**ONLINE SUPPORTING MATERIAL**

**Dietary patterns within educational groups and their association with coronary heart disease and stroke in the EPIC-NL cohort**

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**Supplemental table 3.** Component loadings of the ‘Prudent’ pattern derived with Principal Component Analyses per educational group and in the whole cohort.\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food group factor loadings** | **Low education**  **(*n*=14331)** | **Medium education**  **(*n*=14632)** | **High education**  **(*n*=7455)** | **EPIC-NL** |
| French fries | -0.09 | -0.26 | -0.31 | -0.21 |
| Potatoes | -0.05 | -0.08 | -0.09 | -0.10 |
| Coffee/tea | 0.11 | 0.22 | 0.23 | 0.16 |
| Sugar-free soft drinks | 0.20 | 0.17 | 0.11 | 0.17 |
| Sugar containing soft drinks | -0.02 | -0.06 | -0.09 | -0.05 |
| Fruit juices | 0.16 | 0.18 | 0.22 | 0.19 |
| Wine | 0.28 | 0.40 | 0.40 | 0.37 |
| Other alcoholic drinks | 0.10 | 0.08 | 0.03 | 0.08 |
| Low-fiber bread | -0.10 | -0.10 | -0.01 | -0.09 |
| High-fiber bread | -0.03 | -0.08 | -0.18 | -0.08 |
| Egg | 0.22 | 0.26 | 0.23 | 0.22 |
| Fruit | 0.22 | 0.33 | 0.39 | 0.31 |
| Cakes/cookies | -0.17 | -0.13 | -0.14 | -0.14 |
| Low-fiber cereals | 0.19 | 0.12 | -0.01 | 0.13 |
| High-fiber cereals | 0.12 | 0.04 | 0.02 | 0.08 |
| Boiled vegetables/legumes | 0.24 | 0.30 | 0.24 | 0.24 |
| Raw vegetables | 0.54 | 0.60 | 0.62 | 0.59 |
| Cheese | 0.05 | 0.14 | 0.18 | 0.12 |
| Low-fat dairy products | 0.02 | 0.00 | 0.04 | 0.02 |
| High-fat dairy products | -0.21 | -0.25 | -0.21 | -0.22 |
| Soy products | 0.05 | 0.02 | 0.03 | 0.05 |
| Nuts | -0.05 | -0.06 | -0.10 | -0.05 |
| Savoury snacks | -0.07 | -0.20 | -0.25 | -0.15 |
| Soups | 0.15 | 0.18 | 0.17 | 0.16 |
| Sugar/sweets | -0.44 | -0.47 | -0.46 | -0.45 |
| Oils/diet margarine | 0.25 | 0.30 | 0.30 | 0.28 |
| Fat/butter | -0.29 | -0.25 | -0.22 | -0.27 |
| Savoury sauces | 0.19 | 0.12 | 0.09 | 0.14 |
| Low-fat fish | 0.58 | 0.63 | 0.63 | 0.62 |
| High-fat fish | 0.59 | 0.61 | 0.61 | 0.61 |
| Shellfish | 0.67 | 0.69 | 0.70 | 0.70 |
| Red meat | 0.11 | 0.06 | 0.02 | 0.04 |
| Processed meat | 0.03 | 0.02 | -0.01 | 0.00 |
| Chicken | 0.38 | 0.32 | 0.17 | 0.31 |

\*: in green are food groups positively associated with the factor >0.20; in red are food groups inversely associated with the factor <-0.20.