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| Supplementary table 1. Characteristics of the 3 RRR-derived exploratory dietary patterns at age 36, 43 and 53 |
| **Dietary patterns at age 36**  |
| **Per cent Variation Accounted for in the response variables** |
| Dietary pattern | Fibre Density\* | Fat Density\* | GI | Total variation accounted for |
| 1 | 38.2 | 1.9 | 49.4 | 29.8 |
| 2 | 40.8 | 47.3 | 49.4 | 15.9 |
| 3 | 50.1 | 47.9 | 57.4 | 5.9 |
| **Correlation coefficients for Response variables**  |
| Dietary pattern | Fibre Density\* | Fat Density\* | GI |  |
| 1 | 0.65 | 0.14 | -0.74 |  |
| 2 | -0.23 | 0.97 | -0.01 |  |
| 3 | 0.72 | 0.18 | 0.66 |  |
| **Dietary patterns at age 43**  |
| **Per cent Variation Accounted for in the response variables** |
| Dietary pattern | Fibre Density\* | Fat Density\* | GI | Total variation accounted for |
| 1 | 51.7 | 13.7 | 29.9 | 31.8 |
| 2 | 53.4 | 48.0 | 35.2 | 13.7 |
| 3 | 59.1 | 48.3 | 42.9 | 4.5 |
| **Correlation coefficients for Response variables**  |
| Dietary pattern | Fibre Density\* | Fat Density\* | GI |  |
| 1 | -0.73 | 0.37 | 0.56 |  |
| 2 | 0.19 | 0.91 | -0.35 |  |
| 3 | 0.64 | 0.15 | 0.74 |  |
| **Dietary patterns at age 53**  |
| **Per cent Variation Accounted for in the response variables** |
| Dietary pattern | Fibre Density\* | Fat Density\* | GI | Total variation accounted for |
| 1 | 56.2 | 22.2 | 35.2 | 37.9 |
| 2 | 56.7 | 48.7 | 45.4 | 12.3 |
| 3 | 64.9 | 50.2 | 52.3 | 5.5 |
| **Correlation coefficients for Response variables**  |
| Dietary pattern | Fibre Density\* | Fat Density\* | GI |  |
| 1 | -0.70 | 0.44 | 0.55 |  |
| 2 | 0.11 | 0.84 | -0.52 |  |
| 3 | 0.70 | 0.30 | 0.64 |  |
| \*= g/1000kcal; GI= glycaemic index |