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

|  |  |  |
| --- | --- | --- |
|  | **‘Traditional’ pattern adherents with a:** |  |
|  | **Low education****N=5439** | **Medium education****N=2870** | **High education****N=795** | **P-value****(High vs Low education)** |
| **Food groups (en%)** |  |  |  |  |
| *Positive factor loadings* |  |  |  |  |
| Potatoes | 5.7 (0.04) | 4.8 (0.05) | 4.5 (0.10) | <0.0001 |
| Coffee/tea | 0.4 (0.003) | 0.4 (0.005) | 0.4 (0.009) | 0.7878 |
| Egg | 1.5 (0.02) | 1.5 (0.02) | 1.5 (0.04) | 0.3242 |
| Boiled vegetables/legumes | 1.8 (0.01) | 1.8 (0.02) | 1.8 (0.03) | 0.5372 |
| Fat/butter | 7.3 (0.06) | 6.8 (0.08) | 6.4 (0.16) | <0.0001 |
| Red meat | 9.0 (0.05) | 9.0 (0.07) | 8.8 (0.13) | 0.3127 |
| Processed meat | 5.4 (0.05) | 5.4 (0.07) | 5.4 (0.13) | 0.9762 |
|  |  |  |  |  |
| *Negative factor loadings* |  |  |  |  |
| Fruit juices | 0.9 (0.02) | 1.0 (0.03) | 1.0 (0.05) | 0.2673 |
| Low-fiber cereals | 1.5 (0.02) | 1.8 (0.03) | 2.0 (0.05) | <0.0001 |
| High-fiber cereals | 0.3 (0.01) | 0.4 (0.01) | 0.4 (0.02) | <0.0001 |
| Raw vegetables | 0.2 (0.003) | 0.3 (0.004) | 0.4 (0.008) | <0.0001 |
| Soy products | 0.02 (0.002) | 0.02 (0.002) | 0.04 (0.005) | <0.0001 |
| Nuts | 1.2 (0.02) | 1.4 (0.03) | 1.6 (0.06) | <0.0001 |
| Savoury snacks | 2.0 (0.02) | 1.9 (0.03) | 1.9 (0.06) | 0.2974 |
|  |  |  |  |  |
| **Macronutrient intake**  |  |  |  |  |
| Energy (kJ) | 8332 (27) | 8056 (38) | 7828 (72) | <0.0001 |
| Energy density (kJ/gram) | 2.89 (0.01) | 2.84 (0.01) | 2.82 (0.02) | 0.0053 |
| Protein (en%) |  |  |  |  |
|  Vegetable | 5.3 (0.01) | 5.3 (0.02) | 5.3 (0.03) | 0.9191 |
|  Animal | 10.7 (0.03) | 10.8 (0.05) | 11.0 (0.09) | 0.0004 |
| Fat (en%) |  |  |  |  |
|  Saturated | 16.2 (0.04) | 15.9 (0.05) | 15.8 (0.10) | <0.0001 |
|  Monounsaturated | 14.6 (0.03) | 14.5 (0.04) | 14.4 (0.08) | 0.0225 |
|  Polyunsaturated | 6.9 (0.02) | 6.7 (0.03) | 6.8 (0.06) | 0.0934 |
| Carbohydrates (en%) |  |  |  |  |
|  Mono/disaccharides | 19.9 (0.07) | 19.3 (0.10) | 18.3 (0.19) | <0.0001 |
|  Polysaccharides | 22.4 (0.06) | 21.9 (0.08) | 21.3 (0.16) | <0.0001 |
| Fiber (gr/day) | 23.6 (0.09) | 22.5 (0.12) | 22.5 (0.22) | <0.0001 |
| Alcohol (gr/day) | 10.9 (0.23) | 15.0 (0.32) | 18.8 (0.60) | <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.