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| **Supplemental Table 1: Factor-loading matrix for the 3 dietary patterns identified among subjects** |
| **Nutrients** | **First dietary pattern[High-Caloric Dieatry Pattern]** | **Second dietary pattern[Nutrient-Dense Dietary Patten]** | **Third dietary pattern[Health Fat Dieatry Pattern]** |
| **Protein**  | 0.452 | ---- | 0.389 |
| **Carbohydrate**  | 0.895 | ---- | ---- |
| **Total sugars**  | 0.746 | ---- | ---- |
| **Dietary fiber**  | ----- | 0.724 | ---- |
| **Total fat**  | 0.721 | ---- | 0.325 |
| **saturated fatty acids**  | 0.892 | ----- | 0.256 |
| **monounsaturated fatty acids**  | ---- | ---- | 0.702 |
| **polyunsaturated fatty acids**  | ---- | 0.316 | 0.851 |
| **Cholesterol**  | 0.421 | ---- | ---- |
| **Vitamin E**  | ---- | 0.591 | 0.398 |
| **Vitamin A** | ---- | 0.514 | ---- |
| **Thiamin (Vitamin B1)**  | 0.262 | 0.740 | ----- |
| **Riboflavin (Vitamin B2)**  | 0.286 | 0.709 | ---- |
| **Niacin**  | ---- | 0.711 | 0.315 |
| **Vitamin B6**  | ----- | 0.727 | ---- |
| **Total folate**  | ----- | 0.808 | ---- |
| **Vitamin B12**  | ----- | 0.478 | ---- |
| **Vitamin C**  | ----- | 0.453 | ---- |
| **Vitamin K**  | ---- | 0.302 | ---- |
| **Calcium**  | 0.367 | 0.545 | ---- |
| **Phosphorus**  | 0.340 | 0.661 | 0.317 |
| **Magnesium**  | ----- | 0.786 | ---- |
| **Iron**  | 0.251 | 0.785 | ---- |
| **Zinc**  | 0.283 | 0.530 | ---- |
| **Copper**  | ----- | 0.610 | ----- |
| **Sodium**  | 0.275 | 0.352 | 0.386 |
| **Potassium**  | ----- | 0.765 | ---- |
| **Selenium**  | ----- | 0.549 | 0.513 |
| **Alcohol**  | 0.269 | ----- | ----- |
| **Absolute values ≤0.25 were excluded from the table for simplicity.** |