Supplemental Table 1. Food groups used to derive dietary patterns in the Comcáac community.

|  |  |
| --- | --- |
| **Group** | **Food items** |
| Fruits | Apple, watermelon, melon and pitaya |
| Vegetables | Squash, peas, lettuce, cucumber and tomato |
| Cereals | Rice, oats and corn |
| Legumes | Fried beans, whole beans and lentils |
| Dairy | Whole milk, cottage cheese and fresh cheese |
| Seafood | Clams, loggerhead, scallops and fish broth |
| Meat | Beef, pork rind and “machaca” (dried meat) |
| Chicken | Cooked chicken and fried chicken |
| Processed meats | Chorizo, sausage and bacon |
| Tortillas | Flour tortilla, corn tortilla and tostadas |
| Desserts | Donut, cinnamon biscuits and croissant |
| Beverages | Powdered drinks and coffee with sugar |