**Table 1S**. Dietary patterns identified by PCA and factor loadings of food groups/items\*

included in each dietary pattern for preschool children in the Rhea cohort, Crete, Greece (n=1061).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Dietary Pattern | | |
|  | ‘Mediterranean’ type | ‘Snacky’ type | ‘Western’ type |
| Food items† |  |  |  |
| Pulses | 0·730 |  |  |
| Olive oil | 0·712 |  |  |
| Vegetables | 0·629 |  |  |
| Fish and seafood | 0·609 |  |  |
| Fruits | 0·491 |  |  |
| Potatoes and other starchy roots |  | 0·689 |  |
| Salty snacks |  | 0·575 |  |
| Sugar preserves and confectionary |  | 0·503 |  |
| Eggs |  | 0·434 |  |
| Cereals and cereal products |  |  | 0·638 |
| Cheese |  |  | 0·608 |
| Total added lipids |  |  | 0·570 |
| No alcoholic beverages |  |  | 0·461 |
| Meat and meat products |  |  | 0·384 |
| Variance explained (%) | 26·562 | 10·552 | 8·681 |

Abbreviations: PCA, principal component analysis. \*Only food groups/items with factor loadings >0.30 were retained for

each factor. †Food variables included in PCA as g/day.

**Table 2S.** Demographic characteristics of participants and non-participants in the analysis\*.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Participants** | | | | **Non-Participants** | | |  |
|  | **N** | **% or Mean** | **SD** | | **N** | **% or Mean** | **SD** | **p-value** |
| Maternal age | 776 | 29·7 | 5.0 | 280 | | 29·4 | 4.7 | 0·259 |
| Maternal education |  |  |  |  | |  |  | <0·001 |
| Low | 119 | 16 |  | 76 | | 28 |  |  |
| Medium | 394 | 51 |  | 133 | | 49 |  |  |
| High | 253 | 33 |  | 63 | | 23 |  |  |
| Maternal Origin |  |  |  |  | |  |  | 0·093 |
| Greek | 751 | 94 |  | 266 | | 91 |  |  |
| Non-Greek | 45 | 6 |  | 25 | | 19 |  |  |
| Child gender |  |  |  |  | |  |  | 0·275 |
| Male | 412 | 51 |  | 139 | | 47 |  |  |
| Female | 392 | 49 |  | 154 | | 53 |  |  |
| Birth weight (g) | 779 | 3203·6 | 449·5 | 281 | | 3156·7 | 455·3 | 0·135 |
| Gestational age (wk) | 782 | 38·2 | 1·5 | 288 | | 38·3 | 1·6 | 0·671 |
| Preterm |  |  |  |  | |  |  | 0·667 |
| Yes | 93 | 12 |  | 31 | | 11 |  |  |
| No | 689 | 88 |  | 257 | | 89 |  |  |
| Breastfeeding duration (months) | 763 | 4·1 | 4·3 | 418 | | 2·9 | 3·6 | <0·001 |

\* The non-participants do not include the participants that are lost to follow up.