

Supplementary Table S1. Dietary pattern factor loading matrix

Food Item	Western	Prudent
Refined Grains, dry flour	0.764*	0.279
Fried Chicken	0.762*	-0.052
Refined Pasta	0.760*	0.186
Fried Potatoes	0.725*	0.053
Fried Fish	0.719*	-0.022
Lean Beef	0.715*	-0.045
Pizza	0.710*	0.225
Honey, jam, jelly	0.686*	0.203
Beef	0.680*	0.033
Other Bread, Refined	0.665*	0.076
Reduced Cheese	0.659*	0.240
Reduced Sauce, Condiments	0.652*	0.032
Regular Margarine	0.614*	0.104
Cold cuts, Sausage	0.590*	-0.205
Refined Dessert	0.576*	0.038
Regular Gravy	0.574*	0.020
Lean Cold cuts, Sausage	0.503*	-0.170
Organ Meat	0.499*	0.024
Whole Cheese	0.483*	0.144
Regular Cured pork	0.436*	-0.213
Sweet Fruit Drink	0.418*	0.012
White Potato	0.401*	0.230
Vegetable Snack	0.378*	0.075
Refined Loaf Bread	0.377*	0.033
Eggs	0.376*	-0.152
Cream Soup	0.366*	0.131
Ready-to-eat Refined Sweet Cereal	0.341*	-0.012
Sugar	0.330*	0.216
Citrus Juice	0.300*	0.235
Other Vegetables	0.180	0.721*
Chocolate Candy	0.154	0.329*
Citrus Fruit	0.104	0.667*
Other Fruit	0.034	0.731*
Unsweet Coffee	0.025	0.318*
Nut seed Butter	-0.072	0.617*
Deep Yellow Vegetables	-0.101	0.684*
High-fat Fruit	-0.109	0.462*
Meat Alternative	-0.114	0.628*
Dark Green Vegetables	-0.132	0.790*
Low-fat Sweet Yogurt	-0.132	0.531*
Ready-to-eat Whole Grain Cereal	-0.149	0.418*
Legumes	0.438*	0.553*
Tomatoes	0.408*	0.524*
Salad Dressing	0.366*	0.470*
Fish	0.320*	0.450*
Whole grain bread	0.344*	0.435*

\*Factor loading > 0.30 considered to be a major contributor to the overall pattern.