

## Supplementary material

# Dietary fibre intake and its association with ultra-processed food consumption in the general population of Switzerland: Analysis of a population-based, cross-sectional national nutrition survey

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**Supplementary Table 1** Additional sociodemographic, socioeconomic, and anthropometric characteristics of the *menuCH* population, overall and by absolute and relative dietary fibre intake groups

	<i>menuCH</i> ( <i>n</i> = 2057)	Absolute dietary fibre intake			Relative dietary fibre intake		
		<15 g/day ( <i>n</i> = 527)	15-30 g/day ( <i>n</i> = 1268)	≥30 g/day ( <i>n</i> = 262)	<10 g/1000 kcal/day ( <i>n</i> = 1193)	10-14 g/1000 kcal/day ( <i>n</i> = 624)	≥14 g/1000 kcal/day ( <i>n</i> = 240)
<b>Civil status</b>							
Single	634 (31)	163 (29)	396 (32)	75 (30)	408 (34)	157 (26)	69 (29)
Married	1125 (52)	276 (51)	694 (51)	155 (59)	628 (50)	368 (56)	129 (53)
Divorced	223 (12)	72 (17)	126 (11)	25 (9.5)	116 (11)	77 (14)	30 (12)
Other	72 (4.4)	16 (3.7)	49 (5.2)	7 (2.1)	39 (4.5)	22 (3.7)	11 (5.9)
NA	3 (0.15)	0 (0)	3 (0.24)	0 (0)	2 (0.21)	0 (0)	1 (0.23)
<b>Household status</b>							
Adult living with parents	158 (7.1)	48 (9.0)	96 (6.5)	14 (6.4)	112 (8.3)	39 (6.3)	7 (3.0)
Living alone	328 (18)	87 (19)	195 (18)	46 (18)	177 (17)	105 (19)	46 (20)
Couple without children	689 (32)	166 (29)	426 (33)	97 (33)	367 (29)	224 (34)	98 (39)
Couple with children	678 (33)	171 (31)	421 (33)	86 (35)	405 (34)	207 (33)	66 (28)
One-parent family with children	92 (4.4)	36 (6.9)	49 (3.8)	7 (2.6)	62 (5.3)	19 (2.6)	11 (4.7)
Others	109 (5.7)	19 (4.6)	78 (6.4)	12 (5.1)	68 (6.4)	30 (4.8)	11 (4.9)
NA	3 (0.15)	0 (0)	3 (0.24)	0 (0)	2 (0.21)	0 (0)	1 (0.23)
<b>Household income</b>							
CHF <6000	346 (18)	95 (20)	210 (17)	41 (16)	201 (18)	107 (17)	38 (15)
CHF 6000-13000	841 (40)	186 (35)	542 (41)	113 (41)	485 (40)	254 (40)	102 (40)
CHF >13000	285 (15)	79 (16)	170 (14)	36 (15)	170 (15)	86 (14)	29 (16)
NA	585 (28)	167 (29)	346 (27)	72 (28)	337 (27)	177 (28)	71 (29)
<b>Self-rated health status</b>							
Bad-Medium	272 (13)	98 (17)	147 (11)	27 (10)	180 (14)	68 (11)	24 (10)
Good	1781 (87)	429 (83)	1117 (88)	235 (90)	1010 (86)	556 (89)	215 (90)
NA	4 (0.22)	0 (0)	4 (0.35)	0 (0)	3 (0.32)	0 (0)	1 (0.23)
<b>Waist group</b>							
No increased risk (≤94 cm [M], ≤80 cm [F])	1320 (66)	303 (59)	825 (67)	192 (74)	740 (64)	416 (68)	164 (71)
Increased risk (94.1-101.9 cm [M], 80.1-87.9 cm [F])	354 (16)	106 (20)	213 (16)	35 (12)	216 (17)	104 (16)	34 (13)
Substantially increased risk (≥102 cm [M], ≥88 cm [F])	349 (16)	109 (19)	209 (16)	31 (12)	217 (18)	95 (15)	37 (14)
NA	34 (1.7)	9 (1.9)	21 (1.6)	4 (1.4)	20 (1.8)	9 (1.3)	5 (1.8)

CHF, Swiss Francs; NA, not available

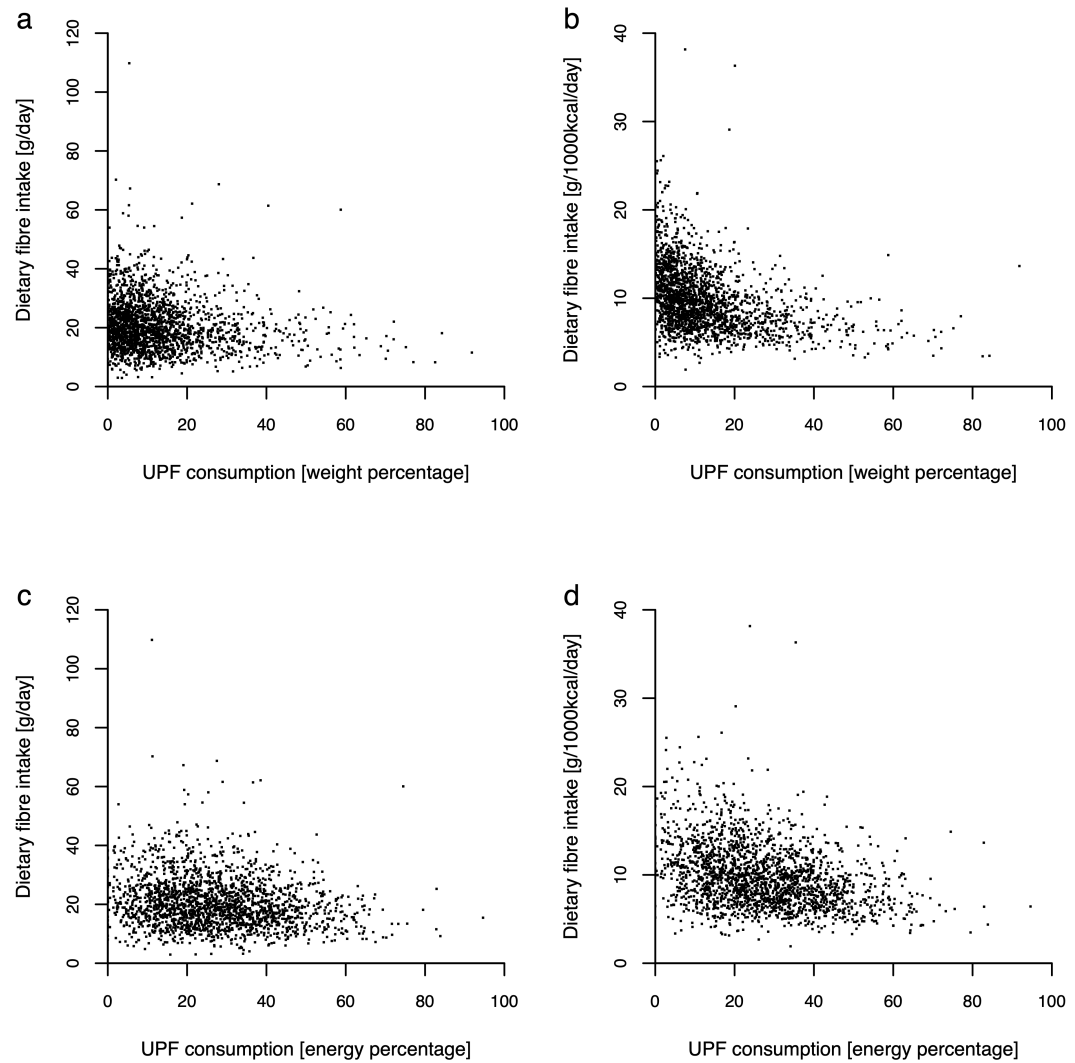
Results are given as *n* (weighted percentage). *n* are unweighted, percentages are weighted for age group, sex, marital status, major region of Switzerland, nationality and household size according to the *menuCH* weighting strategy [1]. If the percentages do not add up exactly to 100%, this is due to rounding differences.

**Supplementary Table 2** Additional dietary intakes of the *menuCH* population, overall and by absolute and relative dietary fibre intake groups

	<i>menuCH</i> ( <i>n</i> = 2057)	Absolute dietary fibre intake			Relative dietary fibre intake		
		<15 g/day ( <i>n</i> = 527)	15-30 g/day ( <i>n</i> = 1268)	≥30 g/day ( <i>n</i> = 262)	<10 g/1000 kcal/day ( <i>n</i> = 1193)	10-14 g/1000 kcal/day ( <i>n</i> = 624)	≥14 g/1000 kcal/day ( <i>n</i> = 240)
Carbohydrate [g/day]	218 (172-283)	166 (131-208)	227 (186-284)	298 (242-369)	223 (175-296)	207 (166-262)	213 (166-273)
Fat [g/day]	84 (64-108)	66 (50-85)	87 (69-110)	107 (84-136)	91 (70-116)	78 (62-100)	67 (48-88)
UPF [g/day]	314 (157-584)	331 (154-583)	314 (163-593)	279 (139-512)	415 (217-769)	217 (111-409)	154 (67-237)
UPF [kcal/day]	539 (309-831)	472 (286-738)	567 (316-857)	524 (327-859)	659 (410-1005)	437 (238-617)	304 (144-495)
Non-alcoholic beverages [g/day]	1949 (1454-2495)	1827 (1275-2421)	1943 (1472-2488)	2161 (1679-2901)	1910 (1438-2445)	1956 (1426-2511)	2091 (1579-2711)
Alcoholic beverages [g/day]	79 (0.0-265)	62 (0.0-290)	97 (0.0-259)	46 (0.0-248)	149 (0.0-349)	49 (0.0-190)	0.0 (0.0-80)
Cakes [g/day]	16 (0.0-55)	8.6 (0.0-43)	18 (0.0-58)	23 (0.0-63)	20.0 (0.0-61)	13 (0.0-47)	7.5 (0.0-47)
Miscellaneous [g/day]	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
Eggs [g/day]	0.0 (0.0-6.2)	0.0 (0.0-23)	0.0 (0.0-0.0)	0.0 (0.0-23)	0.0 (0.0-13)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
Fats [g/day]	13 (5.1-23)	8.3 (2.2-16)	15 (6.1-25)	17 (8.7-29)	13 (5.0-22)	15 (5.7-25)	9.8 (5.1-18)
Fish [g/day]	0.0 (0.0-16)	0.0 (0.0-3.9)	0.0 (0.0-14)	0.0 (0.0-44)	0.0 (0.0-6.5)	0.0 (0.0-25)	0.0 (0.0-35)
Meat [g/day]	73 (24-134)	87 (41-145)	73 (23-134)	48 (0.0-101)	92 (45-163)	56 (7.9-100)	35 (0.0-72)
Legumes [g/day]	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
Starchy foods [g/day]	0.0 (0.0-70)	0.0 (0.0-47)	0.0 (0.0-73)	0.0 (0.0-95)	0.0 (0.0-71)	0.0 (0.0-70)	0.0 (0.0-50)
Milk [g/day]	189 (90-311)	152 (61-269)	195 (91-314)	217 (126-384)	196 (88-339)	180 (99-286)	164 (90-266)
Savoury snacks [g/day]	0.0 (0.0-3.9)	0.0 (0.0-3.2)	0.0 (0.0-4.5)	0.0 (0.0-1.3)	0.0 (0.0-8.6)	0.0 (0.0-0.0)	0.0 (0.0-0.0)
Soups [g/day]	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-0.0)	0.0 (0.0-104)	0.0 (0.0-0.0)	0.0 (0.0-2.9)	0.0 (0.0-99)
Seasoning [g/day]	28 (10-64)	25 (8.6-48)	28 (9.9-67)	39 (14-86)	29 (11-67)	26 (8.1-62)	23 (7.5-55)
Chocolate [g/day]	26 (10-50)	17 (5.7-36)	29 (12-54)	35 (13-63)	30 (12-55)	25 (9.8-46)	18 (7.8-37)

UPF, ultra-processed food

Results are given as median (interquartile range) weighted for age group, sex, marital status, major region of Switzerland, nationality, household size, season and weekday according to the *menuCH* weighting strategy [1].



**Supplementary Fig. 1** Scatter plots of dietary fibre intake and ultra-processed food (UPF) consumption

## References

1. Pasquier J, Chatelan A, Bochud M. Weighting strategy. Lausanne, Switzerland: Institute of Social and Preventive Medicine (IUMSP) 2017.