**SUPPLEMENTARY TABLE 1.**

Factor loadings for key components (dietary patterns) identified from dietary FFQs using principal components analysis\*.

|  |  |  |
| --- | --- | --- |
|  | Past dietary components | Contemporary dietary components |
|  | (1) Prudent | (2) Processed foods | (4) Other (‘minor’) | (1) Prudent | (2) Meat intake | (3) Other  |
| Eigenvalues, % (cumulative %) | 7.13 (7.13) | 5.47 (12.60) | 4.27 (16.87) | 7.54 (7.54) | 7.23 (14.76) | 5.76 (20.52) |
| Red meat | -.201 |  | -.399 |  | .851 | -.223 |
| White meat | .367 |  |  | .236 | .332 |  |
| Processed meat | -.380 |  | -.222 |  | .557 |  |
| White fish | .302 | .257 |  | .363 |  |  |
| Oily fish | .364 |  |  | .499 |  |  |
| Other fish |  | .239 |  | .400 |  |  |
| Eggs and egg dishes |  |  |  |  |  |  |
| Yoghurt and cream | .361 |  |  | .314 |  |  |
| Cheese | .309 |  |  | .270 |  |  |
| Potatoes | -.229 | .212 |  |  | .438 |  |
| Vegetables | .603 |  |  | .608 |  |  |
| Fruit | .545 |  |  | .436 | -.291 |  |
| Milk |  |  |  |  |  |  |
| Bread |  | -.565 | .529 | -.387 | -.278 | -.639 |
| Pulses |  | .302 |  | .319 |  | .234 |
| Rice and pasta | .536 |  |  | .383 |  |  |
| Cereal |  | .302 | .202 |  |  | .250 |
| Biscuits | -.331 | .264 | .298 | -.387 |  | .348 |
| Cakes | -.312 | .389 | .264 | -.331 |  | .453 |
| Desserts | -.372 | .371 |  | -.248 |  | .401 |
| Tinned and dried fruit | -.246 | .321 |  |  |  | .384 |
| Chocolate and candy | -.334 |  |  | -.319 |  | .337 |
| Soups |  | .341 |  | .217 |  | .288 |
| Potato chips and nuts |  |  |  |  |  |  |
| Milk based sauces |  |  |  |  |  |  |
| Condiments |  |  |  |  |  |  |
| Sweet spreads |  |  | .332 | -.261 |  |  |
| Fats and oils |  | -.586 | .428 | -.371 |  | -.657 |
| Coffee |  |  | -.316 | .211 |  |  |
| Tea |  |  | .222 |  |  |  |
| Sugar in hot drinks |  |  | -.309 |  |  |  |
| Fruit and veg juice |  |  |  |  | .851 | -.223 |
| Non diet fizzy drinks |  |  |  |  | .241 |  |
| Diet fizzy drinks |  |  |  |  |  |  |
| Beer |  |  | -.358 |  |  |  |
| Spirits | .206 | -.218 |  |  | .229 |  |
| Wine | -.201 |  | -.399 | .343 |  | -.237 |

\*Food groups with absolute factor loadings <0.30 are not listed in the Table for simplicity.

Principal components analysis (PCA) is a data reduction technique that deals with multi-colinearity. It takes the data from the dietary responses (from the FFQ) and reduces it to a number of components (“dietary patterns”) that independently partition the overall variation. The eigen value is the percentage of variance explained by that component. The factor loadings reflect the weighting of the different foods on each component. For past diet (n 3237) there were 5 components accounting for 25.6% of the total variation in diet, as follows (1) 7.1% (2) 5.5% (3) 4.9% (4) 4.3% (5) 3.8%. The factor loading scores are shown for components 1,2 and 4 . For contemporary diet (n=1682) there were 4 components accounting for 23.3% of the total variation in diet: (1) 7.6% (2) 6.1% (3) 5.3% (4) 4.3%. The factor loading scores are shown for components 1,2 and 3.