





<b>Ultraprocessed foods</b>	Foods with a very long list of industrial ingredients (for example, more than 3 ingredients), with little or no amount of fresh/staple foods:  Pre-cooked pizzas, pre-cooked dishes, sauces and meat or vegetable extracts, instant soups, ..	1 portion of pizza, 1 croquette or other similar precooked, 1 plate of creams and soups, 1 teaspoon of sauce	
<b>Water</b>	Water, sugar-free infusions, broth	1 glass or bottle	
<b>Alcoholic beverages</b>	Wine, cava, beer, spirits, anise, whiskey, vodka, gin, cognac	1 glass, 1 jug, 1 cup	