

SUPPLEMENTARY TABLE 2. General characteristics for the quintile groups of 4 food patterns determined by principal component analysis and tertile groups for three different dietary scores in men participating in Young Hearts 3 (n=251).

PCA	Age		Height		Weight		BMI		Smoking						PAS*		SES				
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Current		Former		Never		Mean	SD	Non-manual		Manual		
									n	%	n	%	n	%			n	%	n	%	
Factor 1: Healthy																					
Q1	22.5	1.6	177.7	6.4	75.1	13.5	23.7	3.9	30	61.2	4	8.2	15	30.6	7.80	1.27	16	32.0	27	54	
Q2	21.9	1.6	176.3	7.2	73.5	11.8	23.6	3.2	18	36.7	8	16.3	23	46.9	7.75	1.25	24	48.0	23	46.0	
Q3	22.4	1.6	177.7	7.0	75.4	11.7	23.8	3.2	19	38.0	2	4.0	29	58.0	7.75	1.32	21	42.0	24	48.0	
Q4	22.8	1.6	177.6	6.8	75.6	10.6	24.0	3.0	14	28.0	5	10.0	31	62.0	7.75	1.52	26	52.0	19	38.0	
Q5	22.4	1.6	179.9	6.0	77.0	9.9	23.7	2.3	10	20.4	3	6.1	36	73.5	8.74	1.38	33	67.3	14	28.6	
<i>P value</i> [†]	0.251		0.061		0.254		0.799		≤0.001						0.003		0.071				
Factor 2: Traditional																					
Q1	22.7	1.6	177.1	5.9	74.9	10.7	23.8	2.6	19	38.8	8	16.3	22	44.9	8.04	1.50	27	54.0	22	44.0	
Q2	22.4	1.6	176.9	7.0	77.2	12.7	24.7	3.7	13	27.1	3	6.3	32	66.7	8.17	1.25	22	44.9	22	44.9	
Q3	22.3	1.6	177.9	7.0	75.4	11.7	23.9	3.5	15	30.0	2	4.0	33	66.0	7.89	1.56	21	42.0	22	44.0	
Q4	22.5	1.7	178.2	6.9	72.9	10.3	22.9	2.6	24	47.1	5	9.8	22	43.1	7.75	1.46	25	49.0	21	41.2	
Q5	22.1	1.5	179.1	7.0	76.2	12.2	23.7	3.1	20	40.8	4	8.2	25	51.0	7.94	1.22	25	51.0	20	40.8	
<i>P value</i> [†]	0.172		0.068		0.725		0.140		0.400						0.340		0.373				
Factor 3: Refined																					
Q1	22.7	1.5	177.3	6.5	76.8	13.7	24.4	4.0	21	42.9	5	10.2	23	46.9	8.02	1.42	25	51.0	18	36.7	
Q2	22.7	1.7	177.6	6.4	75.6	9.6	23.9	2.3	19	38.0	4	8.0	27	54.0	7.77	1.46	28	54.9	21	41.2	
Q3	22.5	1.5	177.3	7.2	75.0	12.7	23.8	3.1	15	30.6	3	6.1	31	63.3	7.64	1.41	27	54.0	20	40.0	
Q4	22.2	1.7	178.3	7.7	74.6	11.5	23.5	3.2	20	40.8	5	10.2	24	49.0	8.07	1.06	18	36.7	26	53.1	
Q5	22.0	1.5	178.8	5.9	74.5	10.1	23.3	3.0	16	32.0	5	10.0	29	58.0	8.28	1.54	22	44.0	22	44.0	
<i>P value</i> [†]	0.005		0.218		0.295		0.066		0.394						0.178		0.467				
Factor 4: Social																					
Q1	22.3	1.8	177.3	8.4	75.0	11.9	23.8	3.3	10	20.4	5	10.2	34	69.4	7.81	1.37	22	44.9	22	44.9	
Q2	22.4	1.5	176.5	6.2	74.5	13.1	23.9	3.3	18	36.0	4	8.0	28	56.0	8.03	1.60	25	49.0	23	45.1	
Q3	22.4	1.5	177.7	6.3	74.3	11.0	23.5	2.8	16	33.3	4	8.3	28	58.3	7.73	1.38	24	49.0	21	42.9	
Q4	22.6	1.6	177.8	6.1	75.4	11.2	23.8	2.7	21	41.2	4	7.8	26	51.0	7.88	1.32	24	47.1	21	41.2	
Q5	22.3	1.7	180.0	6.2	77.3	10.5	23.8	2.7	26	53.1	5	10.2	18	36.7	8.33	1.27	25	51.0	20	40.8	
<i>P value</i> [†]	0.874		0.029		0.300		0.930		0.001						0.163		0.956				

DIETARY SCORES	Age		Height		Weight		BMI		Smoking						PAS*		SES				
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Current		Former		Never		Mean	SD	Non-manual		Manual		
									n	%	n	%	n	%			n	%	n	%	
DDS[†]																					
	T1	22.4	1.6	177.8	6.2	75.8	11.7	23.9	3.2	33	38.8	11	12.9	41	48.2	7.94	1.45	36	41.9	41	47.7
	T2	22.4	1.6	177.1	6.6	74.1	11.4	23.6	3.4							7.87	1.40	48	48.0	41	41.0
	T3	22.4	1.7	179.0	7.5	76.4	11.5	23.8	2.7	22	34.9	5	7.9	36	57.1	8.13	1.33	36	57.1	25	39.7
	P value	0.950		0.386		0.852		0.760		0.387						0.458		0.090			
NRS[†]																					
	T1	22.4	1.6	177.1	6.6	73.5	11.8	23.4	3.3	40	48.8	9	11.0	33	40.2	7.68	1.24	33	39.3	41	48.8
	T2	22.5	1.7	178.2	6.7	77.3	11.5	24.3	3.3							7.82	1.34	40	47.6	37	44.0
	T3	22.4	1.5	178.4	6.9	75.4	11.2	23.7	2.9	20	24.1	4	4.8	59	71.1	8.38	1.50	47	56.6	30	36.1
	P value	0.908		0.209		0.272		0.585		<0.001						0.001		0.159			
MDS[†]																					
	T1	22.5	1.6	176.7	7.0	74.6	12.5	23.8	3.2	34	36.6	12	12.9	47	50.5	7.80	1.44	47	50.5	39	41.9
	T2	22.2	1.6	177.5	6.8	75.5	11.1	24.0	3.2							7.72	1.22	30	44.1	31	45.6
	T3	22.5	1.6	179.3	6.1	75.9	10.9	23.6	3.0	32	36.4	3	3.4	53	60.2	8.30	1.43	43	48.9	37	42.0
	P value	0.969		0.008		0.457		0.595		0.483						0.016		0.693			

PAS, physical activity score; SES, socioeconomic status; PCA, principal component analysis; DDS, dietary diversity score; NRS, nutritional risk score and MDS, Mediterranean diet score.

* Physical activity was quantified using a modified version of the validated Baecke questionnaire of habitual physical activity^(30,31).

† Continuous data analysed using linear regression, with general characteristic as the outcome and dietary patterns in quintiles or tertiles as continuous variables. Categorical data analysed using chi-squared test for trend