Supplementary Table 1 Food groups in the factor analysis

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| Food or food groups | Foods included in the group |
| Rice | Round grained rice, long grained rice, glutinous rice |
| Wheat | Wheat bun, wheat noodle |
| Other cereals | Corn, barley, millet |
| Tubers | Potato, sweet potato |
| Legumes | Soybean, and products |
| Fungi and algae | Mushroom, kelp, laver |
| Vegetables | Cabbage, eggplant, carrot, pepper, lettuce, rape, tomato, cauliflower |
| Fruits | Apple, pear, peach, date, grape, watermelon, orange, other fruit |
| Pork | Pork and pork products |
| Other livestock meat | Beef, game, lamb, meat products |
| Poultry | Chicken, duck, goose |
| Organ meat | Organ meat |
| Aquatic products | Fish, shrimp, crab, shellfish |
| Milk | Milk and products |
| Eggs | Eggs |
| Nuts | Nuts |
| Cakes | Cake, ethnic foods |
| Fast foods | Convenience food, hamburger, pizza, sandwich, french fries |
| Soft drinks | Carbonated drinks, fruit juice, vegetable juice |