

Supplementary Table 1 Food group intakes for the quartiles of each dietary pattern (g/4184 kJ)

	Healthy Japanese pattern										Sweets-fat pattern								Seafood and Alcohol pattern								
	Q1		Q2		Q3		Q4		<i>P</i> for trend†	Q1		Q2		Q3		Q4		<i>P</i> for trend†	Q1		Q2		Q3		Q4		<i>P</i> for trend†
	Mean	SD	Mean	SD	Mean	SD	Mean	SD		Mean	SD	Mean	SD	Mean	SD	Mean	SD		Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Cereals	251	95	220	60	201	51	181	54	<0.001	274	86	224	50	197	43	158	45	<0.001	228	94	217	60	210	61	197	64	<0.001
Potatoes	16.8	13.4	24.1	16.4	33.0	17.5	37.8	22.8	<0.001	23.8	17.7	29.3	19.8	30.6	20.7	27.9	19.4	0.007	25.6	20.3	29.0	19.4	30.2	20.0	26.8	18.3	0.179
Sugars	2.0	2.0	2.2	1.6	2.6	1.8	2.7	1.6	<0.001	2.3	1.7	2.4	1.5	2.4	1.6	2.4	2.3	0.980	2.3	2.0	2.5	1.8	2.3	1.6	2.4	1.9	0.300
Pulses	18.7	16.1	30.3	17.0	36.1	20.4	46.1	24.9	<0.001	33.3	23.6	34.0	21.0	33.4	20.5	30.6	23.6	0.192	30.6	25.3	32.3	22.8	32.8	20.3	35.6	19.8	<0.001
Green and yellow vegetables	33.6	21.3	49.7	19.6	63.7	25.2	105.9	47.4	<0.001	61.0	49.1	66.6	35.9	63.5	35.4	61.7	40.2	0.760	67.7	51.5	61.4	33.7	60.0	38.5	63.7	35.9	0.388
Other Vegetables	41.4	19.6	69.4	20.4	92.0	22.4	153.5	53.0	<0.001	89.0	61.1	92.5	51.4	90.5	47.2	84.1	47.9	0.091	102.0	67.8	87.9	47.5	82.7	43.9	83.6	43.7	0.001
Fruits	62.2	55.1	69.2	43.2	82.4	54.0	94.2	63.7	<0.001	59.1	43.0	77.1	47.6	81.3	54.0	90.4	70.1	<0.001	74.2	63.3	76.8	49.2	83.1	54.1	73.9	55.3	0.546
Mushrooms	3.7	3.0	5.6	3.6	8.5	4.8	13.0	6.4	<0.001	8.4	6.9	7.7	5.4	8.1	5.6	6.6	5.0	0.002	7.6	6.3	8.0	5.9	7.4	5.0	7.8	5.9	0.580
Seaweeds	3.0	3.3	4.9	4.2	6.8	4.7	11.5	7.5	<0.001	7.3	7.2	6.6	5.7	6.4	5.1	5.8	6.0	0.001	6.3	6.5	6.2	5.9	6.9	6.0	6.7	5.8	0.143
Fish and shellfish	27.3	16.1	38.7	18.2	50.0	21.9	54.1	28.3	<0.001	44.7	27.5	45.4	23.9	42.2	22.0	37.9	21.5	<0.001	26.2	13.3	37.5	15.0	45.4	19.4	61.0	29.7	<0.001
Meat	34.8	17.1	41.7	18.9	42.5	16.2	43.8	18.5	<0.001	33.5	16.9	41.6	16.2	44.1	18.6	43.5	18.3	<0.001	34.2	16.4	42.2	17.9	41.4	17.6	45.0	18.5	<0.001
Eggs	15.8	11.0	19.4	11.7	19.8	11.8	19.1	11.5	<0.001	15.5	11.0	19.1	11.4	19.5	11.3	20.0	12.2	<0.001	17.3	12.4	18.4	10.5	19.9	11.6	18.5	11.8	0.031
Dairy products	59.4	51.9	76.1	53.4	79.8	49.6	84.7	58.9	<0.001	73.6	62.1	74.9	51.1	75.2	52.1	76.5	51.5	0.589	79.1	57.7	80.2	48.7	74.4	55.3	66.4	54.5	0.005
Fats and oils	5.2	2.7	5.7	2.2	5.7	2.1	5.5	2.5	0.312	4.8	2.5	5.5	2.3	5.8	2.2	5.9	2.4	<0.001	4.7	2.4	5.6	2.2	5.8	2.2	6.1	2.5	<0.001
Confectioneries	41.1	26.3	37.2	20.8	33.3	18.5	29.2	17.3	<0.001	20.1	12.8	28.5	14.0	38.3	15.6	53.9	24.6	<0.001	43.0	26.8	36.4	19.0	34.3	19.0	27.2	16.7	<0.001
Non-alcoholic beverages	302	214	314	189	351	217	368	226	<0.001	292	215	336	195	332	193	374	240	<0.001	315	204	323	181	340	208	356	253	0.025
Alcoholic beverages	55.6	136.1	38.4	77.0	35.5	75.9	20.9	59.3	<0.001	57.6	139.6	40.8	71.9	32.0	80.0	20.0	50.4	<0.001	12.8	31.0	16.1	32.8	28.2	59.4	93.2	156.4	<0.001

† Linear regression analysis, assigning ordinal numbers 0-3 to quartile categories of each dietary pattern.