

Supplementary Table 1: Ultra-processed food categories as a predictor of hard CVD Events at 10 Years (N = 6,531)									
	Model 1			Model 2			Model 3		
UPF Categories	Hazard Ratio	95% confidence Interval	P-value	Hazard Ratio	95% confidence Interval	P-value	Hazard Ratio	95% confidence Interval	P-value
Bread and Cereals	1.072	1.004, 1.145	0.037	1.069	1.002, 1.142	0.044	1.064	0.996, 1.135	0.065
Sugar-Sweetened Beverages	1.042	0.996, 1.091	0.077	1.039	0.992, 1.089	0.105	1.036	0.988, 1.086	0.142
Sugary Foods	1.087	0.996, 1.187	0.164	1.116	1.022, 1.219	0.014	1.120	1.025, 1.224	0.012
Meats	1.197	1.019, 1.405	0.028	1.180	1.001, 1.391	0.048	1.152	0.974, 1.362	0.099
Savory Foods	1.091	0.904, 1.318	0.361	1.107	0.884, 1.297	0.484	1.035	0.852, 1.258	0.725
Mixed Dishes	1.294	1.021, 1.641	0.033	1.255	0.984, 1.600	0.067	1.158	0.897, 1.495	0.259
Cox models performed with ultra-processed food as a proportion of total daily food servings in 10% increments and as a categorical variable in quintiles with the first quintile used as the reference group. Model 1 was adjusted for age, gender, race, education and income. Model 2 included model 1 plus tobacco use, physical activity, diabetes history, and lipid lowering medication use. Model 3 included model 2 plus high-density lipoprotein cholesterol, low-density lipoprotein cholesterol, systolic blood pressure, and diabetes medication use. Bread and cereals consisted of hot cereal, cold cereal, white bread, dark bread, muffins, and biscuits. Sugar-sweetened beverages consisted of sweet milk, soy milk, soda, diet soda, instant breakfast, and hot cocoa. Sugary foods consisted of ice cream, frozen yogurt, tofu dessert, white donuts, chocolate donuts, pancakes, pies, pudding, and candy. Meats consisted of hamburgers, hamhocks, fried chicken, sausage and fried fish. Savory foods consisted of chips and crackers. Mixed dishes consisted of french fries, oriental noodles, dumplings, chow mein, refried beans, and pizza.									

Supplementary Table 2. Mapping FFQ Food Items Classified as Ultra-Processed Foods		
FFQ Item	Example Description	Rationale for Classification
Sausage	Store-bought or processed breakfast sausage	Industrially formulated meat product with preservatives, flavorings, and curing agents
Pancakes	Packaged or instant mix	Refined-grain mix with added sugars, emulsifiers, and flavorings
Hot cereal	Instant flavored oatmeal	Pre-flavored and sweetened grain product with additives
Cold cereal	Sweetened ready-to-eat cereal	Extruded grain product with added sugars, flavorings, and stabilizers
White bread	Packaged refined white bread	Refined flour, emulsifiers, preservatives, and added sugars
Dark bread	Packaged wheat or multigrain bread	Industrial formulation with added sugars, oils, and preservatives
Muffins	Packaged or commercial muffins	Refined-grain baked good with added sugars, fats, and stabilizers
Biscuits	Packaged or refrigerated biscuit dough	Refined-grain dough with hydrogenated oils and preservatives
Margarine on rolls	Industrial margarine spread	Fat-based spread with emulsifiers, colorants, and flavorings
Chips	Packaged potato or corn chips	Fried or baked snack with added flavorings, oils, and preservatives
Crackers	Packaged savory crackers	Refined-grain snack with hydrogenated oils and flavorings
French fries	Frozen or fast-food fries	Industrially prepared with oils, salt, and preservatives
Oriental noodles	Instant noodles with seasoning packet	Dried noodle with flavor packet containing additives and preservatives
Dumplings	Frozen pre-packaged dumplings	Multi-ingredient industrial product with additives and flavorings
Chow mein	Packaged or frozen chow mein	Ready-to-heat dish with sauces and additives
Refried beans	Canned refried beans	Industrial formulation with added oils and stabilizers
Pizza	Frozen or fast-food pizza	Multi-ingredient product with preservatives and flavorings
Hamburger	Fast-food hamburger	Processed meat and refined-grain bun with additives
Hamhocks	Smoked or cured hamhocks	Cured and preserved meat with nitrates and flavoring agents
Fried chicken	Fast-food fried chicken	Industrially prepared with batter, oils, and preservatives
Fried fish	Frozen or fast-food breaded fish	Breaded, fried product with preservatives and flavorings
Ice cream	Commercial packaged ice cream	Dairy-based dessert with added sugars, emulsifiers, and stabilizers
Frozen yogurt	Commercial frozen yogurt	Sweetened dairy dessert with stabilizers and flavorings
Tofu dessert	Packaged sweetened tofu pudding	Soy-based sweetened dessert with stabilizers
White donuts	Packaged donuts	Refined-grain baked good with sugars, fats, and additives
Chocolate donuts	Packaged donuts	Same as above, with cocoa flavoring and added sugars
Pies	Packaged fruit pie	Refined flour crust, added sugars, oils, and stabilizers
Pudding	Instant pudding mix	Sweetened, flavored product with emulsifiers and stabilizers
Candy	Packaged confectionery	Industrially manufactured confection with additives
Sweet milk	Flavored milk	Milk with added sugar and stabilizers
Soy milk	Flavored or sweetened soy beverage	Soy beverage with flavoring and stabilizers
Soda	Sugar-sweetened soft drink	Carbonated beverage with colorants and preservatives
Diet soda	Artificially sweetened soft drink	Carbonated beverage with non-nutritive sweeteners and flavorings
Instant breakfast	Powdered meal replacement drink	Powdered beverage mix with flavorings and stabilizers
Hot cocoa	Powdered cocoa drink mix	Powdered mix with added sugars and flavorings
Liquor	Distilled alcoholic beverage	Industrially distilled product sometimes with flavoring or coloring agents