**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 meatsVegetables Processed meatsWhitefish and shellfishEggsOrgan meatPoultryLardButterPotatoes naturalCheeseMilkOily fishGrainsBeerFried potatoesSugarTap waterTeaSoft drinksConfectionary  | 0.6200.5520.4670.4650.4580.4330.4230.4080.4050.4030.3930.3900.3690.3540.3010.2980.2430.2280.2140.2110.203 | CerealsFruitsHigh fibre breadsConfectionaryVegetablesNatural juicesMargarineMilkCream**Negative loadings**BeerLardButter | 0.6240.4910.4760.4200.3480.3340.3220.2130.203-0.437-0.379-0.292 | TeaSugarMilkWhite bread Confectionary Fried potato**Negative loadings**WineOther alcoholic drinks CoffeeNatural juicesHigh fibre breadsBeer | 0.6610.5340.3030.2670.2450.230-0.475-0.444-0.369-0.268-0.238-0.232 |

**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** |
| ButterWhite breadLardSugarTeaPotatoes naturalRed meatEggsNegative loadingsCooking oilHigh fibre breadCerealsFruit juices | 0.6110.5560.5280.4270.4000.3660.2660.241-0.447-0.425-0.334-0.254 | Fruit WineConfectionaryVegetablesOther soft drinksFruit juicesCheeseHigh fibre breadsOther alcoholic drinksCreamCoffee Red meat **Negative loadings**White breadTea SugarCooking oil | 0.5050.4460.4110.3970.3840.3770.3280.3230.2860.2570.2430.206-0.328-0.288-0.216-0.212 | Milk Cereals Tea Confectionary CreamSugar **Negative loadings**BeerOrgan meatEggs Red meatsPotatoes friedCoffee Oily fishLard | 0.6590.4680.4230.3890.2930.265-0.456-0.274-0.269-0.268-0.235-0.233-0.216-0.210 |