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| **Supplement 1. Factor loadings (%) of five dietary patterns** |
| 　 | **Fruit pattern** | **Vegetable pattern** | **High-protein pattern**  | **Coffee pattern** | **Rice pattern**  |
| Cooked rice, well milled | 0 | -25 | 23 | 10 | **63** |
| Cooked rice with other cereals | -13 | 13 | **-48** | -18 | **-46** |
| Loaf bread | 2 | -2 | 2 | 4 | **-33** |
| Potatoes | 1 | **32** | -11 | -2 | -10 |
| Stew with soybean paste | -2 | **33** | -14 | 0 | 13 |
| Kakduki/small radish Kimchi | -8 | 22 | -2 | 5 | **30** |
| Kimchi, Radish with water | 7 | 25 | -12 | -4 | **37** |
| Green pepper | 4 | **34** | -6 | 4 | 12 |
| Spinach | -6 | **36** | 18 | 3 | 3 |
| Lettuce | 6 | **34** | 6 | 1 | 12 |
| Perilla leaf | 5 | **37** | -2 | 2 | 10 |
| Leek/Water dropwort | 2 | **37** | 4 | -3 | 7 |
| Green yellow vegetables | 3 | **33** | 12 | -2 | 7 |
| Radish/Salted radish | 1 | **33** | 15 | -2 | 11 |
| Onion | 6 | **40** | -10 | -2 | -5 |
| Cabbages | 2 | **30** | 5 | -1 | 18 |
| Cucumber | 5 | **35** | 0 | -2 | 1 |
| Bean sprouts | -3 | **32** | 17 | 5 | 3 |
| Carrot/Carrot juice | 2 | **32** | 9 | 0 | -13 |
| Vegetable juice | 0 | 14 | 7 | 0 | -9 |
| Oyster mushroom | -2 | **41** | 24 | 1 | -28 |
| Other mushrooms | 0 | **40** | 24 | 1 | **-30** |
| Persimmon, hard/Persimmon, dried | **54** | 3 | -7 | 0 | 6 |
| Tangerine | **62** | 4 | -5 | -1 | 5 |
| Muskmelon/Melon | **61** | 8 | -10 | 0 | 15 |
| Banana | **40** | 6 | 7 | 0 | -2 |
| Pear | **50** | 7 | -6 | -3 | 12 |
| Apple/Apple juice | **56** | 12 | 4 | -2 | -1 |
| Orange/Orange juice | **30** | 11 | 20 | 3 | -11 |
| Watermelon | **66** | 5 | -5 | -1 | 10 |
| Peach/Plum | **63** | 11 | -3 | 0 | 7 |
| Strawberry | **65** | 6 | 5 | 1 | 0 |
| Grape/Grape juice | **66** | 6 | -4 | -1 | 2 |
| Tomato/Tomato juice | **44** | 15 | -6 | -5 | 4 |
| Pork, pan roasted | -3 | -9 | **42** | 2 | 10 |
| Pork, belly | -4 | -10 | **37** | 3 | 16 |
| Beef, pan roasted | -4 | 5 | **39** | 1 | -14 |
| Thick beef soup/Hard boiled beef ribs | -1 | 10 | **34** | -3 | -8 |
| Sushi | -1 | 6 | **44** | 0 | -4 |
| Hair tail | 4 | 20 | **40** | -2 | -8 |
| Eel | 3 | 13 | **36** | -4 | 1 |
| Yellow croaker | 7 | 18 | **32** | -5 | -14 |
| Alaska Pollack | 7 | 18 | **34** | -2 | -2 |
| Mackerel/Pacific saury/Spanish mackerel | 2 | 19 | **32** | 3 | -15 |
| Coffee | -6 | -1 | 6 | **89** | -4 |
| Coffee Sugar | -9 | -4 | 2 | **91** | -1 |
| Coffee cream | -10 | -6 | 4 | **84** | -5 |