

## Data supplement

<b>Table DS1</b> Food groups used for factor analyses	
Foods or food groups	Food items
Red meat	Beef, beefburgers, pork, lamb
Poultry	Chicken or other poultry
Processed meats	Bacon, ham, corned beef, Spam, luncheon meats, sausages
Organ meat	Liver
Fish	White fish, oily fish, shellfish
Refined grain	White bread and rolls, cream crackers, cheese biscuits, crispbread, refined grain ready-to-eat cereals, white pasta, white rice
Whole grain	Brown bread and rolls, wholemeal bread and rolls, wholemeal pasta, brown rice, wholegrain ready-to-eat cereals
Eggs	Eggs
Butter	Butter
Margarine	Margarines, spread
High-fat dairy	Full cream milk, Channel Island milk, coffee whitener, single or clotted cream, cheese, ice cream
Low-fat dairy	Skimmed milk, sterilised milk, dried milk, yoghurt, cottage cheese
Soya product	Soya milk, tofu, soya bean curd, soya meat, textured vegetable protein, vegeburger
Liqueurs/spirits	Port, sherry, liqueurs, spirits
Wine	Wine
Beer	Beers, ciders
Hot drinks	Tea, regular coffee, decaffeinated coffee, cocoa, hot chocolate, chicory
Fruits	Apples, pears, oranges, mandarins, grapefruit, bananas, grapes, melon, peaches, plums, apricots, strawberries, raspberries, tinned fruit, dried fruits
Fruit juice	100% real fruit juice
Leafy vegetables	Spinach, salads
Cruciferous vegetables	Broccoli, kales, Brussels sprouts, cabbage, cauliflower, coleslaw
Other vegetables	Carrots, marrow, courgettes, parsnips, leeks, mushrooms, peppers, onion, garlic
Tomatoes	Tomatoes
Peas and dried legumes	Beans, peas, baked beans, dried lentils
Soup	Vegetable soup, meat soup
Nuts	Peanuts, other nuts, peanut butter
Potatoes	Boiled, mashed potatoes, jacket potatoes, potato salad
Quiche/pie	Quiche, meat pie
Pizza/lasagne	Pizza, lasagne
Fried food	Chips or french fries, roast potatoes, fish fingers, fried fish in batter
Snacks	Crisps
Desserts/biscuits	Sweet biscuits, cakes, buns, pastries, fruit pies, tarts, crumbles, milk pudding, sponge puddings
Chocolate and sweets	Chocolate bars, sweets, toffees, sugar added to tea, coffee, jam, marmalade, honey
Sugar beverages	Fizzy soft drinks, fruit squash
Low-energy beverages	Low-energy or diet fizzy soft drinks
Condiments	Sauce, tomato ketchup, pickles, Marmite
Salad dressing	French vinaigrette, salad cream

<b>Table DS2</b> Factor loading for high-loading items ( $\geq 0.40$ ) on the two dietary patterns <sup>a,b</sup>		
	Whole food pattern	Processed food pattern
Leafy vegetables	0.66	–
Other vegetables	0.64	–
Tomatoes	0.59	–
Fruits	0.57	–
Cruciferous vegetables	0.49	–
Salad dressing	0.49	–
Fish	0.44	–
Desserts/biscuits	–	0.55
Processed meats	–	0.52
Fried food	–	0.50
Chocolates and sweets	–	0.50
Refined grain	–	0.46
Quiche/pie	–	0.44
High-fat dairy	–	0.44
Condiments	–	0.43

a. The two dietary patterns were derived using principal component analysis. Factor loadings issued from orthogonal rotation represent the correlation between the factors and individual items from food group.

b. The factor score for each pattern was calculated by summing intakes of the 37 predefined food groups (see Table DS1) weighted by their factor loadings. In order to simplify interpretation of the two patterns, values  $<0.40$  were not listed in the table but were used in the construction of the factors.