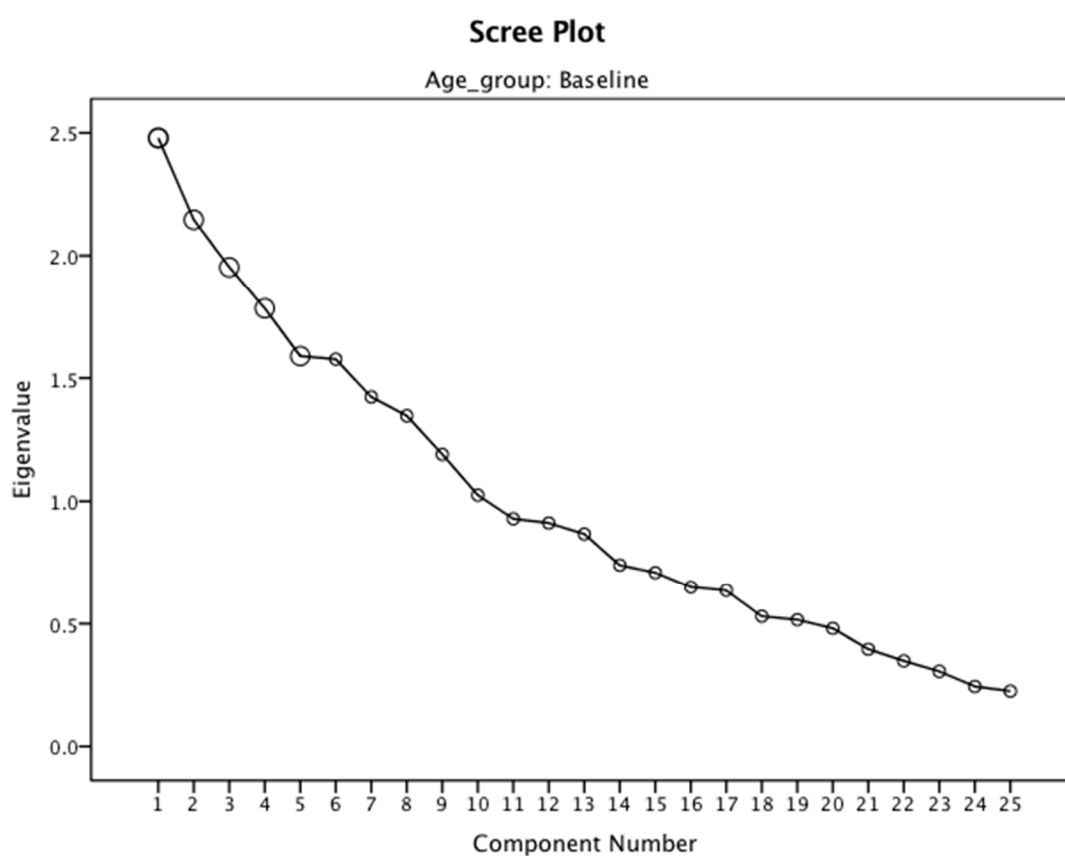


# Supplementary File:

**Table S1.** Comparison of mean baseline total energy intake and five food groups intakes between included and excluded participants in dietary pattern analysis. <sup>1</sup>

	Included Participants ( <i>n</i> = 130)	Excluded Participants ( <i>n</i> = 108)	<i>p</i> Value <sup>2</sup>
Milk and alternatives (Serving/day)	2.9 ± 1.3	2.5 ± 1.4	0.052
Fruit and vegetables (Serving/day)	3.8 ± 2.2	3.8 ± 2.3	0.811
Meat and alternatives (Serving/day)	1.9 ± 1.0	1.8 ± 1.1	0.401
Fat and oil (Serving/day)	3.6 ± 2.0	4.1 ± 3.4	0.153
Sweets and desserts (Serving/day)	3.1 ± 2.0	2.8 ± 2.0	0.241
Energy intake (kJ)	7761 ± 2060	7458 ± 2771	0.336

<sup>1</sup> Values are mean ± SD. <sup>2</sup> MANOVA with Bonferroni adjustment for multiple comparisons for baseline dietary intake data of participants.



**Figure S1.** Scree plot obtained using principal component analysis of 25 food groups to derive dietary patterns of PBMAS participants at baseline.