**Supplementary table and graphs**

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| Food group | Foods items |
| Beer | Heavy beer, light beer, regular beer |
| Cabbages | Brussels, sprout, cauliflower, broccoli, coleslaw |
| Citrus fruit | oranges |
| Coffee | Coffee |
| Eggs | eggs |
| Fish | Steamed fish, tinned fish |
| Flavoured milk | Flavoured milk |
| Fruity vegetables | Avocado, fresh tomatoes, tomato products, cucumber, green beans, zucchini, squash, mushrooms, pumpkin, cantaloupe, capsicum, eggplant |
| High fat dairy | Full cream milk |
| High fibre bread | High fibre white bread, whole meal bread, multi-grain bread, rye bread, soy and linseed bread |
| High fibre cereals | Bran , sultana bran, other high fibre cereal |
| Jam and vegemite | Jam, vegemite |
| Juice | Orange juice, other fruit juice |
| Leafy vegetables | Iceberg lettuce, other lettuce, Asian greens, other cooked leafy vegetables |
| Legumes | Baked beans, dried beans, dried peas, chick dried beans, dried peas, chickpeas |
| Medium fat dairy | Reduced fat milk, soy milk, skim milk, other milk, yoghurt, ricotta, cottage all other cheeses, cream, sour cream |
| Nuts | Other nuts |
| Other cereals | Weet-bix, other weet-bix, regular cornflakes, Muesli, non-toasted commercial Muesli, non-toasted Homemade, muesli toasted, just right, sweet corn, other breakfast cereal  |
| Other fruits | Tinned fruit salad, tinned peaches, apples, bananas, pineapple, strawberries, apricots, pears, peaches or nectarines, mango or pawpaw, berries, cherries, dried or tinned apricots, figs, grapes, other dried fruit plums, watermelon |
| Pasta and rice | Rice pasta, noodles, rice bubbles |
| Peanut butter | Peanuts, peanut butter |
| Potato with fat | Potato fat |
| Potato without fat | Potato no fat |
| Poultry | Chicken |
| Processed meat | Bacon, sausages, processed meat |
| Red meat | Beef or veal, pork lamb |
| Root vegetables | Beetroot, carrots |
| Saturated spread | Other margarine butter |
| Snacks | Cakes or sweet, pastries, chocolate, sweet biscuits, corn chips, etc ice cream, crackers not wholemeal, whole meal crackers, other confectionery |
| Soft drinks | Soft drink, spirits premix, sports plus, diet soft drink |
| Spirits | spirits |
| Stalk vegetables | Celery, onion or leeks, garlic, asparagus |
| Sugar | sugar |
| Take away foods | Pizza, fried fish, pastries with cheese, pastries with meat |
| Tea and water | Tea, water, herbal tea |
| Tomato sauce | Tomato sauce or ketchup, canned tomatoes |
| Unsaturated spread | Olive margarine, margarine on vegetables, mayonnaise, miracles spread, canola margarine, cholesterol lowering margarine, nut telex, poly margarine, soy margarine |
| White bread | White bread |
| Wine | White wine, red wine  |

**Supplementary Table 1:** Food groups used in the factor analysis and factor loadings for each of the identified dietary patterns among adults 50 years and above, South Australia