**Supplementary Material**

**Table 1.** Factor loadings of food groups for the dietary patterns identified using FFQ data

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| --- | --- | --- | --- | --- | --- |
| Dietary Pattern 1- Traditional (10.6% variance) | | Dietary Pattern 2- Healthy (6.7% variance) | | Dietary Pattern 3- High sugar/ Low alcohol (6.1% variance) | |
| Food | **Factor loading** | **Food** | **Factor loading** | **Food** | **Factor loading** |
| Red meats  Vegetables  Processed meats  Whitefish and shellfish  Eggs  Organ meat  Poultry  Lard  Butter  Potatoes natural  Cheese  Milk  Oily fish  Grains  Beer  Fried potatoes  Sugar  Tap water  Tea  Soft drinks  Confectionary | 0.620  0.552  0.467  0.465  0.458  0.433  0.423  0.408  0.405  0.403  0.393  0.390  0.369  0.354  0.301  0.298  0.243  0.228  0.214  0.211  0.203 | Cereals  Fruits  High fibre breads  Confectionary  Vegetables  Natural juices  Margarine  Milk  Cream  **Negative loadings**  Beer  Lard  Butter | 0.624  0.491  0.476  0.420  0.348  0.334  0.322  0.213  0.203  -0.437  -0.379  -0.292 | Tea  Sugar  Milk  White bread  Confectionary  Fried potato  **Negative loadings**  Wine  Other alcoholic drinks  Coffee  Natural juices  High fibre breads  Beer | 0.661  0.534  0.303  0.267  0.245  0.230  -0.475  -0.444  -0.369  -0.268  -0.238  -0.232 |

**Table 2.** Factor loadings of food groups for the dietary patterns identified using WI data

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| --- | --- | --- | --- | --- | --- |
| Dietary Pattern 1- Traditional (8.8% variance) | | Dietary Pattern 2- Healthy (6.2% variance) | | Dietary Pattern 3- High sugar/Low alcohol (5.2% variance) | |
| Food | **Factor loading** | **Food** | **Factor loading** | **Food** | **Factor loading** |
| Butter  White bread  Lard  Sugar  Tea  Potatoes natural  Red meat  Eggs  Negative loadings  Cooking oil  High fibre bread  Cereals  Fruit juices | 0.611  0.556  0.528  0.427  0.400  0.366  0.266  0.241  -0.447  -0.425  -0.334  -0.254 | Fruit  Wine  Confectionary  Vegetables  Other soft drinks  Fruit juices  Cheese  High fibre breads  Other alcoholic drinks  Cream  Coffee  Red meat  **Negative loadings**  White bread  Tea  Sugar  Cooking oil | 0.505  0.446  0.411  0.397  0.384  0.377  0.328  0.323  0.286  0.257  0.243  0.206  -0.328  -0.288  -0.216  -0.212 | Milk  Cereals  Tea  Confectionary  Cream  Sugar  **Negative loadings**  Beer  Organ meat  Eggs  Red meats  Potatoes fried  Coffee  Oily fish  Lard | 0.659  0.468  0.423  0.389  0.293  0.265  -0.456  -0.274  -0.269  -0.268  -0.235  -0.233  -0.216  -0.210 |