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| Supplemental Table 1: Factor loadings derived from principal component analysis conducted with dietary variables (n=1183). |
|  | Components |
| **Predicting variables**  | 1 | 2 | 3 | 4 |
| Pies homemade | **0.825** | 0.060 | -0.110 | 0.085 |
| Legumes | **0.668** | -0.188 | -0.174 | 0.079 |
| Cereals refineda | **0.586** | 0.401 | 0.083 | 0.062 |
| Red meat | **0.542** | 0.346 | 0.276 | -0.057 |
| Full fat cheese | **0.535** | 0.331 | 0.290 | 0.223 |
| Sweets fatb | 0.045 | **0.738** | -0.011 | 0.122 |
| Cheese flavored snacks/chips | 0.037 | **0.664** | -0.040 | -0.125 |
| Pies ready | 0.173 | **0.560** | 0.141 | 0.010 |
| Sweets sugarc | 0.147 | **0.412** | 0.245 | 0.359 |
| Alcohol drinks | 0.072 | 0.154 | **0.718** | -0.065 |
| Olives | 0.084 | -0.172 | **0.694** | -0.127 |
| Coffee | -0.163 | 0.131 | **0.617** | 0.310 |
| Potatoes fried | -0.125 | 0.453 | **0.484** | -0.068 |
| Olive oil | -0.033 | 0.071 | -0.114 | **0.757** |
| Fresh fruits and vegetablesd | 0.305 | -0.152 | 0.022 | **0.655** |
| *Variance explained (%)* | *15.03* | *14.69* | *12.78* | *9.02* |
| aConsumption of refined bread, pasta, breakfast cereals and white rice b Consumption of chocolate and milky sweetsc Consumption of simple sugars and starchy sweetsdConsumption of fruits and row and cooked leafy and other vegetables**Bold:** Predicting variable with the highest factor loading within the component |