**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 6.** Mean dietary intake in Q4 of the ‘western’ dietary pattern stratified by educational level.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **‘Western’ pattern adherents with a:** | | |  |
|  | **Low education**  **N=3043** | **Medium education**  **N=4173** | **High education**  **N=1889** | **P-value**  **(High vs Low education)** |
| **Food groups (en%)** |  |  |  |  |
| *Positive factor loadings* |  |  |  |  |
| French fries | 5.9 (0.07) | 4.9 (0.06) | 4.2 (0.09) | <0.0001 |
| Sugar containing soft drinks | 2.7 (0.04) | 2.4 (0.04) | 1.7 (0.06) | <0.0001 |
| Other alcoholic drinks | 4.5 (0.11) | 4.9 (0.10) | 4.8 (0.14) | 0.3797 |
| Low-fiber bread | 8.5 (0.12) | 7.0 (0.10) | 5.5 (0.15) | <0.0001 |
| Low-fiber cereals | 3.0 (0.07) | 3.8 (0.06) | 4.2 (0.09) | <0.0001 |
| Savoury snacks | 4.8 (0.06) | 5.0 (0.05) | 5.7 (0.07) | <0.0001 |
| Savoury sauces | 3.0 (0.04) | 3.1 (0.03) | 3.3 (0.05) | 0.0001 |
| Processed meat | 4.8 (0.06) | 4.1 (0.05) | 3.5 (0.08) | <0.0001 |
|  |  |  |  |  |
| *Negative factor loadings* |  |  |  |  |
| Potatoes | 3.6 (0.04) | 2.8 (0.03) | 2.2 (0.04) | <0.0001 |
| High-fiber bread | 7.7 (0.11) | 8.9 (0.10) | 10.1 (0.14) | <0.0001 |
| Cakes/cookies | 3.1 (0.05) | 3.4 (0.04) | 3.6 (0.07) | 0.0039 |
| Boiled vegetables/legumes | 1.3 (0.01) | 1.2 (0.01) | 1.1 (0.02) | <0.0001 |
| Cheese | 4.0 (0.07) | 4.4 (0.06) | 5.1 (0.08) | <0.0001 |
| Low-fat dairy products | 3.1 (0.05) | 3.3 (0.04) | 3.4 (0.06) | 0.0004 |
| High-fat dairy products | 4.6 (0.06) | 4.4 (0.05) | 4.1 (0.08) | <0.0001 |
|  |  |  |  |  |
| **Macronutrient intake** |  |  |  |  |
| Energy (kJ) | 9975 (45) | 9605 (39) | 9396 (57) | <0.0001 |
| Energy density (kJ/gram) | 3.40 (0.01) | 3.29 (0.01) | 3.23 (0.02) | <0.0001 |
| Protein (en%) |  |  |  |  |
| Vegetable | 5.3 (0.02) | 5.4 (0.02) | 5.6 (0.02) | <0.0001 |
| Animal | 8.8 (0.04) | 8.8 (0.03) | 8.7 (0.05) | 0.1360 |
| Fat (en%) |  |  |  |  |
| Saturated | 14.9 (0.05) | 14.3 (0.04) | 14.1 (0.06) | <0.0001 |
| Monounsaturated | 15.0 (0.04) | 14.5 (0.04) | 14.5 (0.06) | <0.0001 |
| Polyunsaturated | 7.1 (0.03) | 7.1 (0.03) | 7.2 (0.04) | 0.3531 |
| Carbohydrates (en%) |  |  |  |  |
| Mono/disaccharides | 20.7 (0.11) | 20.6 (0.09) | 20.0 (0.14) | 0.0002 |
| Polysaccharides | 24.1 (0.09) | 23.9 (0.08) | 23.6 (0.11) | 0.0001 |
| Fiber (gr/day) | 22.7 (0.12) | 22.3 (0.10) | 22.5 (0.15) | 0.3925 |
| Alcohol (gr/day) | 13.5 (0.35) | 16.6 (0.30) | 19.6 (0.30) | <0.0001 |

Adjusted for age, sex and cohort. Only food groups with factor loadings >0.20 or <-0.20 are presented. Food groups, mean (SE), are expressed as percentage contribution to total daily energy intake.