|  |  |  |  |
| --- | --- | --- | --- |
| Food Group | Convenience | DP2 | DP3 |
| Rice | -0.000432 | -0.226695 | 0.045657 |
| Oatmeal | -0.126764 | 0.139880 | 0.097990 |
| Bread | 0.047732 | -0.225726 | -0.049888 |
| Fruits | **-0.472292** | 0.202338 | -0.195909 |
| Leafy greens and Vegetables | **-0.297057** | **0.253504** | -0.077134 |
| Beans | -0.240371 | -0.206368 | **0.601393** |
| Milk | -0.103438 | **0.382478** | **-0.369043** |
| Nuts | 0.118150 | **0.280088** | 0.223892 |
| Sweets and desserts | **0.261440** | 0.024488 | 0.051530 |
| Tubers | -0.052399 | -0.160521 | -0.017175 |
| Pasta | 0.110764 | -0.060677 | 0.025233 |
| Snacks | **0.342078** | 0.005865 | 0.199846 |
| Eggs | 0.148773 | 0.014876 | 0.096188 |
| Cheese | 0.180652 | 0.233571 | 0.071753 |
| Butter/margarine | 0.239458 | 0.076120 | 0.171957 |
| Red meat | **0.302584** | 0.098396 | 0.162491 |
| Poultry | 0.080478 | -0.058797 | -0.009569 |
| Processed meat | **0.272207** | 0.036650 | 0.183453 |
| Fish | 0.090534 | 0.072863 | -0.027366 |
| Soft drink | 0.199995 | -0.145844 | 0.065032 |
| Juice | 0.031788 | **-0.336958** | -0.130270 |
| Coffee | -0.146706 | -0.002071 | **0.472301** |
| Beer | 0.144673 | **-0.482079** | -0.012188 |
| Wine | 0.076533 | -0.025314 | 0.002176 |
| Distilled | 0.075999 | -0.165102 | 0.026196 |
| % explained variance of predictors variables | 5.84 | 4.45 | 3.92 |
| % cumulative explained variance of predictors variables | 5.84 | 10.29 | 14.22 |
| % ED explained variance | 42.86 | 73.55 | 84.03 |
| % FD explained variance | 60.14 | 60.47 | 83.59 |
| % Fat explained variance | 43.22 | 81.59 | 87.59 |
| % explained variance of response variables | 48 .74 | 23.13 | 13.20 |
| % cumulative explained variance of response variables | 48.74 | 71.87 | 85.07 |

**Supplementary Table 2**. Food groups factor loadings, eigenvalues and explained variance among dietary patterns through Reduced Rank Regression.