurt, beef, shrimp, clams, fish, chicken and turkey, liver and other organ meats, eggs, fruits, vegetables, lentils, dried beans, chickpeas, peanuts, peanut butter, rice, coffee, tea
Processed culinary ingredients	Butter, oil, vinegar
Processed foods	Cheese (all types), pork and ham, stew or soup with vegetables, breads (white, dark, and corn) and rolls, flour tortillas, tofu and other soy products, beer, wine
Ultra-processed foods	Chocolate milk, ice cream, ice milk, milkshakes, bacon, sausage, processed meats, sweetened cereals, spaghetti/pasta with tomato sauce, cheese dishes, pizza, calzone, lasagna, salted snacks, cakes, cookies, brownies, fruit juices, sugar-sweetened and artificially sweetened beverages (Hi-C, Tang, Koolaid, diet colas, diet sodas, regular colas and sodas), hard liquor, margarine