

## Supplementary Material

**Table S1** Evolution of healthy food consumption markers according to sociodemographic variables. *Brazilian National Health Survey, 2013 and 2019.*

Variables	Beans *				Fruits *				Fish **			
	2013		2019		2013		2019		2013		2019	
	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI	%	95%CI
Sex												
Male	76.8	75.8-77.7	74.9	74.2-75.7	39.2	38.3-40.0	39.2	38.3-40.0	55.4	54.2-56.5	46.8	45.9-47.7
Female	67.7	66.8-68.6	62.5	61.7-63.3	50.3	49.4-51.1	50.3	49.4-51.1	54.0	52.9-55.0	46.4	45.7-47.2
Age (in years)												
18-39	72.5	68.8-76.0	66.8	66.0-67.7	35.9	34.9-36.8	35.9	34.9-36.8	54.7	50.4-58.9	42.3	41.4-43.3
40-59	77.0	72.0-81.4	69.0	68.1-70.0	47.7	46.7-48.7	47.7	46.7-48.7	54.0	48.0-59.8	49.7	48.7-50.7
> 60	71.9	71.2-72.6	70.1	69.1-71.1	59.2	58.1-60.3	59.2	58.1-60.3	54.6	53.7-55.5	50.0	48.9-51.1
Income quintiles (BRL)												
≤ 418	74.0	72.4-75.5	73.4	72.3-74.4	29.1	27.9-30.4	29.1	27.9-30.4	57.0	54.9-59.1	47.0	45.6-48.4
419-750	77.1	76.0-78.9	74.9	73.8-77.0	38.1	37.0-39.3	38.1	37.0-39.3	52.2	50.3-54.1	45.3	44.0-46.6
751-1,100	76.7	75.5-77.8	73.4	72.3-74.4	44.7	43.5-45.9	44.7	43.5-45.9	50.5	48.9-52.2	42.8	41.5-44.1
1,001-2,000	74.8	73.7-76.0	67.9	66.7-69.2	50.0	48.6-51.3	50.0	48.6-51.3	50.8	49.2-52.3	43.9	42.6-45.3
> 2,000	61.1	59.5-62.6	51.8	50.3-53.4	61.3	60.0-62.5	61.3	60.0-62.5	61.9	60.5-63.3	54.9	53.4-56.3
Race/Skin color												
White	67.8	66.7-69.0	63.8	62.8-64.7	50.4	49.4-51.4	50.4	49.4-51.4	52.9	51.7-54.1	44.1	43.1-45.1
Black	77.1	75.3-78.8	72.8	71.4-74.2	40.0	38.3-41.7	40.0	38.3-41.7	54.6	52.0-57.1	47.0	45.3-48.7
Asian	55.5	47.6-63.1	55.6	48.8-62.2	51.9	44.0-58.7	51.9	44.0-58.7	68.7	61.9-74.7	52.6	45.5-59.6
Mixed-race	75.9	75.1-76.7	72.0	71.2-72.7	41.0	40.1-41.8	41.0	40.1-41.8	56.1	55.0-57.3	48.8	47.9-49.7
Indigenous	71.8	64.3-78.3	67.2	59.7-73.9	44.8	36.1-53.8	44.8	36.1-53.8	69.4	61.2-76.4	51.7	43.4-60.0
Place of residence												
Urban	71.3	70.5-72.0	66.9	66.3-67.6	46.6	45.9-47.3	46.6	45.9-47.3	55.2	54.3-56.2	46.6	45.9-47.3
Rural	76.4	74.8-77.9	76.9	75.8-77.9	35.1	34.1-36.5	35.1	34.1-36.5	50.8	48.4-53.1	46.7	45.2-48.2
Macro-regions												
North	48.9	46.7-51.1	48.1	46.6-49.6	37.3	35.9-38.7	37.3	35.9-38.7	76.8	74.9-78.5	74.1	72.6-75.6
Northeast	73.7	72.8-74.7	71.8	71.0-72.6	43.0	42.1-43.9	43.0	42.1-43.9	63.5	62.1-64.9	56.3	55.2-57.3
Southeast	77.6	76.3-78.8	73.1	71.9-74.2	46.8	45.6-48.0	46.8	45.6-48.0	51.1	49.5-52.7	40.8	39.7-42.0
South	59.6	57.6-61.5	55.4	53.8-57.0	49.5	48.1-50.8	49.5	48.1-50.8	42.9	40.5-45.3	34.3	32.9-35.8
Central-West	80.2	79.0-81.4	75.2	73.9-76.4	41.9	40.4-43.4	41.9	40.4-43.4	44.8	43.0-46.7	40.9	39.2-42.7
Schooling level												
No Elementary School or incomplete	77.4	76.4-78.3	76.4	75.7-77.2	41.3	40.4-42.2	41.3	40.4-42.2	51.6	50.3-53.0	46.1	45.1-47.1
Elementary School												
Complete Elementary School or incomplete	75.2	73.8-76.7	72.6	71.3-74.0	40.2	38.8-41.7	40.2	38.8-41.7	52.0	50.1-53.8	43.6	42.1-45.2
High School												
Complete High School or incomplete Higher	70.6	69.5-71.7	66.9	65.9-67.8	43.7	42.6-44.7	43.7	42.6-44.7	55.2	53.8-56.5	44.3	43.3-45.3
Education												
Complete Higher Education	55.0	52.8-57.1	49.8	48.3-51.4	60.9	59.4-62.3	60.9	59.4-62.3	65.6	63.7-67.5	55.4	53.9-56.9
Brazil	72.0	71.3-72.7	68.3	67.7-68.9	45.1	44.4-45.7	45.1	44.4-45.7	54.6	53.7-55.5	46.6	46.0-47.2
<b>Variable</b>	<b>Vegetables *</b>				<b>Red meat ***</b>							
	2013		2019		2013		2019					
	%	95%CI	%	95%CI	%	95%CI	%	95%CI				
Sex												
Male	49.0	47.9-50.0	50.7	49.8-51.6	42.9	41.9-44.0	51.6	50.7-52.5				
Female	59.2	58.2-60.1	59.1	58.3-59.9	54.9	54.0-55.9	64.6	63.6-65.3				
Age (in years)												
18-39	46.0	41.0-51.2	47.8	46.8-48.8	47.1	41.5-52.8	54.0	53.0-54.9				
40-59	46.5	41.6-51.5	59.1	58.2-60.1	52.5	44.7-60.3	60.8	59.8-61.8				
> 60	54.6	53.9-55.4	63.4	62.4-64.4	49.3	48.5-50.0	63.4	62.3-64.4				
Income quintiles (BRL)												
≤ 418	35.4	33.7-37.2	37.9	36.6-39.2	60.0	58.2-61.8	67.9	66.5-69.2				
419-750	44.8	43.1-46.5	47.8	46.5-49.1	51.4	49.7-53.1	61.1	59.8-62.4				
751-1,100	51.3	49.8-52.8	55.7	54.4-57.0	49.2	47.6-50.7	58.2	56.8-59.6				
1,001-2,000	58.0	56.6-59.4	61.7	60.4-62.9	45.4	44.0-46.9	53.7	52.4-54.9				
> 2,000	68.5	67.1-69.8	70.1	68.8-71.4	46.5	45.0-47.9	53.1	51.8-54.3				
Race/Skin color												
White	61.4	60.3-62.5	61.6	60.6-62.6	47.3	46.2-48.4	55.3	54.3-56.3				
Black	49.4	46.9-51.8	50.2	48.5-51.8	52.4	50.0-54.7	60.3	58.6-62.0				
Asian	69.4	63.1-75.2	63.6	56.9-69.8	51.5	44.3-58.7	66.7	60.8-72.2				
Mixed-race	47.2	46.2-48.2	49.9	49.0-50.8	50.7	49.6-51.9	60.7	59.9-61.6				
Indigenous	48.2	40.0-56.6	54.8	46.5-62.8	61.9	53.5-69.6	65.4	55.7-74.0				
Place of residence												
Urban	56.7	55.8-57.5	57.0	56.3-57.7	49.2	48.4-50.0	58.4	57.7-59.1				
Rural	40.0	38.4-41.7	43.9	42.6-45.2	49.8	48.0-51.7	58.2	56.7-59.7				
Macro-regions												
North	33.7	31.9-35.5	41.4	40.0-42.9	53.9	52.1-55.7	64.5	63.2-65.8				
Northeast	39.8	38.7-41.0	42.3	41.4-43.3	57.6	56.2-59.1	67.2	66.1-68.2				
Southeast	61.6	60.2-62.9	62.1	60.8-63.3	49.6	48.3-50.9	59.2	58.0-60.4				
South	65.0	63.3-66.7	63.0	61.6-64.3	40.5	38.6-42.3	48.2	46.9-49.4				
Central-West	63.0	61.4-64.6	59.3	57.7-61.0	30.7	29.3-32.1	36.7	35.3-38.2				
Schooling level												

No elementary school or incomplete elementary school	48.5	47.4-49.6	50.9	49.8-51.9	52.1	50.9-53.3	62.5	61.5-63.5
Complete elementary school or incomplete high school	51.1	49.3-52.9	50.7	49.1-52.3	48.1	46.3-49.9	56.6	55.1-58.1
Complete high school or incomplete higher education	57.1	55.8-58.4	54.8	53.8-55.8	46.9	45.7-48.1	56.5	55.4-57.5
Complete higher education	69.2	67.4-71.0	69.5	67.9-70.9	48.4	46.2-50.5	55.4	53.9-56.9
Brazil	54.4	53.6-55.1	55.2	54.5-55.8	49.3	48.5-50.1	58.4	57.8-59.0

95%CI: 95% confidence interval.  
 \* Consumption at least 5 days/week;  
 \*\* Consumption at least 1 day/week;  
 \*\*\* Consumption no more than 3 days/week.

**Table S2** Evolution of unhealthy food consumption markers according to sociodemographic variables. *Brazilian National Health Survey, 2013 and 2019.*

Variables	Sweetened beverages *				Salt intake perceived as excessive **			
	2013		2019		2013		2019	
	%	95%CI	%	95%CI	%	95%CI	%	95%CI
Sex								
Male	26.7	25.7-27.7	23.4	22.6-24.1	83.8	83.1-84.6	14.5	13.8-15.2
Female	20.4	19.6-21.2	18.3	17.6-18.9	87.5	86.9-88.2	11.2	10.7-11.8
Age (in years)								
18-39	28.8	22.8-35.6	27.6	26.7-28.4	84.5	81.2-87.3	16.6	15.9-17.4
40-59	19.2	14.7-24.6	16.4	15.7-17.2	89.4	86.1-92.0	11.4	10.7-12.1
> 60	23.3	22.6-24.0	13.8	13.0-14.7	85.8	85.2-86.3	7.2	6.6-7.9
Income quintiles (BRL)								
≤ 418	19.9	18.5-21.4	20.6	19.5-21.7	87.6	86.3-88.8	11.8	10.9-12.7
419-750	23.2	21.7-24.8	22.2	21.2-23.3	87.0	85.9-88.2	11.7	10.9-12.5
751-1,100	25.2	23.8-26.6	21.4	20.3-22.6	87.7	86.6-88.7	11.4	10.6-12.4
1,001-2,000	25.5	24.2-26.9	22.0	20.9-23.2	85.1	84.0-86.1	14.3	13.3-15.3
> 2,000	21.5	20.3-22.8	16.6	15.5-17.7	83.3	82.2-84.3	14.2	13.3-15.1
Race/Skin color								
White	23.8	22.8-24.8	20.7	19.9-21.5	84.6	83.7-85.3	13.4	12.7-14.1
Black	23.8	21.8-26.0	23.0	21.6-24.4	86.4	84.7-88.0	14.3	13.0-15.6
Asian	18.4	14.0-23.7	22.0	16.1-29.4	80.1	73.9-85.1	12.8	9.1-17.7
Mixed-race	22.9	22.0-23.8	19.9	19.2-20.6	87.2	86.4-87.8	11.7	11.2-12.3
Indigenous	19.0	13.4-26.1	26.9	17.9-38.4	89.7	83.8-93.7	11.7	8.2-16.4
Place of residence								
Urban	24.9	24.2-25.7	21.6	21.0-22.1	85.2	84.6-85.8	13.3	12.8-13.9
Rural	13.6	12.4-14.8	14.9	14.0-15.8	89.4	88.4-90.4	9.0	8.2-9.8
Macro-regions								
North	19.9	18.8-21.2	15.8	14.8-16.8	85.5	84.0-86.8	11.0	10.2-11.9
Northeast	16.8	15.9-17.8	11.4	10.8-12.0	89.3	88.6-90.0	10.1	9.5-10.6
Southeast	26.9	25.6-28.1	24.9	24.0-25.9	85.3	84.3-86.3	13.3	12.4-14.2
South	24.2	22.5-25.9	26.2	24.9-27.4	81.8	80.4-83.2	17.5	16.3-18.8
Central-West	27.5	26.0-29.1	23.0	21.8-24.3	84.3	83.0-85.5	11.3	10.4-12.3
Schooling level								
No elementary school or incomplete elementary school	19.3	18.3-20.3	18.3	17.5-19.1	89.6	89.0-90.3	9.6	9.1-10.3
Complete elementary school or incomplete high school	28.8	27.2-30.5	26.7	25.3-28.2	84.1	82.7-85.4	13.7	12.7-14.9
Complete high school or incomplete higher education	26.8	25.7-27.9	23.4	22.5-24.3	83.3	82.3-84.2	14.5	13.7-15.3
Complete higher education	20.1	18.5-21.9	14.2	13.1-15.3	82.7	81.0-84.3	14.7	13.7-15.7
Brazil	23.3	22.7-24.0	20.4	19.8-21.0	14.2	13.7-15.0	12.2	11.7-12.7

95% CI: 95% confidence interval.

\* Consumption at least 5 days/week;

\*\* Perception of consumption as “high” or “very high”.