

Supplementary Table S1: Component loadings derived using Principal Component Analysis for the identification of dietary patterns.

	1	2	3	4	5	6
<b>Juices</b>	0.307	<b>0.810</b>	0.050	0.011	0.052	-0.047
<b>Sodas</b>	-0.161	<b>0.662</b>	0.062	0.156	0.044	0.153
<b>Liquid calories</b>	0.151	<b>0.954</b>	0.081	0.068	0.077	0.053
<b>Alcoholic drinks</b>	-0.068	0.103	0.003	0.190	<b>0.722</b>	0.132
<b>Total dairy</b>	<b>0.457</b>	0.168	0.122	0.213	<b>0.624</b>	0.048
<b>Vegetables</b>	<b>0.735</b>	-0.099	0.205	-0.063	0.036	0.066
<b>Legumes</b>	<b>0.481</b>	0.110	0.344	0.153	-0.071	-0.215
<b>Eggs</b>	0.232	0.024	0.110	0.297	<b>0.573</b>	-0.140
<b>Meats</b>	-0.024	0.177	0.062	<b>0.697</b>	0.256	0.323
<b>Poultry</b>	-0.071	0.159	0.059	<b>0.623</b>	0.176	0.374
<b>Fish and seafoods</b>	0.009	-0.004	0.026	<b>0.850</b>	0.046	-0.022
<b>Refined grains</b>	0.263	0.251	0.353	0.275	0.238	0.396
<b>Whole grains</b>	<b>0.538</b>	0.144	0.047	-0.017	0.369	0.051
<b>Fruits</b>	<b>0.765</b>	0.023	-0.031	-0.019	-0.082	0.047
<b>Other fats</b>	-0.088	0.106	<b>0.743</b>	-0.092	0.364	0.292
<b>Olive oil</b>	0.176	-0.006	<b>0.649</b>	0.208	-0.418	-0.136
<b>Total fats</b>	0.017	0.085	<b>0.951</b>	0.030	0.088	0.173
<b>Tea</b>	<b>0.466</b>	0.123	-0.152	-0.014	0.104	0.036
<b>Coffee</b>	-0.028	-0.140	-0.024	-0.212	0.351	0.296
<b>Nuts</b>	0.243	-0.210	-0.025	0.219	0.007	0.417
<b>Fast foods</b>	-0.049	0.099	0.050	0.188	-0.060	<b>0.765</b>
<b>Sweets (incl. honey/marmalade)</b>	0.060	0.233	0.299	0.040	0.219	<b>0.670</b>
<b>% Cumulative variance explained</b>	21.4	31.9	40.5	48.6	55.0	60.1

Higher absolute values of the loadings indicate that the meal is correlated with the respective component. Numbers in bold indicate absolute loadings greater than 0.45.

Pattern 1: legumes, vegetables, fruits, tea, dairy, whole grains

Pattern 2: Juices, sodas, liquid calories

Pattern 3: olive oil, fats

Pattern 4: meat, poultry, fish

Pattern 5: alcohol, eggs, total dairy

Pattern 6: fast foods, total sweets