

Supplementary Table S1. Energy, nutrients and salt content of retrieved breakfast cereals, stratified based on the presence of whole grain ingredients and the NOVA group.

	NOVA	Energy (kJ/100 g)	Energy (kcal/100 g)	Total Fat (g/100 g)	Sfa (g/100 g)	Carbohydrates (g/100 g)	Sugar (g/100 g)	Fibre (g/100 g)	Protein (g/100 g)	Salt (g/100 g)
RG	NOVA 1	1555 (1523-1601)b	369 (360-378)b	3.1 (2.0-7.0)a	0.6 (0.4-1.2)b	64.3 (59.0-74.0)b	0.9 (0.5-1.4)c	8.4 (3.7-10.0)a	11.8 (9.2-13.0)a	0.0 (0.0-0.0)b
	NOVA 3	1593 (1570-1620)b	375 (371-382)b	1.0 (1.0-1.6)b	0.3 (0.2-0.8)b	81.0 (81.0-83.4)a	8.3 (6.1-22.0)b	3.2 (2.8-4.0)b	8.0 (7.0-8.5)b	0.8 (0.3-1.9)a
	NOVA 4	1664 (1609-1851)a	393 (380-441)a	5.1 (2.5-15.0)a	1.6 (0.6-4.2)a	71.0 (62.0-81.0)b	22.0 (10.0-27.0)a	4.9 (3.2-7.7)b	8.0 (6.9-9.9)b	0.5 (0.1-1.0)a
PWG	NOVA 1	1317 (1291-1429)b	315 (309-340)b	4.5 (3.8-5.0)a	0.8 (0.7-0.8)a	41.5 (37.0-53.5)b	2.3 (1.5-2.7)b	28.0 (17.6-30.0)a	14.5 (13.0-15.0)a	0.0 (0.0-0.0)b
	NOVA 3	1648 (1580-1829)a	390 (376-436)a	7.3 (2.5-16.0)a	1.0 (0.6-5.5)a	60.0 (58.6-75.0)ab	18.0 (15.0-20.4)a	8.5 (5.7-9.6)ab	8.7 (8.0-10.0)b	0.3 (0.2-0.8)a
	NOVA 4	1685 (1596-1834)a	399 (377-442)a	6.2 (2.8-15.8)a	1.8 (0.6-3.9)a	68.0 (61.0-76.0)a	19.0 (15.0-24.8)a	6.4 (5.2-8.0)b	8.5 (7.9-10.8)b	0.5 (0.3-0.8)a
WG	NOVA 1	1549 (1516-1592)a	368 (359-376)a	7.0 (3.6-7.7)a	1.2 (0.6-1.3)a	59.0 (56.0-66.0)a	1.3 (1.0-2.0)b	10.0 (7.1-14.4)a	13.0 (12.0-14.1)a	0.0 (0.0-0.0)b
	NOVA 3	1551 (1522-1584)a	370 (361-375)a	3.4 (2.2-6.2)a	0.8 (0.5-1.2)a	65.0 (61.0-70.0)a	16.0 (9.9-18.9)a	8.2 (7.0-14.0)a	11.5 (11.0-13.0)a	0.3 (0.0-0.8)a
	NOVA 4	1603 (1431-1704)a	379 (341-405)a	4.6 (2.9-10.7)a	0.9 (0.7-2.3)a	59.2 (40.1-70.0)a	15.0 (10.0-21.5)a	8.2 (5.5-14.9)a	11.8 (8.7-14.5)a	0.2 (0.1-1.0)a

Legend: For each group, different letters in the same column after parenthesis indicate significant differences among types (Kruskal–Wallis test for independent samples with multiple pairwise comparisons, $p < 0.05$). RG: refined grain; PWG: partially produced with wholegrain; WG: wholegrain; SFA, saturates.

Supplementary Table S2. Energy, nutrients and salt content of retrieved breakfast cereals, stratified based on tertiles of sugar, fibre and salt content and the NOVA group.

	NOVA	Energy (kJ/100 g)	Energy (kcal/100 g)	Total Fat (g/100 g)	Sfa (g/100 g)	Carbohydrates (g/100 g)	Sugar (g/100 g)	Fibre (g/100 g)	Protein (g/100 g)	Salt (g/100 g)	
SUGAR	Tertile 1	NOVA 1	1549 (1514-1592)b	366 (358-377)b	4.3 (2.5-7.0)a	0.8 (0.5-1.3)a	61.3 (57.4-70.5)b	1.1 (0.7-1.5)b	9.4 (6.5-11.3)a	12.6 (11.0-14.0)a	0.0 (0.0-0.0)b
		NOVA 3	1574 (1570-1597)a	371 (370-377)a	1.0 (1.0-1.2)b	0.3 (0.2-0.3)b	81.0 (81.0-82.0)a	6.5 (6.0-6.6)a	3.3 (3.0-4.0)b	7.9 (7.3-8.0)b	1.0 (0.4-2.0)a
		NOVA 4	1605 (1536-1658)a	379 (364-392)a	2.6 (1.5-9.1)b	0.6 (0.4-1.7)a	71.0 (58.5-81.0)a	7.3 (5.7-8.8)a	6.6 (4.0-10.5)a	10.0 (8.0-12.0)a,b	0.8 (0.1-1.4)a
	Tertile 2	NOVA 1	1611 (1531-1691)a	383 (364-402)a	9.7 (7.3-12.0)a	1.9 (1.0-2.8)a	59.5 (58.0-61.0)a	11.5 (11.0-12.0)a	7.7 (4.3-11.0)a	11.0 (11.0-11.0)a	0.0 (0.0-0.0)a
		NOVA 3	1589 (1526-1792)a	377 (362-426)a	5.8 (2.1-12.7)a	1.0 (0.5-4.3)a	62.0 (58.6-75.0)a	17.0 (12.0-18.2)a	8.5 (6.0-10.1)a	10.0 (8.0-11.0)a	0.3 (0.0-0.8)a
		NOVA 4	1662 (1573-1839)a	393 (371-441)a	6.1 (2.1-16.4)a	1.5 (0.6-4.0)a	64.0 (57.1-76.0)a	17.0 (14.4-19.0)a	6.9 (5.3-8.5)a	9.4 (8.1-12.0)a	0.5 (0.2-0.8)a
	Tertile 3	NOVA 1	1623 (1467-1779)a	386 (348-423)a	9.0 (5.9-12.0)a	1.9 (1.7-2.1)a	62.5 (59.0-66.0)a	25.0 (24.0-26.0)a	9.0 (6.9-11.0)a	9.5 (9.3-9.6)a	0.0 (0.0-0.0)a
		NOVA 3	1614 (1570-1756)a	381 (375-418)a	5.3 (1.5-15.0)a	0.8 (0.5-5.3)a	65.0 (60.0-85.0)a	24.0 (22.0-26.5)a	5.0 (2.6-7.5)a	8.5 (6.0-9.6)a	0.2 (0.2-0.5)a
		NOVA 4	1698 (1637-1889)a	402 (386-449)a	7.0 (3.5-15.3)a	2.3 (1.0-4.5)a	72.0 (63.0-79.0)a	26.0 (24.1-29.7)a	5.4 (3.9-6.7)a	8.0 (7.0-8.6)a	0.5 (0.2-0.8)a
FIBRE	Tertile 1	NOVA 1	1611 (1592-1618)a,b	380 (376-381)a,b	1.1 (1.1-4.0)a,b	0.4 (0.4-0.5)a,b	82.5 (74.0-85.0)a,b	0.5 (0.2-1.1)c	2.2 (0.5-3.7)b	7.2 (7.1-9.2)a	0.0 (0.0-0.0)b
		NOVA 3	1591 (1574-1605)b	375 (371-378)b	1.0 (0.9-1.2)b	0.3 (0.2-0.4)a	82.0 (81.0-84.0)a	6.6 (6.0-22.0)b	3.0 (2.6-3.3)b	7.3 (7.0-8.0)a	1.0 (0.5-2.0)a
		NOVA 4	1633 (1602-1705)a	385 (378-403)a	2.6 (1.8-5.6)a	0.7 (0.4-2.3)a	79.0 (72.0-82.0)b	22.0 (11.0-27.0)a	3.8 (3.0-4.3)a	7.3 (6.4-9.0)a	0.9 (0.5-1.1)a
	Tertile 2	NOVA 1	1578 (1528-1601)b	374 (361-378)b	3.1 (2.6-5.6)b	0.6 (0.5-1.1)b	67.5 (64.5-70.5)a	1.8 (1.2-2.4)b	7.0 (6.9-7.1)a	14.0 (11.5-14.5)a	0.0 (0.0-0.0)b
		NOVA 3	1632 (1565-1792)a,b	385 (373-426)a,b	7.6 (2.3-15.0)a	1.0 (0.6-5.3)a,b	63.8 (60.5-73.0)a	16.1 (10.1-23.7)a	6.9 (6.0-7.5)a	10.3 (8.2-11.0)a,b	0.2 (0.0-0.8)a
		NOVA 4	1754 (1641-1890)a	418 (386-450)a	12.5 (4.1-17.0)a	2.8 (1.0-4.5)a	66.0 (61.0-75.9)a	22.0 (18.0-26.0)a	6.3 (5.6-6.8)a	8.5 (8.0-9.4)b	0.4 (0.1-0.7)a
	Tertile 3	NOVA 1	1528 (1478-1554)b	363 (348-369)b	7.0 (3.1-7.0)a	1.2 (0.8-1.3)b	59.0 (57.0-61.0)a	1.1 (0.7-1.9)b	10.1 (9.5-13.0)a	13.0 (11.8-14.0)a	0.0 (0.0-0.0)b
		NOVA 3	1538 (1515-1812)a,b	364 (360-432)a,b	5.7 (2.4-16)a	1.0 (0.6-5.2)a,b	60.4 (58.0-65.0)a	17.5 (11.0-18.9)a	9.8 (8.9-14.0)a	10.0 (9.6-12.0)b	0.2 (0.0-0.8)a
		NOVA 4	1646 (1490-1794)a	391 (353-428)a	7.8 (3.8-15.5)a	1.7 (0.7-3.8)a	60.7 (51.0-65.0)a	16.0 (10.0-19.0)a	9.4 (8.4-14.0)a	11.0 (9.0-13.0)b	0.4 (0.1-0.7)a
SALT	Tertile 1	NOVA 1	1545 (1514-1601)b	367 (358-378)b	5.0 (2.6-7.0)b	0.9 (0.5-1.3)b	60.7 (57.4-69.0)a	1.1 (0.7-2.0)b	9.5 (6.9-11.3)a	12.0 (11.0-14.0)a	0.0 (0.0-0.0)b
		NOVA 3	1565 (1515-1673)b	372 (360-396)b	6.4 (5.6-8.9)a,b	1.1 (0.9-2.8)a,b	60.7 (58.6-64.0)a	20.0 (11.0-24.0)a	7.5 (6.9-9.6)a,b	10.1 (9.6-12.3)a,b	0.0 (0.0-0.0)b
		NOVA 4	1709 (1636-1884)a	407 (389-450)a	12.5 (5.0-18)a	2.5 (1.4-4.5)a	62.5 (58.0-72.0)a	18.4 (13.1-26.0)a	7.0 (6.0-8.4)b	9.9 (8.5-11.0)b	0.1 (0.0-0.1)a
	Tertile 2	NOVA 1	1522 (1478-1566)a	367 (349-372)a	4.8 (2.6-7.0)a	0.8 (0.2-1.3)a	61.6 (59.1-64.0)a	1.1 (1.0-1.1)b	9.3 (8.4-10.2)a	13.2 (13.0-13.3)a	0.2 (0.2-0.2)a,b
		NOVA 3	1614 (1570-1820)a	381 (372-434)a	2.2 (1.4-16.0)a	0.6 (0.3-5.3)a	66.0 (59.0-81.0)a	17.0 (6.5-22.0)a	7.6 (4.0-8.9)a	8.7 (7.2-10.0)b	0.3 (0.2-0.4)b
		NOVA 4	1758 (1625-1882)a	419 (385-449)a	13.0 (3.8-17.0)a	2.5 (1.0-4.5)a	64.1 (61.0-76.0)a	22.0 (16.3-26.0)a	6.2 (5.1-8.0)a	8.2 (7.0-8.9)b	0.4 (0.3-0.5)a
	Tertile 3	NOVA 1	1555 (1554-1555)a	366 (366-366)a	4.1 (1.0-7.1)a	0.8 (0.2-1.4)a	72.0 63.0-81.0)b	0.7 (0.5-0.8)b	3.5 (2.0-5.0)a	10.0 (7.3-12.6)a	1.8 (1.0-2.5)a
		NOVA 3	1589 (1570-1604)a	375 (370-378)a	1.2 (1.0-2.1)b	0.3 (0.2-0.5)b	81.0 (75.0-83.0)a	8.5 (6.1-16.1)a	3.3 (3.0-6.0)a	8.0 (7.3-8.5)a	1.0 (0.9-2.0)a
		NOVA 4	1613 (1566-1665)a	380 (370-393)a	2.8 (1.8-5.8)b	0.7 (0.4-2.1)a	75.0 (69.0-81.0)b	18.0 (10.9-25.0)a,b	4.8 (3.5-6.9)a	8.3 (7.3-11)a	1.0 (0.8-1.3)a

Legend: For each group, different letters in the same column after parenthesis indicate significant differences among types (Kruskal–Wallis test for independent samples with multiple pairwise comparisons, $p < 0.05$). SFA, saturates.