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| --- | --- | --- |
| **Supplemental Table 2.** Dietary patterns identified by using principal components analysis and their food group components without Total Meat intake\*. Murcia Young Men’s Study (n=206) | | |
| Food groupa | Mediterraneanb | Westernb |
| Other vegetables | 0.76 |  |
| Tomatoes | 0.70 |  |
| Leafy green vegetables | 0.65 |  |
| Dark yellow vegetables | 0.63 |  |
| Cruciferous vegetables | 0.59 |  |
| Fruit | 0.49 |  |
| Tea | 0.44 | 0.27 |
| Legumes | 0.43 |  |
| Soups | 0.43 |  |
| Potatoes | 0.38 | 0.20 |
| Garlic | 0.35 |  |
| Olive oil | 0.32 | 0.25 |
| Coffee | 0.30 |  |
| Eggs | 0.29 |  |
| Wine | 0.28 | 0.22 |
| Low fat dairy | 0.26 |  |
| French chips |  | 0.52 |
| Sweets |  | 0.50 |
| Refined grains | 0.20 | 0.50 |
| Snacks |  | 0.49 |
| Butter |  | 0.46 |
| Pizza |  | 0.42 |
| Fruit juices |  | 0.41 |
| Other oils |  | 0.38 |
| Nuts | 0.33 | 0.36 |
| Condiments |  | 0.36 |
| High fat dairy |  | 0.35 |
| Olives | 0.21 | 0.32 |
| Margarine |  | 0.30 |
| Mayonnaise |  | 0.28 |
| Beer |  | 0.21 |
|  |  |  |
| Variance explained (%) | 11.95 | 7.54 |
| \*Total Meat intake: Processed meats, Red meats, Organ meats, Fish and other seafood, Poultry  aWhole grains, low energy drinks, high energy drinks and liquor were not included in the table because the loading factors were ≤ │0.2│ for both dietary patterns.  bPrincipal component analysis was used as an extraction method in which the factor loading of a food group represents the contribution of that food group to the factor identified | | |