|  |
| --- |
| ***Supplemental table 1a. Food intakea (grams per day) per quintile of dietary pattern scores in women (n=952)***  |
|  | **Healthy pattern** | **Swedish-traditional pattern** | **Light-meal pattern** |
|  | **Q1** | **Q3** | **Q5*b*** | **Q1** | **Q3** | **Q5*b*** | **Q1** | **Q3** | **Q5b** |
|  | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** |
| Fish and seafood | **22** | 28 | **42** | 39 | **67\*\*\*** | 48 | **40**  | 41 | **42** | 40 | **51**\*\* | 45 | **49** | 47 | **44** | 40 | **38**\*\* | 41 |
| Poultry | **23** | 34 | **22** | 29 | **26** | 34 | **34** | 37 | **23** | 31 | **16**\*\*\* | 24 | **24** | 33 | **25** | 34 | **18** | 26 |
| Meat and processed meat | **92** | 57 | **85** | 56 | **61\*\*\*** | 47 | **47** | 36 | **83** | 53 | **104**\*\*\* | 59 | **88** | 49 | **79** | 57 | **72**\*\* | 56 |
| Egg | **9** | 16 | **19** | 28 | **42\*\*\*** | 50 | **26** | 38 | **20** | 29 | **20** |  27 | **36** | 47 | **18** | 25 | **17**\*\*\* | 28 |
| Cheese | **18** | 17 | **23** | 23 | **40\*\*\*** | 41 | **24** | 32 | **24** | 21 | **26** | 23 | **16** | 18 | **25** | 24 | **41**\*\*\* | 43 |
| Cream  | **5** | 11 | **5** | 9 | **12\*\*\*** | 22 | **6** | 14 | **7** | 12 | **8** | 19 | **10** | 21 | **7** | 13 | **7**\* | 14 |
| Milk products, Key hole*c* | **25** | 72 | **35** | 73 | **75\*\*\*** | 137 | **55** | 110 | **41** | 87 | **39** | 109 | **41** | 95 | **40** | 97 | **45** | 96 |
| Milk products non-Keyhole*c* | **183** | 186 | **188** | 156 | **167** | 157 | **103** | 111 | **158** | 140 | **279**\*\*\* | 201 | **193** | 203 | **180** | 141 | **170** | 151 |
| Potatoes | **87** | 82 | **86** | 76 | **69\*\*** | 71 | **37** | 41 | **74** | 55 | **140**\*\*\* | 94 | **115** | 97 | **75** | 58 | **63**\*\*\* | 60 |
| Vegetables | **78** | 58 | **124** | 63 | **232\*\*\*** | 117 | **139** | 119 | **140** | 94 | **135** |  87 | **141** | 110 | **137** | 87 | **143** | 100 |
| Fruit and berries | **57** | 58 | **130** | 81 | **232\*\*\*** | 117 | **123** | 118 | **131** | 99 | **145** | 101 | **112** | 99 | **142** | 104 | **170**\*\*\* | 113 |
| Fast food | **62** | 72 | **16** | 41 | **5\*\*\*** | 21 | **48** | 70 | **20** | 41 | **7**\*\*\* | 24 | **24** | 52 | **25** | 50 | **21** |  46 |
| Rice and pasta | **73** | 62 | **61** | 60 | **50\*\*\*** | 54 | **66** | 65 | **63** | 58 | **62** | 61 | **32** | 41 | **64** | 60 | **96**\*\*\* | 77 |
| Refined bread*d* | **44** | 36 | **16** | 19 | **8\*\*\*** | 14 | **19** | 23 | **22** | 27 | **23** | 33\* | **15** | 22 | **23** | 28 | **26**\*\*\* | 31 |
| Fibre-rich bread including crisp bread*d* | **36** | 32 | **56** | 35 | **60\*\*\*** | 40 | **29** | 25 | **55** | 35 | **66**\*\*\* | 40 | **34** | 29 | **50** | 32 | **73**\*\*\* | 41 |
| Breakfast cereals and porridge | **17** | 35 | **46** | 57 | **76\*\*\*** | 85 | **22** | 38 | **40** | 54 | **87**\*\*\* | 91 | **52** | 73 | **45** | 63 | **42**\* | 61 |
| Savoury bakery | **11** | 27 | **15** | 34 | **11** | 24 | **14** | 36 | **11** | 23 | **15** | 37 | **12** | 32 | **14** | 30 | **16** | 38 |
| Sweet bakery products | **28** | 35 | **31** | 31 | **28** | 32 | **13** | 18 | **31** | 30 | **52**\*\*\* | 44 | **29** | 34 | **31** | 33 | **29** | 32 |
| Desserts and ice cream | **35** | 53 | **35** | 77 | **23** | 36 | **16**  | 28 | **25** | 39 | **53**\*\*\* | 72 | **24** | 40 | **29** | 46 | **32** | 54 |
| Sweet condiments | **10** | 15 | **11** | 14 | **13** | 17 | **3**  | 6 | **8** | 10 | **26**\*\*\* | 21 | **11** | 16 | **9** | 12 | **13** | 18 |
| Sweets and candy | **20** | 28 | **14** | 24 | **10\*\*\*** | 20 | **12**  | 19 | **16** | 27 | **13** | 22 | **4** | 9 | **10** | 15 | **30**\*\*\* | 34 |
| Salad | **11** | 27 | **17** | 35 | **16** | 38 | **33** | 53 | **15** | 31 | **2**\*\*\* | 10 | **10** | 25 | **17** | 37 | **23**\*\* | 46 |
| Soups | **9** | 33 | **24** | 45 | **45\*\*\*** | 72 | **30** | 57 | **29** | 55 | **29** | 50 | **20** | 43 | **25** | 44 | **38**\*\* | 64 |
| Sauce and mayonnaise  | **46** | 44 | **26** | 27 | **23\*\*\*** | 29 | **20** | 26 | **29** | 27 | **40**\*\*\* | 41 | **24** | 29 | **31** | 36 | **35**\*\*\* | 36 |
| Substitute products | **1.3** | 8.8 | **6.3**  | 30.1 | **30\*\*\*** | 111 | **18** | 97 | **6** | 29 | **6**\* | 35 | **0.4** | 3.9 | **3.7**  | 19.7 | **28.8**\*\*\* | 107.9 |
| Margarine | **9.7** | 9.8 | **9.9** | 8.8 | **7.6\*** | 8.5 | **3.4** | 4.9 | **8.8** | 6.6 | **15.4**\*\*\* | 12.4 | **5.8** | 6.7 | **9.2**  | 7.8 | **13.8**\*\*\* | 11.9 |
| Butter | **0.39** | 1.43 | **0.71** | 2.48 | **1.75\*\*\*** | 6.87 | **0.9** | 4.2 | **0.7** | 2.2 | **1.1** | 5.4 | **1.8** | 7.0 | **0.6**  | 1.9 | **0.5**\*\*\* | 2.0 |
| Oil | **0.06** | 0.44 | **0.23** | 1.08 | **1.98\*\*\*** | 4.17 | **0.97** | 3.2 | **0.44** | 1.8 | **0.28**\* | 1.3 | **0.43** | 1.9 | **0.71**  | 3.0 | **0.88** | 2.7 |
| Snacks | **6.5** | 13.0 | **1.6** | 7.3 | **0.6\*\*\*** | 2.2 | **3.4** | 9.7 | **2.8** | 8.7 | **1.3**\* | 4.9 | **0.23** | 0.85 | **1.8**  | 4.8 | **6.2**\*\*\* | 13.3 |
| Nuts and seeds | **0.96** | 3.98 | **4.1** | 9.6 | **11.3\*\*\*** | 20.2 | **7.2** | 18.47 | **4.1** | 7.9 | **3.2**\*\* | 8.0 | **2.7** | 8.6 | **4.3**  | 10.5 | **10.1**\*\*\* | 18.1 |
| Juice | **67** | 104 | **39** | 76 | **37\*\*\*** | 70 | **45** | 73 | **40** | 79 | **57** | 93 | **24** | 57 | **52**  | 85 | **70**\*\*\* | 95 |
| Coffee | **186** | 222 | **325** | 246 | **397\*\*\*** | 263 | **223** | 217 | **304** | 244 | **430**\*\*\* | 267 | **523** | 261 | **328**  | 211 | **139**\*\*\* | 192 |
| Tea | **95** | 136 | **157** | 221 | **193\*\*\*** | 265 | **143** | 229 | **154** | 212 | **131** | 214 | **25** | 70 | **116**  | 132 | **367**\*\*\* | 331 |
| Soda | **241** | 210 | **54** | 96 | **33\*\*\*** | 85 | **80** | 142 | **85** | 135 | **113** | 172 | **56** | 114 | **74**  | 124 | **140**\*\*\* | 192 |
| Alcohol | **99** | 163 | **116** | 148 | **96** | 107 | **110** | 144 | **90** | 116 | **82**\* | 127 | **115** | 150 | **105**  | 141 | **89**\* | 123 |

*a*Crude intakes

*b*P for trend in regression analysis, with the score quintiles applied as continuous variables\*P<0.05, \*\*P<0.01, \*\*\*P<0.001

*c*Keyhole labeled milk products contain less fat (< 0.7%) and less sugar (< 9%) than non-Keyhole products

*d*Bread with > 5% fibre and unspecified crisp bread was considered fibre-rich. All other breads were categorized as refined.

|  |
| --- |
| ***Supplemental table 1b. Food intakea (in grams per day) per quintile of dietary pattern scores in men (n=778)***  |
|  | **Healthy pattern** | **Swedish-traditional pattern** |
|  | **Q1** | **Q3** | **Q5*b*** | **Q1** | **Q3** | **Q5*b*** |
|  | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** | **mean** | **sd** |
| Fish and seafood | **19** | 31 | **42** | 47 | **89**\*\*\* |  70 | **55** | 61 | **49** | 54 | **39**\* | 49 |
| Poultry | **30** | 41 | **25** | 36 | **22**\* | 37 | **33** | 38 | **26** | 41 | **21**\*\*\* | 35 |
| Meat and processed meat | **123** | 86 | **129** | 72 | **119** |  83 | **76** | 65 | **127** | 68 | **176**\*\*\* |  96 |
| Egg | **10** | 20 | **22** | 31 | **29**\*\*\* |  44 | **27** | 47 | **19** | 30 | **17**\*\* |  25 |
| Cheese | **15** | 20 | **25** | 24 | **37**\*\*\* |  37 | **28** | 39 | **22** | 21 | **26** |  25 |
| Cream  | **2** | 6 | **5** | 13 | **12**\*\*\* |  21 | **7** | 17 | **4** | 9 | **6** | 11 |
| Milk products, Key hole*c* | **34** | 117 | **57** | 149 | **80**\*\* |  158 | **49** | 132 | **43** | 101 | **68** |  182 |
| Milk products, non-Keyhole*c* | **221** | 251 | **210** | 198 | **224** | 200 | **141** | 168 | **212**  | 195 | **295**\*\*\* |  269 |
| Potatoes | **123** | 120 | **150** | 121 | **172**\*\*\* |  150 | **54** | 60 | **152** | 121 | **222**\*\*\* |  140 |
| Vegetables | **49** | 53 | **105** | 63 | **207**\*\*\* |  115 | **149** | 124 | **110** | 85 | **99**\*\*\* |  79 |
| Fruit and berries | **35** | 58 | **80** | 74 | **191**\*\*\* |  148 | **116** | 143 | **91** | 94 | **88**\* |  93 |
| Fast food | **122** | 108 | **29** | 53 | **8**\*\*\* | 28 | **62** | 100 | **49** | 82 | **23**\*\*\* |  46 |
| Rice and pasta | **120** | 94 | **82** | 77 | **66**\*\*\* |  77 | **98** | 100 | **84** | 82 | **81**\* |  83 |
| Refined bread*d* | **52** | 54 | **34** | 39 | **26**\*\*\* |  40 | **22** | 28 | **29** | 36 | **66**\*\*\* |  55 |
| Fibre rich bread including crisp bread*d* | **29** | 33 | **66** | 38 | **91**\*\*\* | 55 | **54** | 45 | **64** | 43 | **63** | 49 |
| Breakfast cereals and porridge | **26** | 49 | **48** | 72 | **112**\*\*\* |  123 | **61** | 97 | **52** | 77 | **47** |  78 |
| Savoury bakery products | **21** | 53 | **8** | 22 | **9**\*\* | 23 | **9**  | 25 | **18** | 51 | **16** |  34 |
| Sweet bakery products | **14** | 23 | **38** | 49 | **48**\*\*\* |  45 | **17** | 28 | **27** | 30 | **54**\*\*\* |  50 |
| Desserts and ice cream | **23** | 44 | **34** | 58 | **43**\*\*\* |  66 | **15** | 28 | **27** | 38 | **61**\*\*\* |  82 |
| Sweet condiments | **4** | 8 | **11** | 17 | **26**\*\*\* |  25 | **7.4** | 14 | **11** | 18 | **25**\*\*\* | 28 |
| Sweets and candy | **9** | 18 | **10** | 19 | **10** |  18 | **7** | 14 | **9** | 18 | **12**\*\* | 19 |
| Salad | **19** | 43 | **19** | 40 | **8**\*\* | 24 | **32** | 55 | **14** | 32 | **8**\*\*\* | 29 |
| Soups | **12** | 30 | **37** | 68 | **70**\*\*\* | 165 | **50** | 157 | **31** | 70 | **35** | 74 |
| Sauce and mayonnaise  | **34** | 41 | **34** | 37 | **36** | 37 | **17** | 24 | **35** | 36 | **58**\*\*\* | 47 |
| Substitute products | **3** | 16 | **4** | 24 | **3** | 25 | **8** | 36 | **0.7** | 5.8 | **0.4**\*\*\* |  3.5 |
| Margarine | **7** | 9 | **14** | 12 | **16**\*\*\* | 16 | **4** | 7 | **11** | 10 | **23**\*\*\* | 17 |
| Butter | **0.4** | 2.4 | **0.4** | 2.0 | **2.4**\*\*\* |  7.3 | **2.2** | 7.4 | **0.5** | 2.3 | **0.6**\* |  2.1 |
| Oil | **0.04** | 0.37 | **0.14** | 0.90 | **1.59**\*\*\* |  4.43 | **1.75** | 4.47 | **0.13** | 0.82 | **0.01**\*\*\* |  0.16 |
| Snacks | **7** | 16 | **4** | 14 | **2**\*\*\* | 7 | **5** | 17 | **4** | 10 | **2**\*\* | 5 |
| Nuts and seeds | **3** | 8 | **5** | 13 | **6**\*\* | 20 | **10** | 23 | **3** | 11 | **2**\*\*\* | 6 |
| Juice | **83** | 115 | **68** | 100 | **46**\*\* |  71 | **61** | 103 | **66** | 99 | **63** |  102 |
| Coffee | **238** | 292 | **412** | 279 | **406**\*\* |  294 | **215** | 195 | **379** | 266 | **535**\*\*\* |  319 |
| Tea | **34** | 87 | **80** | 162 | **170**\*\*\* |  226 | **166** | 233 | **70** | 129 | **50**\*\*\* |  97 |
| Soda | **272** | 388 | **123** | 184 | **69**\*\*\* |  119 | **95** | 196 | **97** | 146 | **194**\*\* |  349 |
| Alcohol | **273** | 422 | **220** | 254 | **189**\*\* |  206 | **194** | 304 | **256** | 317 | **249** | 326 |

*a*Crude intakes

***b***P for trend in regression analysis, with the score quintiles applied as continuous variables\*P<0.05, \*\*P<0.01, \*\*\*P<0.001

*c*Keyhole labelled milk products contain less fat (< 0.7%) and less sugar (< 9%) than non-Keyhole products

*d*Bread with > 5% fibre and unspecified crisp bread was considered fibre-rich. All other breads were categorized as refined.