

**Supplementary Table 1.** Categorization of food and beverage items from the semiquantitative food frequency questionnaire according to the NOVA classification system

Food item	NOVA group assignment
White rice	MPF
Barley, mixed grains	MPF
<i>Bibimbap</i> , fried rice	PF
<i>Gimbap</i>	PF
Curry with rice	UPF
Instant noodles	UPF
Hot noodles	UPF
Black bean sauce noodles	UPF
Cold noodles	UPF
Rice cake soup	PF
Dumplings	UPF
White breads	UPF
Butter, margarine	PCI
Jam	UPF
Sweet red bean bread, other breads with sweet red bean, other breads with cream	UPF
Castella, cake, chocolate pie	UPF
Pizza	UPF
Hamburger, sandwich	UPF
Rice cake, other rice cakes	UPF
Stir-fried rice cakes ( <i>Tteokbokki</i> )	UPF
Cereals	UPF
Ox bone soup ( <i>Sullungtang</i> ), <i>Gomguk/Gomtang</i> , beef bone soup	PF
Pork backbone stew ( <i>Gamjatang</i> )	PF
Boiled mud-fish soup ( <i>Chueotang</i> )	PF
Spicy fish stew ( <i>Maeuntang</i> )	PF
Seaweed soup	PF
Beef and radish soup, spicy beef soup ( <i>Yukgaejang</i> ), radish soup	PF
Dried pollock soup ( <i>Bugeoguk</i> )	PF
Bean paste soup	PF
Bean paste stew, extra strong fermented soybean paste stew	PF

Kimchi stew, stir-fried kimchi	PF
Army soup	UPF
Tofu stew, spicy soft tofu stew	PF
Tofu, spicy braised tofu, soy sauce braised tofu, pan fried tofu	PF
Beans/beans cooked in soy sauce	PF
Fried eggs, egg roll	PF
Boiled eggs, steamed eggs	PF
Grilled pork belly	MPF
Boiled or steamed pork with soybean paste	PF
Spicy stir-fried pork, spicy pork <i>Bulgogi</i> , grilled pork rib, steamed pork rib	PF
Fried pork, pork cutlet	PF
Grilled beef	PF
Grilled marinated beef (Korean style beef <i>Bulgogi</i> )	PF
Processed meat	UPF
Korean blood sausage	UPF
Ginseng chicken soup ( <i>Samgye-tang</i> )	PF
Stir-fried spicy chicken ( <i>Dak Galbi</i> ), spicy Korean chicken stew	PF
Fried chicken	PF
Grilled marinated duck	PF
Grilled or braised mackerel, grilled or braised pacific saury	PF
Grilled or braised belt fish, grilled or braised corbina	PF
Anchovy, stir-fried anchovy	PF
Squid, stir-fried or seasoned dried shredded squid, dried squid	PF
Marinated raw crab	PF
Salted shrimp, salted squid, salted clam	PF
Fishcake	UPF
Bean sprouts (marinated, soup), mung bean sprouts (marinated)	PF
Spinach (marinated)	PF
Bellflower root (marinated)	PF
Zucchini (marinated, pancake)	PF
Stir-fried fern brake/bracken, seasoned aster, seasoned eggplant, and other seasoned vegetables	PF
Cucumber (marinated)	PF
Radish (marinated, pickled, dried)	PF
Vegetable salad with dressing	PF

Seasoned green onion, seasoned chive	PF
Ssam (lettuce, perilla leaves, nappa cabbage, zucchini leaves), green peppers	MPF
Steamed broccoli, steamed cabbage	MPF
Garlic	MPF
Soybean paste mixed with red pepper paste	UPF
Cabbage <i>kimchi</i>	PF
Other <i>kimchi</i>	PF
Pickled vegetable (green pepper, garlic, perilla leaves, onion, radish), pickled cucumber	PF
Braised lotus roots, braised boiled burdock	PF
Korean pancake (chive, <i>kimchi</i> )	PF
Stir-fried noodles and vegetables	UPF
Stir-fried mushrooms	PF
Grilled laver, laver, marinated laver	PF
Seasoned sea lettuce, seaweed with vinegar seasoning	PF
Stir-fried seaweed stem	PF
Stir-fried potatoes, braised potatoes	PF
Steamed potatoes, grilled potatoes	MPF
Sweet potato (steamed or grilled)	MPF
Corn (steamed or grilled with salt or sugar)	PF
Milk	MPF
Yogurt (liquid)	UPF
Yogurt (solid)	UPF
Soybean milk	UPF
Strawberry	MPF
Tomato, cherry tomato	MPF
Oriental melon	MPF
Watermelon	MPF
Peach	MPF
Grape	MPF
Apple	MPF
Pear	MPF
Persimmon/dried persimmon	MPF
Tangerine	MPF
Banana	MPF

Orange	MPF
Kiwi	MPF
Coffee	MPF
Prim	UPF
Sugar	UPF
Green tea	MPF
Soft drink (coke/cider/fruit carbonate beverage)	UPF
Fruit juice	UPF
Mixed grain powder drink ( <i>misu-garu</i> ), traditional sweet Korean rice beverage	UPF
Snacks	UPF
Cookie/cracker	UPF
Chocolate	UPF
Ice cream	UPF
Peanuts	PF
Chestnuts	MPF

MPF, minimally processed foods; PCI, processed culinary ingredients; PF, processed foods; UPF, ultra-processed food.