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

|  |  |  |
| --- | --- | --- |
|  | **‘Prudent’ pattern adherents with a:** |  |
|  | **Low education****N=2962** | **Medium education****N=3883** | **High education****N=2259** | **P-value****(High vs Low education)** |
| **Food groups (en%)** |  |  |  |  |
| *Positive factor loadings* |  |  |  |  |
| Wine | 2.1 (0.09) | 3.8 (0.08) | 5.1 (0.10) | <0.0001 |
| Egg | 1.7 (0.02) | 1.5 (0.02) | 1.3 (0.03) | <0.0001 |
| Fruit | 6.8 (0.09) | 7.1 (0.07) | 7.4 (0.10) | <0.0001 |
| Boiled vegetables/legumes | 2.0 (0.02) | 1.8 (0.02) | 1.6 (0.02) | <0.0001 |
| Raw vegetables | 0.6 (0.01) | 0.7 (0.01) | 0.8 (0.01) | <0.0001 |
| Oils/diet margarine | 4.3 (0.06) | 4.4 (0.04) | 4.5 (0.06) | 0.0404 |
| Low-fat fish | 0.9 (0.02) | 0.8 (0.01) | 0.8 (0.02) | 0.0783 |
| High-fat fish | 0.6 (0.01) | 0.6 (0.01) | 0.6 (0.01) | 0.3539 |
| Shellfish | 0.11 (0.002) | 0.13 (0.002) | 0.15 (0.002) | <0.0001 |
| Chicken | 1.6 (0.03) | 1.4 (0.02) | 1.1 (0.03) | <0.0001 |
|  |  |  |  |  |
| *Negative factor loadings* |  |  |  |  |
| French fries | 1.4 (0.03) | 1.2 (0.03) | 0.8 (0.04) | <0.0001 |
| High-fat dairy products | 5.1 (0.07) | 4.6 (0.06) | 4.4 (0.08) | <0.0001 |
| Sugar/sweets | 3.8 (0.06) | 3.8 (0.05) | 3.9 (0.07) | 0.3501 |
| Fat/butter | 4.0 (0.05) | 3.5 (0.05) | 3.3 (0.06) | <0.0001 |
|  |  |  |  |  |
| **Macronutrient intake**  |  |  |  |  |
| Energy (kJ) | 7166 (32) | 7195 (28) | 7343 (37) | 0.0003 |
| Energy density (kJ/gram) | 2.46 (0.01) | 2.46 (0.01) | 2.52 (0.01) | <0.0001 |
| Protein (en%) |  |  |  |  |
|  Vegetable | 5.5 (0.02) | 5.5 (0.02) | 5.6 (0.02) | <0.0001 |
|  Animal | 11.5 (0.05) | 10.9 (0.04) | 10.4 (0.06) | <0.0001 |
| Fat (en%) |  |  |  |  |
|  Saturated | 14.3 (0.05) | 13.7 (0.04) | 13.8 (0.06) | <0.0001 |
|  Monounsaturated | 13.6 (0.05) | 13.0 (0.04) | 13.0 (0.05) | <0.0001 |
|  Polyunsaturated | 7.2 (0.04) | 7.1 (0.03) | 7.1 (0.04) | 0.0638 |
| Carbohydrates (en%) |  |  |  |  |
|  Mono/disaccharides | 22.2 (0.12) | 22.6 (0.10) | 22.6 (0.13) | 0.0370 |
|  Polysaccharides | 21.1 (0.09) | 20.6 (0.08) | 20.1 (0.10) | <0.0001 |
| Fiber (gr/day) | 21.8 (0.10) | 21.4 (0.09) | 22.0 (0.12) | 0.2579 |
| Alcohol (gr/day) | 10.9 (0.31) | 15.5 (0.26) | 18.5 (0.35) | <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.