

Web Table I Intake of Ultra-processed Foods in Adolescents From Low- and Middle-income Families

Food Items	Middle-Income group (n=475)		Low-Income group (n=555)		P value
	Frequent consumers, n (%)	Intake, g or mL	Frequent consumers n (%)	Intake, g or mL	
<i>Preserves and accompaniment*</i>					
Jam/Marmalade	190 (40)	*20.7 (10-33.3)	212 (38)	*20.4 (12-33.3)	0.88
Sauce/chutney	114 (24)	8.6 (2.4)	90 (16)	7.2 (3.3)	<0.01
<i>Confectioneries</i>					
Candies	67 (14)	*4.6 (1.3-4.6)	54 (10)	*4.2 (1.3-8)	0.02
Chocolate	18 (4)	16.7 (9.2)	12 (2)	15.5 (3.9)	0.68
<i>Bakery products</i>					
Biscuit	314 (66)	32.7 (13.4)	305 (55)	28.3 (15.1)	<0.01
Cake/pastries	40 (8)	23.5 (2.3)	0	0	-
Breads	252 (53)	56.2 (14.1)	216 (39)	55.1 (16.7)	0.54
<i>Beverage concentrate</i>					
Syrup/sherbet	185 (39)	49.9 (25.5)	164 (30)	45.3 (20.7)	0.07
Squash	49 (10)	75 (0)	0	-	-
<i>RTS beverages</i>					
Carbonated beverage	229 (48)	224.8 (85.9)	207 (37)	175.9 (51.8)	<0.01
Non-carbonated fruit beverage	66 (14)	193.9 (61.4)	48 (9)	127.7 (54.3)	<0.01
Fruit juice	17 (4)	169.8 (83.3)	0	0	-
Milk based beverage	5 (1)	60 (0)	0	0	-
<i>Miscellaneous food items</i>					
Breakfast cereals	77 (16)	42.1 (20.1)	28 (5)	30.9 (2.9)	<0.01
Sweetmeats	40 (8)	36.5 (12.1)	8 (1)	25.6 (8.3)	<0.01
Ice cream	59 (12)	37.5 (16.2)	109 (20)	16.7 (5.7)	<0.01
Savories (chips/namkeens)	35 (7)	18.7 (5)	30 (5)	17.5 (6)	0.43
Noodles/pasta	15 (3)	30.8 (12.9)	20 (4)	22.2 (11.5)	0.01

Intake in mean (SD) except *median (IQR); Intake of solid and semi-solid foods in grams (g) and beverage concentrates and RTS beverages in milliliters (mL); RTS: Ready to serve beverages; frozen vegetarian snacks and packaged meat products were consumed by 5 children each in only in middle income group and the median (IQR) intake was 10 (9,10) and 7 (6,7).