**Supplementary Material (to be made available online).**

**Figure 1. Foods characterising empirically derived dietary patterns in UK adults (foods in bold most strongly associated with dietary pattern and included in the UK-DQQ)**

|  |  |  |
| --- | --- | --- |
| **Dietary Pattern** | **Foods with moderate/strong positive relationship to dietary pattern\*** | **Foods with moderate/strong negative relationship to dietary pattern\*** |
| Fruit, vegetables and oily fish (FVOF) | **Fruit****Salad and other raw vegetables**Yoghurt, fromage frais and dairy desserts**Oily fish**Nuts and seedsWine**Vegetables (not raw)**Tea, coffee and water**Wholemeal bread** | **Chips (fried), roast potatoes and potato products****White bread**Sugar, preserves and sweet spreadsWhole milkWhite fish coated or fried |
| Snacks, fast food and fizzy drinks  | **Crisps and savoury snacks****Coated chicken and turkey****Soft drinks (not low calorie)**Soft drinks (low calorie)Burgers and kebabsChocolate confectioneryChips (fried), roast potatoes and potato productsSugar confectioneryWhite bread | Tea, coffee and waterHigh fibre breakfast cerealsOther potatoes, potato salads and dishesFruit**Vegetables (not raw)** |
| Sugary food and dairy (SFD) | Sugars, preserves and sweet spreads**Buns, cakes, pastries and fruit pies****Biscuits**Chocolate confectionerySemi skimmed milkReduced fat spread Tea, coffee and waterCheesePuddings**White bread** | Wine |
| Meat, potatoes and beer | Savoury sauces, pickles, gravies and condimentsOther potatoes, potato salads and dishes**Beer, lager, cider and perry**White breadPork and dishes**Bacon and ham**Whole milk Spirits and liqueursButter |  |

**Scoring for Diet Quality Questionnaire**

**Figure 2. Foods positively associated with diet quality**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Food | Never or occasionally | 1-3 times a week | 4-6 times a week | Daily | More than once a day |
| Fruit\* | 2 | 4 | 6 | 8 | 10 |
| Vegetables\* | 2 | 4 | 6 | 8 | 10 |
| Oily fish | 2 | 4 | 6 | 8 | 10 |
| Wholemeal breads, pittas, nans etc | 2 | 4 | 6 | 8 | 10 |
| Salad and raw vegetables | 2 | 4 | 6 | 8 | 10 |

Figure 3. Food negatively associated with diet quality

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Food | Never or occasionally | 1-3 times a week | 4-6 times a week | Daily | More than once a day |
| Bacon, ham, sausages and burgers | 5 | 4 | 3 | 2 | 1 |
| Sugary drinks | 10 | 8 | 6 | 4 | 2 |
| Chips  | 5 | 4 | 3 | 2 | 1 |
| Biscuits, cakes and pastries | 5 | 4 | 3 | 2 | 1 |
| Crisps and savoury snacks | 5 | 4 | 3 | 2 | 1 |
| White breads, pittas, naans etc | 5 | 4 | 3 | 2 | 1 |
| Coated or fried chicken | 5 | 4 | 3 | 2 | 1 |
| Beer, lager or cider | 10 | 8 | 6 | 4 | 2 |