Supplementary Table 1: Components of the 42 food groups used in the dietary pattern analysis

Food group	Components
Potatoes	Potatoes
Leafy vegetables	Green salad, spinach, other leafy vegetables
Fruiting vegetables	Sweet pepper, tomatoes, courgette
Root vegetables	Carrots, turnip cabbage
Cabbage	White cabbage, cauliflower, broccoli
Other vegetables	Mushrooms, onion, garlic, stalk vegetables, mixed salad, mixed vegetables, grains and pod vegetables
Legumes	Legumes
Fruits	Fresh fruits, mixed fruits
Nuts and seeds	Nuts, seeds
Milk	Milk
Dairy products	Milk beverages, yogurt, curd cheese, cream dessert and pudding, Dairy creams, milk for coffee and creamers
Cheese	Cheese
Bread	Bread, crispbread
Pasta and rice	Pasta, rice, other grains
Other cereals	Flour, flakes, starches, semolina, dough and pastry, breakfast cereals
Beef	Beef
Pork	Pork
Poultry	Poultry
Processed meat	Processed meat
Other meat	Offals, hash, other meat
Fish, fish products	Fish and fish products
Eggs	Eggs, egg products
Butter	Butter
Margarine	Margarine
Vegetable oils	Vegetable oils
Other fats	Deep frying fats, other animal fats
Sugar products	Sugar, honey, jam, syrup, confectionery, ice cream, dessert sauces
Chocolate sweets	Chocolate, candy bars
Cake, biscuits	Cake, pies, pastries, pudding, dry cakes, biscuits
Non-alcoholic beverages	Water, fruit and vegetable juices
Soft drinks	Carbonated, soft, isotonic drinks
Coffee	Coffee
Tea	Black and green tea, fruit and herbal tea
Beer	Beer
Wine	Red and white wine, fruit wine
Alcoholic beverages	Spirits, brandy, fortified wine, liquers, cocktails, punches
Sauces	Tomato sauce, dressing sauces, mayonnaises, other sauces
Soups	Soups
Bouillon	Bouillon
Vegetarian dishes	Vegetarian dishes, soy products
Dietetic products	Dietetic products, artificial sweeteners
Snacks	Snacks

Supplementary Table 2: Pearson correlation coefficients between all food groups and the pattern derived by principal component analysis (PCA) and reduced rank regression (RRR)

Food group	PCA pattern	RRR pattern
Potatoes	0.37	0.21
Leafy vegetables	0.52	0.01
Fruiting vegetables	0.60	0.03
Root vegetables	0.39	-0.09
Cabbage	0.70	0.05
Other vegetables	0.69	0.07
Legumes	0.43	0.17
Fruits	0.32	-0.07
Nuts and seeds	0.13	-0.06
Milk	0.13	-0.03
Dairy products	0.21	-0.02
Cheese	0.31	-0.06
Bread	0.22	0.07
Pasta and rice	0.22	-0.18
Other cereals	0.12	-0.06
Beef	0.50	0.14
Pork	0.42	0.16
Poultry	0.37	0.03
Processed meat	0.48	0.23
Other meat	0.25	0.04
Fish, fish products	0.36	0.04
Eggs	0.19	0.06
Butter	0.14	0.02
Margarine	0.17	0.12
Vegetable oils	0.56	-0.06
Other fats	0.39	0.12
Sugar products	0.23	0.00
Chocolate sweets	0.16	-0.06
Cake, biscuits	0.29	-0.05
Non-alcoholic beverages	0.08	0.00
Soft drinks	-0.00	0.07
Coffee	0.13	0.04
Tea	0.06	-0.19
Beer	0.15	0.10
Wine	0.02	-0.10
Alcoholic beverages	0.09	0.04
Sauces	0.69	0.06
Soups	0.15	0.01
Bouillon	0.58	0.13
Vegetarian dishes	0.02	-0.12
Dietetic products	-0.06	0.01
Snacks	0.20	-0.07