

SUPPLEMENTARY TABLE 1. Food groupings used for all *a posteriori* dietary pattern analysis

Food or food group	Food items
Fruit	Apples (all types, including; raw, baked and stewed), oranges, grapefruit, tangerines, mandarins (fresh and canned varieties), all other fruit including fresh, canned, cooked and dried, fruit juices (including; fresh, canned, sweetened and unsweetened varieties).
Vegetables	Carrots, garlic, onions, scallions, French beans, runner beans, broad bean, peas, broccoli, brussel sprouts, cabbage, spinach, spring greens, turnip tops, lettuce, watercress, tomatoes, tomato juice, tomato based sauces, other beans, pulses and vegetables dishes
Brown bread	Brown bread and rolls, wholemeal bread and rolls, granary bread (all fresh and toasted), oatcakes
White bread	White bread and rolls, hamburger buns, soda bread, French baguettes, pitta bread (fresh and toasted), pancakes, scones (except wholemeal), crackers, stuffing
Rice and pasta	All rice and rice dishes (e.g. fried rice), all macaroni, spaghetti, noodles and ravioli including sauces
Pizza	Pizza (fresh and frozen)
Chips	Potato chips (fresh, frozen, fried, oven cooked)
Potatoes	Potatoes (all types and cooking methods) and potato dishes (e.g. potato salad, potato croquettes, or potato cakes)
Soup	All types including vegetable, meat and creamed versions
Fats	Butter, ghee, lard, dripping, low fat spreads, Mono/Polyunsaturated margarine
Cheese	All hard and soft cheeses, cream cheese, cottage cheese, cheese spreads. Includes low and reduced fat varieties
Eggs and egg dishes	Eggs (raw, cooked and scrambled), omelettes, quiches, Scotch egg
Meat dishes	Dishes with beef and potatoes/onion, stews, moussaka, shepherds pie, canned meat, bacon, sausages, frankfurters, beef burgers, hamburgers, meat loaf, salami, meat pies (including chicken pies), Indian meals including meat and vegetable curries, Indian breads and snacks ; Chinese meals including meat dishes and appetisers
Red meat	Beef (including veal), lamb, pork, rabbit, venison, offal. All cuts and cooking methods
Poultry	All chicken and chicken dishes, turkey, duck, goose and all other poultry
Fatty fish	All fatty fish including fish, fish paste and roe. All cooking methods
White fish	Cod and haddock, other white fish, fish products (e.g. fish cakes, fish fingers, fish pie), all shellfish. All cooking methods.
Breakfast cereals	Including bran and bran based cereals, muesli and porridge(made with milk and/or water), low fibre cereals including sugary cereals
Alcohol	Ale, lager, bitter, stout and cider, red wine, rose wine, white wine, spirits
Soft drinks	Carbonated soft drinks, fruit squashes and cordials, low calorie soft drinks, flavoured water, squashes and cordials
Hot drinks	Tea, Coffee, instant and infusions, regular and decaffeinated
Milk	Skimmed/semi-skimmed milk and beverages made on semi/skimmed milk, whole milk and beverages made on whole milk, all types of cream
Yoghurts	Plain and flavoured yoghurts (including low fat/calorie varieties)
Biscuits and cakes	All sweet biscuits and cakes, muesli bars, pastries and eclairs
Chocolate	Chocolate (plain and mixed types) and chocolate bars
Confectionery	Sweets, liquorice, peppermints, toffees, popcorn (candied and plain)
Crisps	Potato crisps and corn snacks (including low fat varieties)
Nuts	Nuts including peanuts, almonds, hazelnuts, mixed nuts, peanut butter, bombay mix, seeds
Puddings	All sweet pies, fruit crumbles, puddings, flans and tarts, cheese cake, ice-cream and ice-cream desserts, custards and instant powdered desserts
Sugar and preserves	Sugar (all types), all sweet spreads (jams, marmalade, honey, golden syrup, treacle, lemon curd, and chocolate spread)
Condiments	Sauces, ketchups, chutneys, pickles, gravy, mayonnaise, herbs, spices