Supplemental Table 2. Factor-loading matrix for major dietary patterns in the Comcáac community.

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| --- | --- | --- | --- |
| **Food groups** | **Western pattern** | **Traditional pattern** | **Hyper-caloric pattern** |
| Fruits | - | 0.5945 | - |
| Vegetables | - | 0.4131 | - |
| Low fat cereals | - | 0.4614 | - |
| Legumes | - | - | 0.6081 |
| Dairy | - | - | - |
| Fish and seafood | - | 0.4195 | - |
| Meat | 0.5636 | - | - |
| Chicken | 0.5075 | - | - |
| Processed meats | 0.3917 | - | - |
| Tortillas | - | - | 0.3651 |
| Desserts | 0.4194 | - | - |
| Beverages | - | - | 0.6152 |