

Supplemental Table 2 Percental contribution (%) of UPFs to weight of total food and beverage intake, and total energy and nutrient intake in 16–24-year-olds participating in the VeggiSkills-Sweden study using an **experimental approach** during UPF classification.

	All participants (n=235)	Vegan (n=60)	Lacto-ovo- vegetarian (n=59)	Pescatarian (n=55)	Omnivore (n=61)	p-value*
	Median (IQR)	Median (IQR)	Median (IQR)	Median (IQR)	Median (IQR)	
Weight of food and beverages	27.9 (19.4; 36.8)	30.0 (20.5; 42.6)	26.0 (19.7; 37.1)	27.9 (21.4; 33.0)	26.1 (18.8; 37.3)	0.379
Energy	49.1 (41.5; 58)	52.2 (45.3; 62.9)	47.1 (39.4; 58.6)	47.0 (40.5; 54.7)	48.3 (38.9; 55.8)	0.055
Protein	43.7 (33.8; 57.2)	55.9 (41.7; 63.1) ^a	44.9 (37.1; 57.2) ^{ab}	39.8 (32.6; 45.4) ^b	36.4 (27.7; 46.9) ^c	<0.001
Fat	50.4 (41.0; 61.4)	59.8 (49.6; 67.5) ^a	50.5 (39.4; 60.4) ^b	46.5 (38.6; 56.0) ^b	48.6 (36.8; 56.5) ^b	<0.001
SFA	52.4 (39.4; 70.4)	74.8 (61.6; 82.5) ^a	48.9 (36.2; 63.3) ^b	43.0 (35.7; 56.6) ^b	44.8 (38.3; 58.2) ^b	<0.001
MUFA	50.5 (39.1; 60.6)	53.4 (43.3; 64.0)	51.4 (37.7; 59.3)	49.4 (37.5; 57.8)	49.6 (36.2; 63.1)	0.239
PUFA	54.7 (40.9; 63.8)	57.8 (45.5; 66.3)	55.2 (43.5; 67.1)	50.1 (36.9; 61.1)	52.7 (39.4; 63.8)	0.169
n-3 fatty acids [†]	50.7 (35.9; 68.0)	61.0 (45.7; 75.8) ^a	56.7 (38.7; 65.3)	42.5 (29.6; 61.1) ^b	47.5 (32.1; 66.3) ^b	0.002
Carbohydrates	51.5 (41.1; 60.7)	50.7 (40.1; 57.9)	52.1 (41.5; 61.4)	49.5 (42.7; 60.7)	52.9 (40.3; 61.8)	0.885
Dietary fiber	42.1 (31.3; 54.9)	42.5 (34.8; 53.1)	42.6 (31.8; 58.9)	41.3 (27.9; 55.8)	41.7 (29.3; 52.2)	0.698
Whole grain [‡]	34.4 (13.9; 68.1)	40.0 (17.6; 78.7)	34.2 (16.5; 67.9)	31.7 (9.4; 62.0)	32.7 (11.4; 59.3)	0.345
Free sugars [§]	92.2 (76.2; 97.9)	91.5 (77.2; 97.0)	91.3 (74.3; 98.6)	94.3 (78.8; 98.0)	92.3 (74.7; 97.1)	0.902
Salt	53.4 (41.0; 62.0)	58.4 (47.6; 70.3) ^a	55.5 (41.6; 60.2)	46.4 (36.9; 56.6) ^b	53.8 (37.7; 65.3)	<0.001
Vitamin A	25.8 (17.1; 43.1)	34.8 (18.5; 51.8)	25.8 (14.3; 38.6)	22.6 (16.7; 34.2)	25.5 (18.3; 45.3)	0.156
Vitamin D	57.5 (30.4; 91.8)	98.1 (90.4; 100) ^a	63.2 (36.1; 88.0) ^b	35.5 (15.5; 63.3) ^c	44.5 (20.7; 55.9) ^{cd}	<0.001
Vitamin E	53.2 (38.6; 64.4)	60.0 (47.2; 67.4) ^a	54.7 (37.5; 65.4)	47.1 (34.6; 58.9) ^b	47.3 (35.4; 63.7) ^b	0.004
Vitamin K	18.5 (8.6; 30.3)	15.9 (8.1; 28.4)	19.0 (9.2; 30.3)	21.1 (7.6; 32.8)	19.9 (8.6; 31.8)	0.754
Thiamine	47.7 (34.2; 59.8)	53.1 (40.6; 60.1) ^a	50.2 (34.8; 62.7)	45.3 (33.3; 59.9)	40.6 (29.3; 52.9) ^b	0.008
Riboflavin	52.8 (39.5; 66.1)	65.4 (55.8; 75.4) ^a	50.3 (38.9; 64.8) ^b	48.2 (36.1; 56.0) ^b	45.7 (30.8; 56.8) ^b	<0.001
Vitamin C	17.2 (9.0; 32.2)	18.6 (12.3; 36.5)	14.8 (7.2; 25.2)	16.2 (8.8; 38.3)	21.7 (9.2; 42.3)	0.182
Niacin	39.0 (28.1; 50.1)	42.8 (33.9; 55.5) ^a	39.1 (27.2; 49.3)	34.3 (28.8; 47.2)	34.5 (24.5; 46.1) ^b	0.022
Vitamin B ₆	38.1 (28.0; 51.1)	41.2 (30.4; 53.1)	38.2 (27.9; 52.1)	37.6 (28.5; 53.4)	35.0 (24.7; 48.2)	0.375
Vitamin B ₁₂	53.9 (27.4; 87.9)	100 (96.5; 100) ^a	51.8 (31.0; 70.5) ^b	28.0 (16.8; 54.3) ^c	35.7 (24.8; 54.3) ^{bc}	<0.001
Folate	37.5 (27.7; 49.0)	41.0 (29.7; 49.7)	36.9 (28.4; 53.6)	36.5 (26.7; 48.3)	35.0 (25.4; 47.7)	0.216

Iodine	24.4 (14.2; 38.6)	32.3 (19.0; 46.4) ^a	24.4 (14.0; 37.6)	19.9 (13.3; 26.4) ^b	24.4 (13.2; 39.9)	0.002
Phosphorus	40.3 (32.8; 53.6)	49.2 (38.4; 60.9) ^a	45.7 (32.8; 55.7)	37.1 (31.9; 44.7) ^b	35.4 (28.8; 46.0) ^b	<0.001
Iron	46.3 (35.6; 58.6)	48.0 (34.2; 59.3)	46.9 (34.1; 60.5)	43.7 (37.1; 55.7)	45.6 (36.9; 58.3)	0.717
Calcium	41.9 (30.6; 54.8)	54.6 (42.8; 66.0) ^a	41.9 (30.7; 54.5) ^b	34.2 (26.2; 50.5) ^b	38.2 (22.6; 48.9) ^b	<0.001
Potassium	38.0 (28.5; 47.2)	40.8 (31.3; 49.2)	38.4 (27.8; 51.2)	34.9 (30.0; 43.5)	37.8 (26.0; 44.6)	0.514
Magnesium	38.3 (29.6; 48.6)	40.5 (30.1; 49.5)	39.4 (30.5; 53.3)	37.9 (29.6; 48.2)	37.8 (27.4; 45.8)	0.555
Sodium	52.8 (40.5; 61.0)	56.6 (46.3; 68.2) ^a	53.6 (41.0; 60.1)	45.0 (36.9; 56.1)	52.6 (37.3; 64.8) ^b	0.001
Selenium	32.2 (22.3; 48.2)	40.1 (29.4; 52.7) ^a	36.5 (25.8; 52.5) ^{ab}	25.6 (18.4; 34.0) ^c	30.3 (20.0; 46.1) ^{bc}	<0.001
Zinc	38.4 (30.3; 49.1)	45.8 (33.7; 52.7) ^a	42.5 (30.3; 47.8)	35.1 (29.9; 48.2)	35.4 (26.2; 46.0) ^b	0.010

UPF Ultra-processed food

Significant p-values (p<0.05) are in bold.

*Differences between the dietary groups were tested using Kruskal Wallis test with Bonferroni post-hoc test to adjust for multiple comparisons. Superscript letters indicate significant differences between groups. Groups sharing the same letter are not significantly different from each other, groups with different letters differ significantly. No superscript letters = no significant differences between any groups.

†The sum of alfa-linolenic acid, linoleic acid, eicosapentaenoic acid, docohexaenoic acid, and docosapentaenoic acid

‡Missing data due to no total intake of whole grain (total n=5, vegan n=2, lacto-ovo-vegetarian n=2, pescetarian n=1)

§Missing data due to no total intake of free sugars (omnivore n=1)

||One participant (vegan) removed from analyses due to incorrect inclusion of vitamin B₁₂ supplement in the dataset.