

SUPPLEMENTARY TABLE 3. General characteristics for the quintile groups of 4 food patterns determined by principal component analysis and tertile groups for three different dietary scores in women participating in Young Hearts 3 (n=238).

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	22.9	1.7	164.7	5.6	64.0	12.1	23.6	4.6	16	33.3	7	14.6	25	52.1	7.43	1.33	20	41.7	22	45.8
	Q2	22.6	1.6	164.2	5.6	66.5	15.4	24.6	5.4	17	36.2	3	6.4	27	57.4	7.33	1.12	20	42.6	18	38.3
	Q3	23.0	1.6	163.5	6.1	63.9	9.8	23.9	3.7	16	34.0	5	10.6	26	55.3	7.44	1.16	19	40.4	22	46.8
	Q4	22.4	1.6	164.9	6.9	63.0	10.2	23.1	3.4	19	39.6	4	8.3	25	52.1	7.45	1.32	22	45.8	22	45.8
	Q5	22.9	1.7	164.7	6.9	65.2	11.3	24.0	4.1	18	37.5	5	10.4	25	52.1	7.39	1.07	27	56.3	13	27.1
	<i>P value</i> [†]	0.839		0.846		0.779		0.718		0.689				0.943		0.706					
Factor 2: Traditional																					
	Q1	22.6	1.6	165.3	6.6	65.3	13.2	24.0	5.1	29	60.4	1	2.1	18	37.5	7.06	1.02	15	31.3	14	29.2
	Q2	22.4	1.7	163.7	6.6	65.5	14.3	24.4	5.0	17	36.2	4	8.5	26	55.3	7.18	1.19	18	38.3	24	51.1
	Q3	23.0	1.7	163.7	5.8	64.3	11.3	24.0	3.8	17	35.4	4	8.3	27	56.3	7.32	1.11	23	47.9	22	45.8
	Q4	22.9	1.7	164.2	6.4	62.9	8.3	23.3	2.9	15	31.3	6	12.5	27	56.3	7.23	1.18	25	52.1	18	37.5
	Q5	23.0	1.6	165.1	5.6	64.3	11.7	23.6	4.2	8	17.0	9	19.1	30	63.8	8.16	1.21	27	57.4	6	12.8
	<i>P value</i> [†]	0.085		0.968		0.338		0.347		0.001				≤0.001		0.015					
Factor 3: Nuts And Meat																					
	Q1	22.7	1.8	164.2	5.0	65.7	14.4	24.5	5.3	15	31.3	6	12.5	27	56.3	7.25	1.25	18	37.5	23	47.9
	Q2	22.6	1.6	163.9	6.1	65.2	12.4	24.3	4.5	22	45.8	6	12.5	20	41.7	7.42	1.13	14	29.2	24	50.0
	Q3	22.8	1.5	163.8	6.5	65.4	10.9	24.4	4.3	15	31.9	5	10.6	27	57.4	7.73	1.29	20	42.6	22	46.8
	Q4	22.7	1.6	163.8	5.8	63.0	11.2	23.4	3.7	18	37.5	5	10.4	25	52.1	7.14	1.18	23	47.9	19	39.6
	Q5	23.0	1.7	166.3	7.3	62.8	10.0	22.7	3.1	16	34.0	2	4.3	29	61.7	7.52	1.10	33	70.2	9	9.3
	<i>P value</i> [†]	0.401		0.168		0.116		0.025		0.577				0.635		0.119					
Factor 4: Social																					
	Q1	22.9	1.7	164.7	4.7	64.3	11.9	23.7	4.4	21	44.7	6	12.8	20	42.6	7.55	1.16	15	31.9	23	48.9
	Q2	22.7	1.7	164.2	6.0	62.1	10.4	23.1	4.0	15	30.6	4	8.2	30	61.2	7.51	1.29	20	40.8	22	44.9
	Q3	22.6	1.6	163.8	6.7	63.9	9.8	23.8	3.7	18	38.3	6	12.8	23	48.9	7.15	1.15	24	51.1	16	34.0
	Q4	23.0	1.6	163.6	6.4	65.9	12.2	24.6	4.4	19	39.6	6	12.5	23	47.9	7.36	1.21	21	43.8	19	39.6
	Q5	22.5	1.7	165.8	6.9	66.1	14.5	24.0	4.8	13	27.7	2	4.3	32	68.1	7.47	1.18	28	59.6	17	36.2
	<i>P value</i> [†]	0.426		0.580		0.168		0.272		0.151				0.559		0.045					

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	22.5	1.7	165.2	7.3	64.7	12.2	23.7	4.6	38	41.8	6	6.6	47	51.6	7.40	1.14	46	50.5	31	34.1	
T3	23.0	1.6	164.2	5.6	65.3	11.6	24.2	4.1	33	36.3	14	15.4	44	48.4	7.5	1.3	30	33.0	47	51.6	
T3	22.8	1.7	163.5	5.1	62.7	11.6	23.4	4.0	15	26.8	4	7.1	37	66.1	7.30	1.05	32	57.1	19	33.9	
<i>P value</i> [†]	0.133		0.095		0.411		0.781		0.085						0.746		0.325				
NRS																					
T1	22.8	1.7	164.4	6.4	65.9	14.4	24.4	5.1	34	42.5	4	5.0	42	52.5	7.01	1.13	30	37.5	34	42.5	
T2	22.6	1.6	164.7	6.6	62.5	9.0	23.0	3.3	33	42.3	10	12.8	35	44.9	7.4	1.1	34	43.6	37	47.4	
T3	23.0	1.7	164.1	5.7	64.9	11.3	24.1	4.2	19	23.8	10	12.5	51	63.7	7.76	1.27	44	55.0	26	32.5	
<i>P value</i> [†]	0.486		0.818		0.578		0.696		0.042						<0.001		0.101				
MDS																					
T1	22.9	1.7	164.0	6.9	64.5	12.7	24.0	4.7	35	39.3	5	5.6	49	55.1	7.2	1.2	35	39.3	40	44.9	
T2	22.5	1.6	164.4	6.3	64.8	12.1	23.9	4.1	26	37.7	3	4.3	40	58.0	7.5	1.2	30	43.5	31	44.9	
T3	22.9	1.6	164.8	5.3	64.1	10.7	23.6	4.0	25	31.3	16	20.0	39	48.8	7.6	1.2	43	53.8	26	32.5	
<i>P value</i> [†]	0.860		0.425		0.795		0.531		0.014						0.041		0.501				

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