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| **Supplemental Table 1: Components (Food Frequency Questionnaire Items) of 35 Food Groups Used for Exploratory Factor Analyses among 203 Latinos with Type 2 Diabetes (The DIALBEST Trial)\*,** †**; Original to this manuscript** | | |
|  | **Food Group** | **Food Item** |
| 1 | Fruits | Peach, Plum, Apricot, Nectarine, banana, Cantaloupe and other Melons, Tropical fruits, Grape, Oranges, Strawberry and Cherry, Apple and Pear , and Other fruits |
| 2 | Cabbages | Broccoli, Cauliflower, Brussels sprouts, Coleslaw |
| 3 | Leafy Vegetables | Iceberg lettuce, Romaine lettuce, Green leafy vegetables |
| 4 | Avocado | Avocado |
| 5 | Tomato | Tomato |
| 6 | Potato and French Fries | Potato including French fries |
| 7 | Plantains | Plantain |
| 8 | Root Vegetables | Sweet potato, Taro root, Yam, Yucca |
| 9 | Other Vegetables | Corn, Cucumber, Carrot, Zucchini, Squash, Pumpkin, Eggplant, Beets, Green beans |
| 10 | Legumes | Legumes |
| 11 | Fruit Juice | 100% fruit juice, Other fruit juices |
| 12 | Low Calorie Drinks | Low calorie drinks |
| 13 | High Calorie Drinks | Sweetened soft drinks (Non-diet soda, Malta) |
| 14 | Alcohol | Alcoholic beverages |
| 15 | Water | Water |
| 16 | Coffee with Sugar | Coffee with cane sugar |
| 17 | Coffee without sugar | Coffee without any sweeteners or with zero calorie sweeteners |
| 18 | Tea with Sugar | Tea with cane sugar |
| 19 | Tea without Sugar | Tea without any sweeteners or with zero calorie sweeteners |
| 20 | Whole Grain Products | Whole grain rice, Pasta, Bread or Crackers |
| 21 | Refined Grain Products | Refined grain rice, Pasta, or Bread |
| 22 | Breakfast Cereals | Hot cereals, Cold cereals |
| 23 | Crackers | Flavored crackers, Other crackers |
| 24 | Sweets and Desserts Type 1\* Regular Sweetners | All sweets and desserts with regular sweeteners |
| 25 | Sweets and Desserts Type 2\* Artificial Sweetners | All sweets and desserts with zero calorie sweeteners |
| 26 | Chips | Potato chips, Corn chips, Chicharrones (Fried Pork skin) or Similar fried chips |
| 27 | Nuts and Seeds | Edible plant seeds and nuts |
| 28 | Whole Fat Dairy | Whole fat milk, Whole fat Cream Cheese |
| 29 | Medium Fat Dairy | 2% fat milk, low fat cream cheese, yogurt, cheese and creams |
| 30 | Low Fat Dairy | 1% milk, Non-fat milk, Fat free cream cheese |
| 31 | Red and Processed Meat | Pork chops, Ham, Cold cuts, Bologna, Salami, Hot dogs, Sausages, Beef (beefsteak, beef cubes, hamburger, ground meat) |
| 32 | Poultry with Skin | Turkey with skin, Chicken with skin |
| 33 | Poultry without Skin | Turkey without skin, Chicken without skin |
| 34 | Fish | Salmon, Sardines, Whole Fish (Porgy, Trout, Flounder, Tilapia), Tuna, Salted Cod, Seafood (Crab, Shrimp and Octopus), Other Fish |
| 35 | Egg | Egg |
| DIALBEST, Diabetes Among Latinos Best Practices Trial  \*Type 1 and type 2 are sweets and desserts with regular and artificial sweeteners, respectively  †Online Supporting Material only | | |