**S1 Fig. Forty-five food items of the food frequency questionnaire categorized according to nutritional characteristics (The 1993 Pelotas Birth Cohort, Brazil).**

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| **Food items** |  |
| 1  | Rice | 24  | Pork meat |
| 2  | Black beans  | 25  | Pizza  |
| 3  | Coffee | 26  | Fish and shrimp |
| 4  | Sugar | 27  | Processed meats (canned tuna/sardine, salt-cured meat, bacon) |
| 5  | Vegetables spices (garlic, onion, sweet pepper) | 28  | Ham, mortadella and sausage |
| 6  | Homemade bread  | 29  | Roast and fried chicken  |
| 7  | Artificial fruit juice  | 30  | Viscera (heart, liver) |
| 8  | Vegetables and legumes (cabbage, lettuce, chayote, cucumber, green beans, beetroot, cauliflower, lentil, pea, chickpea) | 31  | Fruits (papaya, pineapple, avocado, mango, peach, guava, pear, apple, watermelon or melon, strawberry, grape) |
| 9  | Quibe  | 32  | Red meat (steak and t-bone beef)  |
| 10  | Orange vegetables (carrot, pumpkin) | 33  | Dairy products (milk, yogurt, cheese, soft cheese) |
| 11  | Orange or tangerine | 34  | Chocolate powder |
| 12  | Banana  | 35  | White bread  |
| 13  | Fresh juice  | 36  | Mayonnaise  |
| 14  | Tomato | 37  | Egg |
| 15  | Snacks (chips and salty crackers)  | 38  | Pasta, fried polenta and corn |
| 16  | Sweet cookies  | 39  | Fat (butter and margarine)  |
| 17  | French fries | 40  | Regular sodas  |
| 18  | Popcorn | 41  | Light sodas |
| 19  | Sweets (pudding/desserts, chocolate bar)  | 42 | “Mate drink” |
| 20  | Cakes | 43  | Potato and cassava |
| 21  | Ice cream  | 44  | Canned vegetables |
| 22  | Candies/caramels | 45  | Whole bread  |
| 23  | Fast foods (hamburger, hot dog) |  |  |