|  |  |  |  |
| --- | --- | --- | --- |
| 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.