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 |