

Supplementary table 1. Mean consumption of ultra-processed foods (UPF) and fresh or minimally processed foods (FMPF) at 22-23 years old and 30 years old according to predominant and total breastfeeding duration in the 1982 Pelotas Cohort. Pelotas - RS, Brazil.

22-23 years old						30 years old				
	n (%)	Mean (SD) UPF Consumption (%kcal)	P - value ^a	Mean (SD) of FMPF Consumption (%kcal)	P - value ^a		Mean (SD) UPF Consumption (%kcal)	P - value ^a	Mean (SD) of FMPF Consumption (%kcal)	P - value ^a
PBF up to 4 months		21.1 (11.1)	0.018	58.7 (13.1)	0.100		25.1 (10.8)	0.687	59.1 (12.0)	0.869
No	3520 (87.4)	21.4 (11.2)		58.4 (13.1)		2986 (87.6)	25.2 (10.9)		59.1 (12.0)	
Yes	507 (12.6)	20.2 (10.6)		59.4 (13.3)		424 (12.4)	24.9 (10.6)		59.0 (11.8)	
PBF up to 6 months			0.020		0.068			0.347		0.543
No	3932 (97.6)	21.3 (11.1)		58.4 (13.1)		3332 (97.7)	25.2 (10.8)		59.1 (12.0)	
Yes	95 (2.4)	18.6 (11.0)		60.9 (14.1)		78 (2.3)	24.0 (11.7)		58.3 (12.0)	
Total BF			0.001		0.026			0.014		0.073
< 12 months	3372 (83.7)	21.5 (11.2)		58.3 (13.0)		2850 (83.6)	25.3 (10.8)		58.9 (11.9)	
≥ 12 months	655 (16.3)	19.9 (10.3)		59.6 (13.5)		560 (16.4)	24.1 (10.8)		60.0 (12.0)	

^a Student’s t-test ; PBF: predominant breastfeeding; BF: breastfeeding

Supplementary table 2. Mean consumption of ultra-processed foods (UPF) and fresh or minimally processed foods (FMPF) at 18 years old and at 22 years old according to predominant and total breastfeeding duration in the 1993 Pelotas Cohort. Pelotas - RS, Brazil.

18 years old						22 years old				
	n (%)	Mean (SD) UPF Consumption (%kcal)	P - value ^a	Mean (SD) of FMPF Consumption (%kcal)	P - value ^a		Mean (SD) UPF Consumption (%kcal)	P - value ^a	Mean (SD) of FMPF Consumption (%kcal)	P - value ^a
PBF up to 4 months		29.7 (11.8)	0.699	56.8 (12.5)	0.399		30.1 (12.5)	0.008	55.5 (12.8)	0.014
No	1013 (86.9)	29.8 (11.9)		56.9 (12.5)		901 (86.5)	30.5 (12.3)		55.1 (12.8)	
Yes	152 (13.1)	29.4 (11.5)		56.0 (11.9)		141 (13.5)	27.6 (13.0)		57.9 (112.9)	
PBF up to 6 months			0.377		0.715			0.719		0.844
No	1157 (99.3)	29.8 (11.8)		56.8 (12.4)		1035 (99.3)	30.1 (12.5)		55.5 (12.8)	
Yes	8 (0.7)	26.1 (13.0)		55.1 (15.9)		7 (0.7)	31.8 (12.0)		54.5 (11.8)	
Total BF			0.800		0.543			0.650		0.798
< 12 months	922 (79.4)	30.0 (12.0)		56.3 (12.2)		820 (79.0)	29.8 (12.1)		55.7 (11.4)	
≥ 12 months	239 (20.6)	29.8 (11.8)		56.8 (12.4)		218 (21.0)	30.3 (12.5)		55.4 (13.2)	

^a Student’s t-test; PBF: predominant breastfeeding; BF: breastfeeding

Supplementary table 3. Mean and standard deviation (SD) of ultra-processed foods (UPF) and fresh or minimally processed foods (FMPF) consumption at 11 years old according to duration of exclusive and total breastfeeding in the 2004 Pelotas Cohort. Pelotas - RS, Brazil.

11 years old					
	N (%)	Mean (SD) UPF Consumption (%kcal)	P - value ^a	Mean (SD) FMPF Consumption (%kcal)	P - value ^a
EBF up to 4 months		33.6 (11.8)	0.002	52.3 (11.4)	0.018
No	2319 (69.5)	34.0 (11.8)		52.0 (11.5)	
Yes	1019 (30.5)	32.7 (11.7)		53.0 (11.2)	
EBF up to 6 months			0.027		0.042
No	2953 (88.5)	33.8 (11.9)		52.1 (11.4)	
Yes	385 (11.5)	32.4 (11.5)		53.4 (10.9)	
Total BF			0.080		0.135
< 12 months	1931 (57.9)	33.9 (11.7)		52.0 (11.4)	
≥ 12 months	1407 (42.1)	33.2 (11.9)		52.6 (11.3)	

^a Student’s t-test; EBF: exclusive breastfeeding; BF: breastfeeding.

Supplementary table 4. Mean consumption of ultra-processed foods (UPF) and fresh or minimally processed foods (FMPF) at 13-36 months old according to the duration of exclusive and total breastfeeding in the BRISA cohort of São Luís (2010). São Luís - MA, Brazil.

	N (%)	13-36 months			
		Mean (SD) UPF Consumption (%kcal)	P - value ^a	Mean (SD) FMPF Consumption (%kcal)	P - value ^a
EBF up to 4 months		24.6 (11.8)	0.046	73.9 (11.9)	0.078
No	397 (63.5)	25.5 (11.7)		73.2 (11.7)	
Yes	690 (36.5)	24.0 (11.8)		74.5 (11.8)	
EBF up to 6 months			0.036		0.051
No	640 (58.9)	25.2 (11.6)		73.5 (11.5)	
Yes	447 (41.1)	23.7 (11.9)		74.9 (12.2)	
Total BF			0.724		0.407
< 12 months	324 (29.6)	24.7 (11.6)		73.7 (11.9)	
≥ 12 months	769 (70.4)	24.4 (11.8)		74.3 (11.8)	

^a Student’s t-test; EBF: exclusive breastfeeding; BF: breastfeeding.