

# Supplementary material: Prudent-Active and Fast-food-Sedentary dietary-lifestyle patterns: the association with adiposity, nutrition knowledge and sociodemographic factors in Polish teenagers. The ABC of Healthy Eating Project.

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**Table S1.** Standardized means of components of dietary-lifestyle patterns identified with cluster analysis.

Variables	Prudent-Active	Fast-Food-Sedentary	notPrudent-notFast-Food-LowActive	p-Value
Sample size	454	214	881	
Consumption of				
Breakfast <sup>a</sup>	<b>0.20</b>	−0.48	0.01	****
School meal <sup>b</sup>	<b>0.37</b>	−0.47	−0.08	****
Frequency consumption of <sup>c</sup>				
Vegetables	<b>0.85</b>	−0.34	−0.36	****
Fruits	<b>0.84</b>	−0.31	−0.35	****
Fruit or vegetable juices	<b>0.72</b>	0.00	−0.37	****
Dairy products	<b>0.51</b>	0.04	−0.28	****
Fish	<b>0.35</b>	0.08	−0.20	****
Fast-foods	−0.21	<b>1.32</b>	−0.21	****
Sweetened beverages	−0.10	<b>1.29</b>	−0.27	****
Energy drinks	−0.23	<b>1.15</b>	−0.16	****
Sweets	−0.04	<b>1.03</b>	−0.24	****
Screen time <sup>d</sup>	−0.30	<b>1.10</b>	−0.11	****
Physical activity at school <sup>e</sup>	<b>0.37</b>	−0.18	−0.14	****
Physical activity at leisure time <sup>f</sup>	<b>0.43</b>	−0.36	−0.14	****

Before standardization the input variables were expressed in: <sup>a</sup> times/day after converting frequencies (into daily frequency): <1 day/week (0), 1 to 3 days/week (0.29), 4 to 6 days/week (0.71), every day (1); <sup>b</sup> times/day after converting frequencies (into daily frequency): <1 day/week (0), 1 to 3 days/week (0.29), 4 to 6 days/week (0.71), every school day (1); <sup>c</sup> times/day after converting frequencies (into daily frequency): never or almost never (0), rarely than once a week (0.06), once a week (0.14), 2–4 times/week (0.43), 5–6 times/week (0.79), every day (1), several times a day (2); <sup>d</sup> scores after converting categories (into scores): <2 h/day (1), 2 to <4 hours/day (2), 4 to <6 h/day (3), 6 to <8 h/day (4), 8 to <10 h/day (5), ≥10 h/day (6); <sup>e</sup> scores after converting categories (into scores): low, *e.g.* most of the time in a sitting position, in class or on breaks (1), moderate, *e.g.* half the time in a sitting position and half the time in motion (2), vigorous, *e.g.* most of the time on the move or on classes related to high physical exertion (3); <sup>f</sup> scores after converting categories (into scores): low, *e.g.* more time spent sitting, watching TV, in front of a computer, reading, light housework, a short walk to 2 h a week (1), moderate, *e.g.* walking, cycling, gymnastics, working at home or other light physical activity performed 2–3 h/week (2), vigorous, *e.g.* cycling, running, working at home or other sports activities requiring physical effort over 3 h/week (3). Food examples by groups: Vegetables, *e.g.* fresh, boiled, baked, stewed; Fruits, *e.g.* fresh or frozen; Dairy products, *e.g.* milk, yoghurt, cottage cheese, cheese; Fish, *e.g.* baked, fried, in vinegar, canned; Fast foods, *e.g.* chips, pizza, hamburgers; Sweetened drinks, *e.g.* cola type, water with syrup, tea type with sugar; Sweets, *e.g.* cookies, sweets, cake, bars of chocolate, chocolate. Statistically significant: \*\*\*\*  $p < 0.0001$ .