Supplemental Table 1. Examples of food items for each food group.

Food group	Examples of food items
Rice	White and brown rice
Wheat noodles	Wheat noodles
Wheat flour	Wheat flour
Wheat buns, breads	Bun, butter bread, salty bread
Cakes, cookies and pastries	Cookies, mooncake, fruit cake, chocolate cake, fruit pie
Deep-fried wheat	Deep-fried dough stick, deep-fried cake with red bean paste and sugar, deep-fried sweet sesame seed ball
Deep-fried rice and legumes	Deep-fried rice flour doughnut, deep-fried soybean, deep-fried broad bean
Corn and coarse grain	Corn, corn grits, corn flour, barley, oats, foxtail millet, sorghum
Starchy roots and tubers	Potato, yam, taro, lotus root, water chestnut, cassava, sweet potato
Fresh legumes	Soybean sprouts, peas with pod, mung bean sprouts
Dried legumes	Soybean flour, dried beans, beans flour, roasted broad bean
Legume products	Tofu, tofu products, red/mung bean paste
Nuts and seeds	Sesame, sunflower, watermelon seeds, lotus seeds, peanuts, walnuts, almonds, hazelnuts, pine-nuts, pistachios, cashew nuts
Starchy roots products and tubers products	Potato starch, lotus root starch, potato flour, corn starch, starch
Fresh vegetables, non-leafy	Cauliflower, tomatoes, cucumber, zucchini, mushrooms
Fresh vegetables, leafy	Spinach, 'bok choy', cabbage
Pickled, salted or canned vegetables	Canned tomato sauce, preserved vegetables, vegetables in soy sauce
Dried vegetables	Dried radish, dried bamboo shoot, dried lily
Seaweed	Fresh or dried seaweed
Fruits	Fresh and canned (no added sugar) fruits
Dried fruit	Dates, dried longan, raisins
Preserved fruit with added sugar	Dried and canned fruit with added sugar
Low-fat red meat	Low-fat beef, low-fat lamb, donkey, rabbit
High-fat red meat	High-fat beef, high-fat lamb
Low-fat pork	Pork tenderloin pork, pork tendons
High-fat pork	Pork belly, leg, rib chop
Organ meats	Liver, kidney, large intestine, blood
Processed meats	Sausages, ham, luncheon meat, dried meat, smoked meat
Poultry and game	Chicken, duck, goose
Eggs and eggs products	Whole eggs, yolk, white, preserved eggs
Fish and seafood	Fresh- and salt-water fish, dried fish, shellfish
Soy milk	Sweetened and un-sweetened soy milk
Animal-based milk	Cow milk, goat milk, skim milk, flavored milk
Dairy products	Cheese, yogurt
Sweetened dairy products	Ice cream
Western-style fast-food	Fried chicken, sandwich, hamburger, hotdog, pizza
Instant noodles and frozen dumplings	Instant noodles, frozen dumplings
Ready-to-eat cereals/porridge	Instant multigrain porridge, corn flakes, instant oatmeal
Salty snacks	Corn crisps, onion rings, potato chips,

Candy, sugar and other high-sugar foods	Jelly, jam, chocolate, honey, sugar, candies
Calorically-sweetened beverages	Fruit or flavored drinks, fruit juice, soft drinks
Low-caloric beverages	Tea, bottled water
Alcoholic beverages	Liquors, wine, vodka, cocktails, whiskey, beer

Supplemental Table 2. Factor loadings for dietary patterns derived with Exploratory Factor Analysis at each wave (all factor loadings shown).

	Traditional southern dietary pattern							Modern high-wheat dietary pattern						
	1991	1993	1997	2000	2004	2006	2009	1991	1993	1997	2000	2004	2006	2009
Rice	0.87	0.87	0.73	0.56	0.76	0.64	0.50	-0.09	-0.25	-0.25	-0.41	-0.20	-0.28	-0.30
Wheat noodles	0.30	0.27	0.28	0.13	0.13	0.01	-0.17	0.04	-0.06	-0.12	-0.08	-0.09	-0.17	-0.22
Wheat flour	-0.80	-0.82	-0.86	-0.66	-0.59	-0.67	-0.50	0.13	0.12	0.03	0.26	0.05	0.00	0.15
Wheat buns, breads	-0.07	-0.12	-0.30	-0.27	-0.53	-0.44	-0.49	0.33	0.40	0.39	0.40	0.37	0.48	0.45
Cakes, cookies and pastries	0.00	-0.08	-0.16	0.03	-0.05	0.11	0.11	0.31	0.48	0.53	0.51	0.57	0.53	0.41
Deep-fried wheat	-0.18	-0.28	-0.17	-0.15	-0.37	-0.12	-0.08	0.46	0.70	0.57	0.71	0.63	0.76	0.74
Corn and coarse grain	-0.84	-0.78	-0.76	-0.65	-0.64	-0.53	-0.35	-0.18	-0.03	-0.06	0.28	0.08	0.19	0.28
Starchy roots and tubers	-0.17	-0.17	-0.12	-0.13	-0.21	-0.19	-0.27	-0.08	-0.04	-0.17	-0.01	-0.04	0.20	0.15
Fresh legumes	-0.01	0.07	0.02	-0.04	0.03	-0.11	-0.20	0.04	0.07	0.00	-0.01	0.00	0.20	0.04
Dried legumes	-0.02	-0.03	-0.04	-0.03	0.00	0.03	0.23	0.04	-0.01	-0.17	-0.07	-0.14	-0.15	0.05
Legume products	0.17	0.08	0.19	0.18	0.10	0.11	0.14	0.24	0.18	0.17	0.16	0.19	0.14	0.10
Nuts and seeds	-0.06	0.01	0.06	0.15	0.07	0.14	0.21	0.42	0.33	0.24	0.26	0.28	0.34	0.30
Starchy roots and tubers products	-0.30	-0.19	-0.18	-0.05	-0.18	-0.09	-0.11	0.30	0.32	0.26	0.26	0.24	0.28	0.26
Fresh vegetables, non-leafy	0.07	0.05	-0.05	-0.05	-0.04	-0.11	-0.13	-0.08	-0.17	-0.13	-0.09	0.03	0.11	0.02
Fresh vegetables, leafy	0.25	0.21	0.22	0.22	0.21	0.32	0.46	0.12	0.06	0.23	0.05	0.12	-0.05	-0.06
Pickled, salted or canned vegetables	0.28	0.15	0.21	0.25	0.16	0.12	0.17	0.07	-0.07	0.01	-0.02	0.00	0.08	0.01
Dried vegetables	0.03	0.01	0.21	0.09	0.31	0.24	0.33	0.16	0.16	0.25	0.16	0.25	0.07	0.18
Fruits	-0.09	-0.03	0.05	0.19	0.05	0.13	0.08	0.43	0.57	0.46	0.35	0.56	0.55	0.44
Low-fat red meat	0.31	0.50	0.40	0.48	0.33	0.47	0.38	0.40	0.25	0.28	0.20	0.12	0.03	0.12
High-fat red meat	-0.05	0.09	0.06	0.24	0.13	0.28	0.27	0.37	0.37	0.46	0.24	0.36	0.22	0.29
Low-fat pork	0.32	0.40	0.26	0.32	0.49	0.30	0.35	0.25	0.30	0.12	0.06	0.11	-0.10	-0.01
High-fat pork	0.32	0.36	0.44	0.48	0.27	0.34	0.43	0.49	0.34	0.44	0.25	0.32	0.18	0.10
Organ meats	0.40	0.49	0.39	0.53	0.32	0.43	0.48	0.45	0.32	0.46	0.24	0.37	0.18	0.13
Poultry and game	0.31	0.40	0.32	0.53	0.34	0.49	0.48	0.44	0.44	0.47	0.25	0.40	0.19	0.18
Eggs and eggs products	0.01	0.03	-0.08	0.05	-0.08	-0.03	-0.16	0.48	0.45	0.42	0.38	0.39	0.37	0.30
Fish and seafood	0.34	0.39	0.37	0.48	0.45	0.46	0.43	0.44	0.33	0.41	0.19	0.34	0.26	0.24
Soy milk	-0.19	-0.13	-0.05	-0.05	-0.27	-0.06	0.01	0.55	0.79	0.58	0.72	0.69	0.76	0.78
Animal-based milk	-0.06	0.04	-0.14	0.12	0.05	0.14	0.17	0.64	0.68	0.56	0.58	0.67	0.53	0.49
Instant noodles and frozen dumplings	NA	NA	-0.13	0.03	-0.12	0.10	-0.03	NA	NA	0.47	0.40	0.27	0.41	0.44
Percent variation in food groups intake explained	0.12	0.12	0.11	0.10	0.10	0.10	0.09	0.11	0.13	0.12	0.10	0.11	0.11	0.10
Coefficient of congruence with wave 2000	0.89	0.93	0.93	1.00	0.90	0.97	0.89	0.86	0.95	0.92	1.00	0.95	0.94	0.96

NA; not applicable