

**Table S1.** Factor loading scores for dietary patterns identified by principal component analysis

Food Groups	Dietary Patterns and Factor Loading Scores				
	DP 1 (Unhealthy)	DP 2 (Fish-Eggs- Fruits- Vegetables)	DP 3 (Cereals- Confectionar ies)	DP 4 (Legumes- dairy)	DP 5 (Meat-Sugar- Sweetened Beverages)
Cereals and grains	0.192	0.049	<b>0.705</b>	0.088	0.293
Fast food	<b>0.628</b>	0.017	0.243	0.176	0.158
Meat and poultry	-0.104	0.201	-0.089	-0.176	<b>0.774</b>
Fish and seafood	0.006	<b>0.687</b>	-0.004	-0.025	-0.111
Eggs	0.096	<b>0.643</b>	-0.026	-0.047	0.244
Legumes	-0.050	0.019	0.072	<b>0.872</b>	-0.081
Milk and dairy products	<b>0.325</b>	0.293	<b>-0.474</b>	<b>0.463</b>	0.122
Fruits and vegetables	-0.012	<b>0.648</b>	0.283	0.230	0.040
Coffee, tea, and sugar- sweetened beverages	<b>0.313</b>	-0.174	0.236	0.265	<b>0.535</b>
Confectionaries	0.209	0.207	<b>0.627</b>	0.012	-0.246
Sugar, honey, bread spreads, and creamer	<b>0.819</b>	-0.133	0.020	-0.051	-0.011
Condiments	<b>0.720</b>	0.285	0.097	-0.072	0.029

DP: dietary pattern. Bold indicates factor loading score  $\geq 0.3$  (high intake of dietary pattern) or  $\leq -0.3$  (low intake of dietary pattern).