**Supplementary table 3.** Mean consumption in grams of the food groups of individuals classified on the third tertile of each dietary pattern.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Convenience | | |  | Prudent | |  | Traditional/ Rice and beans | |
|  | FAa | TTb | RRRc |  | FA | TT |  | FA | TT |
|  | Mean (SD) | | | | | | | | |
| Rice | 143.8 (101.9) | 186.6 (108.2) | 135.3 (101.0) |  | 133.4 (97.8) | 120.8 (92.8) |  | 220.4 (99.4) | 221.4 (97.2) |
| Cereals | 7.0 (13.6) | 6.2 (13.0) | 6.4 (12.7) |  | 15.3 (20.5) | 16.8 (21.1) |  | 4.1 (9.6) | 7.3 (14.5) |
| Bread | 101.5 (66.2) | 103.8 (67.3) | 87.0 (60.8) |  | 84.5 (59.3) | 84.2 (59.2) |  | 85.3 (62.5) | 82.9 (60.5) |
| Fruits | 344.4 (255.9) | 372.5 (281.7) | 244.0 (171.8) |  | 578.0 (309.2) | 586.2 (310.5) |  | 381.1 (289.8) | 387.7 (288.3) |
| Vegetables | 186.5 (110.5) | 191.7 (112.9) | 152.2 (92.7) |  | 280.2 (120.3) | 275.7 (123.3) |  | 189.9 (114.1) | 189.0 (112.3) |
| Beans | 173.2 (149.3) | 232.3 (167.2) | 117.4 (105.1) |  | 167.9 (143.9) | 148.1 (132.0) |  | 272.7 (160.5) | 279.7 (199.2) |
| Milk | 221.9 (202.6) | 227.3 (205.1) | 207.1 (190.9) |  | 264.9 (204.7) | 255.6 (197.3) |  | 204.8 (192.5) | 226.4 (156.4) |
| Nuts | 6.2 (11.3) | 4.1 (8.2) | 6.7 (12.3) |  | 8.2 (13.4) | 9.6 (14.3) |  | 1.8 (4.3) | 3.3 (8.4) |
| Sweets and desserts | 54.2 (39.0) | 52.3 (39.3) | 47.3 (37.8) |  | 34.9 (31.8) | 36.2 (33.6) |  | 31.6 (29.8) | 27.0 (26.1) |
| Tubers | 57.2 (48.2) | 64.3 (52.1) | 44.4 (39.4) |  | 67.4 (55.4) | 55.4 (49.8) |  | 59.7 (52.3) | 49.4 (45.4) |
| Pasta | 72.7 (52.1) | 72.2 (51.6) | 57.3 (46.2) |  | 57.3 (48.3) | 52.4 (45.4) |  | 56.3 (45.6) | 45.8 (39.0) |
| Snacks | 85.0 (48.6) | 81.1 (50.1) | 73.8 (48.8) |  | 51.3 (40.6) | 52.3 (41.6) |  | 55.6 (44.0) | 44.7 (36.3) |
| Eggs | 16.4 (14.4) | 17.0 (14.6) | 13.8 (13.1) |  | 13.3 (13.5) | 11.8 (12.4) |  | 14.7 (13.9) | 10.5 (10.8) |
| Cheese | 29.5 (27.0) | 22.5 (23.6) | 27.2 (26.4) |  | 26.4 (25.3) | 31.1 (27.5) |  | 13.0 (15.2) | 16.5 (20.0) |
| Butter/margarine | 7.7 (7.2) | 8.1 (7.2) | 7.6 (7.3) |  | 5.0 (5.8) | 4.9 (5.9) |  | 6.7 (6.6) | 5.8 (6.2) |
| Red meat | 75.4 (57.8) | 80.2 (59.4) | 80.5 (61.7) |  | 59.5 (51.9) | 56.1 (50.6) |  | 75.1 (59.0) | 57.6 (50.6) |
| Poultry | 16.5 (16.6) | 20.3 (18.4) | 15.7 (16.1) |  | 18.1 (18.0) | 15.0 (16.1) |  | 21.5 (18.5) | 15.5 (15.3) |
| Processed meat | 16.6 (14.2) | 16.6 (14.2) | 14.1 (13.5) |  | 9.2 (11.6) | 9.1 (11.8) |  | 12.7 (13.2) | 8.7 (10.4) |
| Fish | 49.0 (44.7) | 49.1 (45.7) | 49.8 (47.0) |  | 67.3 (51.1) | 65.3 (51.4) |  | 48.7 (47.5) | 42.6 (42.1) |
| Soft drinks | 153.0 (197.9) | 149.1 (195.9) | 124.7 (177.7) |  | 55.5 (99.9) | 65.6 (123.5) |  | 95.6 (151.4) | 65.9 (116.4) |
| Juice | 213.1 (210.6) | 199.5 (199.3) | 204.9 (204.1) |  | 276.1 (236.7) | 286.3 (243.5) |  | 170.3 (184.5) | 286.3 (243.5) |
| Coffee | 217.1 (338.4) | 192.4 (288.4) | 144.9 (159.2) |  | 180.1 (269.4) | 177.3 (263.4) |  | 165.7 (244.8) | 165.7 (248.6) |
| Beer | 196.9 (357.1) | 175.1 (324.9) | 183.2 (345.6) |  | 133.5 (269.4) | 114.1 (246.4) |  | 201.7 (372.6) | 144.0 (298.9) |
| Wine | 26.2 (43.1) | 16.1 (32.1) | 21.0 (37.7) |  | 23.6 (40.5) | 22.7 (37.7) |  | 7.9 (18.7) | 10.7 (24.9) |
| Distilled | 4.2 (12.5) | 3.0 (10.6) | 3.3 (10.9) |  | 2.7 (10.0) | 2.3 (8.4) |  | 3.1 (11.8) | 2.3 (9.9) |

aFA Factor analysis, bTT Treelet Transform, cRRR Reduced Rank Regression.