**Appendix A.** Food groupings used in the dietary pattern analyses

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| *Food items* | *Food groups*  |
| Sausages, deli meat, hamburger | Processed meat |
| Beef, lamb | Red meat |
| Beef liver | Organ meat |
| Fish | Fish |
| Chicken | Poultry |
| Egg | Egg |
| Skim or low-fat milk, low-fat yogurt, yogurt drink  | Low- fat dairy products |
| High-fat milk, whole milk, chocolate milk, cream, high-fat yogurt, cream yogurt, cream cheese, other cheese, ice cream | High-fat dairy products |
| Tea, coffee | Tea and coffee |
| Pears, apricots, cherries, apples, raisins or grapes, bananas, cantaloupes, watermelons, oranges, grapefruit, kiwis, strawberries, peaches, nectarine, tangerine, mulberries, plums, persimmons, pomegranates, lemons, pineapples, fresh figs, fruit juices, dried figs, dried dates, dried mulberries, other dried fruit  | Fruits |
| Industrial fruit juice | Industrial juice |
| Cabbage, cauliflower, Brussels sprouts, kale, carrots, tomatoes, green leafy vegetables, spinach, lettuce, cucumber, mixed vegetables, eggplant, celery, green peas, green beans, green pepper, turnip, corn, squash, mushrooms, onions, Garlic, Potatoes | Vegetables |
| Soy | Soya |
| Beans, peas, lima beans, broad beans, lentils | Legumes |
| Fried potatoes and potato chips  | Fried potatoes and chips |
| Iranian breads (barbari, sangak, taftun, lavash), baguette bread, barley bread, popcorn, cornflakes, wheat germ, bulgur | Whole grains |
| Pasta, rice, toasted bread, milled barley, sweet bread, white flour, starch, biscuits | Refined grains |
| Peanuts, almonds, pistachios, hazelnuts, roasted seeds, walnuts | Nuts |
| Chocolates, cookies, cakes, confectionaries | Sweets and desserts |
| Pickles | Pickles |
| Hydrogenated fats, animal fats, butter, mayonnaise | Hydrogenated fats |
| Olive oil, vegetable oils, olives | Olive and vegetable oils |
| Sugars, candies, Gaz (Iranian confectionery made of sugar, nuts, and egg), jam, jelly, honey | Sugars |
| Turmeric, pepper, others | Condiments |
| Salt | Salt |
| Soft drinks | Soft drinks |