

Supplemental Table 1. Categorization of food items

Major groups	Minor groups	Select food items*
Fruits	Citrus fruits	oranges, grapefruit
	Berries	strawberries, blueberries, raspberries, blackberries
	Other fruits	grapes, peaches, nectarines, plums, apricots, cantaloupe, persimmons, apples, pears, bananas, fruit salad, cherries
	Dried fruits	raisins, prunes, dates
Vegetables	Tomatoes	tomatoes, tomato soup, tomato sauce, tomato juice
	Leafy greens (non-cruciferous)	dark green lettuce, romaine lettuce, loose leaf lettuce, iceberg lettuce, spinach, chard
	Cruciferous vegetables	cabbage, brussel sprouts, kale, collards, mustard greens, turnip greens, poke salad, broccoli, cauliflower
	Onions	onions
	Other vegetables	bell peppers, carrots, peas, corn, okra, winter squash, green beans, carrot juice
Avocados	Avocados	avocado, guacamole
Potatoes	Sweet potatoes	sweet potatoes, yams
	White potatoes (not fried)	white or red potatoes (baked, boiled)
	Fried potatoes	French fries, hash browns, fried potatoes
Grains	Whole-grains	whole grain bread, rolls, buns, or oatmeal bread; oatmeal, cooked brown rice, millet, granola, muesli, whole-grain commercial cereals, whole grain flour
	Refined-grains	white bread, rolls, buns, or French bread; cornbread, Johnnycakes, cream of wheat, grits, corn porridge, homemade gluten steaks, refined-grain commercial cereals, refined flours, white rice
	Mixed grains	mixed-grain (i.e. mix of whole-grain and refined-grain) commercial cereals, mixed-grain flours
Legumes	Legumes (not soy)	refried beans, bean or lentil soup, navy beans, kidney beans, red beans, garbanzos, pigeon peas, cow peas, black-eyed peas, field peas, pinto beans, black beans, great northern beans, lima beans, white beans, fava beans, butter beans, lentils, split peas, gungo beans
Soy foods & meat analogues	Meat analogues	meat analogues, imitation cheese
	Soybeans & tofu	soybeans, tofu, soybean curd
	Soy milks	soy milks
Nuts & seeds	Peanuts	peanuts
	Peanut butter	peanut butter
	Tree nuts	almonds, cashews, walnuts
	Mixed nuts	mixed nuts, trail mix
	Seeds	seeds

Supplemental Table 1. Categorization of food items (continued)

Major groups	Minor groups	Select food items
Meats	Unprocessed red meats	beef, lamb, hamburger, pork (chops, ribs)
	Processed red meats	processed beef, lamb (e.g. sausage, salami, bologna), pork (bacon, sausage, ham, lunch-meat)
	Unprocessed poultry	chicken or turkey (roasted, stewed, broiled, fried, in casserole, burrito, etc.)
	Processed poultry	processed chicken or turkey (turkey bologna, turkey ham)
	Fatty fish	salmon
	Other fish	white fish (cod, salt fish, sole, haddock, halibut, snapper, catfish), tuna, tuna salad
Dairy Products	Regular milks	milk (whole or 2%), evaporated milk, regular yogurt, other dairy products (cream, sour cream, etc.)
	Reduced-fat milks	low-fat milk (1% or skim), low-fat yogurt
	Cheeses	American processed cheese, cheddar cheese, low fat cheese, mozzarella, ricotta, cottage cheese, cream cheese, cheese spreads
Eggs	Eggs	eggs
Added fats	Butter	butter
	Solid fats	vegetable shortening, margarine
	Salad dressing	mayonnaise or Miracle Whip (regular & low calorie), low calorie salad dressing, other oil salad dressing, regular creamy salad dressing (Ranch, Thousand Island, etc.)
	Liquid fats	olive oil, corn oil, sunflower oil, safflower oil, canola oil, other vegetable oil, oil salad dressings
	Coconut milk	coconut milk
	Dairy desserts	ice cream, ice milk, frozen yogurt, milk shakes
Sweets	Other desserts	doughnuts, cinnamon rolls, pastries, sweet pies, cookies, cakes
	Snack foods	popcorn, chips, pretzels
Snack foods Beverages (not water)	Coffee	regular coffee, decaffeinated coffee
	Tea	herbal teas
	Sodas	sodas and soft drinks (including regular, diet, and caffeine free)
	Fruit juices	orange juice, apple juice
	Meal replacement drinks	meal replacement drinks such as Slimfast, Instant Breakfast, Ensure, protein drinks
	Alcoholic beverages	wine, beer or wine coolers, liquor
	Hot cocoa	ovaltine or hot chocolate
	Non-dairy milk	rice milk (write in)
Drinking water	Drinking water	drinking water (including sparkling, but not counting coffee or tea)

Supplemental Table 1. Categorization of food items (continued)

Major groups	Minor groups	Select food items
Other	Mixed foods	Foods/recipes not separately classified ^{†,‡}
	Condiments	Components of recipes designated as condiments (spices, seasonings, etc.) ^{†,§}
	Yeast	Brewer's or nutritional yeast
	Salt	Salt
	Supplements	Vitamins, minerals, and other dietary supplements [†]
	Water from recipes	water as an ingredient in recipes whose other ingredients were separately categorized ^{†, †}

* Non-comprehensive list of food items included in each food group; primarily foods listed on the food-frequency questionnaire as hard-coded items. Food groups may contain other foods from write-in items.

[†] In the absence of specific hard-coded food items on the questionnaire that belong to this food group, a brief description of items classified in the group is given.

[‡] A small number of write-in foods or complex ingredients of those foods were not able to be categorized easily, due to their heterogeneous nature, and were left in this “mixed foods” category. Examples include the non-tuna portion of tuna casserole and a write-in “veggie loaf”.

[§] The “condiments” category includes certain spices, seasonings, or sauces not elsewhere classified; examples include “Baco Bits” and “McKay Chicken Seasoning”.

[†] For the few food items categorized at the ingredient level, rather than as whole foods, water was often an ingredient. It did not seem sound to include this water, a component of only a few foods, with drinking water, so a “water from recipes” category was created.