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| --- | --- | --- | --- |
| **Supplemental Table 1** |  |  |  |
| Factor loading matrix for three dietary patterns |  |  |
| 　 | High-bread and low-rice | High-meat and low-fish | Vegetable |
| Rice and rice products | **-0.58** | **-0.52** | -0.10 |
| Wheat flour | -0.04 | 0.20 | -0.01 |
| Breads and Japanese bun  | **0.55** | **0.37** | -0.25 |
| Noodles | 0.05 | **0.32** | -0.04 |
| Potatoes and potato products | -0.01 | -0.12 | 0.28 |
| Sugars and sweeteners | 0.28 | -0.05 | 0.01 |
| Soybeans and soybean products | 0.04 | -0.14 | **0.33** |
| Green and yellow vegetables | 0.19 | -0.09 | **0.48** |
| Other vegetables | -0.08 | 0.12 | **0.63** |
| Pickles | -0.04 | **-0.33** | 0.05 |
| Fruits | **0.51** | -0.20 | **0.33** |
| Mushrooms | -0.02 | 0.09 | **0.48** |
| Algae | 0.06 | -0.15 | 0.13 |
| Raw fishes and shellfishes | 0.11 | **-0.32** | -0.18 |
| Seafood and processed products | -0.01 | -0.28 | 0.07 |
| Animal meats and poultry | **-0.34** | **0.59** | 0.23 |
| Eggs | -0.15 | 0.01 | -0.03 |
| Milk and dairy products | **0.51** | -0.02 | 0.11 |
| Butters and margarines | **0.39** | **0.37** | -0.23 |
| Vegetable fats and oils | -0.27 | **0.41** | 0.04 |
| Confectioneries | **0.33** | -0.03 | -0.08 |
| Alcoholic beverages | -0.28 | 0.10 | -0.27 |
| Tea | 0.09 | **-0.31** | 0.18 |
| Coffees and cocoas | 0.17 | **0.31** | -0.20 |
| Other beverages | 0.02 | 0.11 | -0.08 |
| Eigenvalue | 2.04 | 1.83 | 1.43 |
| Factor variance explained, % | 8.2 | 7.3 | 5.7 |
| Factor variance cumulative, % | 8.2 | 15.5 | 21.2 |