



**Supplementary Fig. 3.** Comparison of the associations of ultra-processed food (UPF) intake with dual-energy X-ray absorptiometry measured adiposity indicators and anthropometric adiposity indicators. Multinomial logistic regression models were used to estimate odds ratios (ORs) and their corresponding 95% confidence intervals (CIs) for the tertile (T) 3 of percent body fat and the T1 of percent appendicular skeletal muscle mass (ASM) comparing quartile (Q) 2, 3, and 4 to Q1 of UPF intake as the exposure variables (T3 of percent body fat:  $\geq 24.5\%$  for male,  $\geq 36.0\%$  for female; T1 of percent ASM:  $< 30.7\%$  for male,  $< 24.1\%$  for female; T3 of body mass index:  $\geq 25.0$  kg/m<sup>2</sup> for male,  $\geq 25.1$  kg/m<sup>2</sup> for female; T3 of waist circumference:  $\geq 88.8$  cm for male,  $\geq 84.7$  cm for female). *P* for trends was determined by treating the median value of UPF intake as a continuous variable using multinomial logistic regression models. A 10% increase in UPF intake was used to estimate ORs for higher adiposity or lower ASM. A multi-variable-adjusted model was adjusted for age, sex, residential area, education level, monthly household income level, marital status, current smoking, current drinking, walking exercise, weight training, and total energy intake.