**SUPPLEMENTARY MATERIAL**

**SUPPLEMENTAL TABLE 1**

|  |  |  |
| --- | --- | --- |
| Characteristic, mean (SD) or frequency (%) | IncludedN=16,781 | ExcludedN=13,402 |
| Age (years), mean (SD) | 65 (9) | 65 (10) |
| Black | 5810 (34.6) | 6704 (50.0) |
| Male | 7658 (45.6) | 5893 (44.0) |
| Stroke belt | 9267 (55.2) | 7487 (55.9) |
| HS grad and below | 5686 (33.9) | 5910 (44.2) |
| Income <$75K/year | 13522 (80.6) | 8177 (84.5) |
| Current Smoker | 2347 (14.0) | 2049 (15.3) |
| Living in Food Desert | 2547 (15.2) | 2028 (19.3) |
| Neighborhood Disadvantage | 8235 (49.1) | 9088 (67.8) |
| Rural  | 2001 (11.9) | 918 (6.9) |
| Reporting no physical activity | 5364 (32.0) | 4876 (36.4) |
| BMI (kg/m2) | 29.1 (6.1) | 29.5 (6.3) |
| Waist circumference (cm) Male Female | 99.9 (13.2)92.0 (15.9) | 100.7 (14.3)93.9 (16.9) |
| History of HTN | 9385 (55.9) | 8185 (61.1) |
| History of diabetes | 3352 (20.0) | 3462 (25.8) |

Demographic characteristics of included and excluded participants.

**SUPPLEMENTAL TABLE 2**

Median daily grams/day of food groups making up the Southern dietary pattern (showing only those food groups with absolute value factor loadings > 0.20 for simplicity).

|  |  |
| --- | --- |
|  | Median Daily Serving Size of Food Item (g/day) |
| Food Group | **Q1** **(lowest adherence)** | **Q2** | **Q3** | **Q4** **(highest adherence)** |
| **Black** | **White** | **Black** | **White** | **Black** | **White** | **Black** | **White** |
| Added fats | 3.8 | 6.9 | 4.7 | 8.4  | 7.0 | 12.2 | 12.8 | 18.6  |
| Bread | 10.9 | 16.4 | 13.1 | 20.2 | 19.2 | 31.5 | 38.0 | 47.9 |
| Cereal – high fiber  | 4.3 | 3.42 | 1.0 | 1.0 | 1.0 | 1.0 | 0.5 | 0.5  |
| Eggs and egg dishes | 3.8 | 7.7 | 3.9 | 11.5 | 7.7 | 14.3 | 21.7 | 28.6 |
| Fried food | 6.9 | 4.2 | 8.5  | 6.2  | 14.0 | 9.9 | 30.3 | 18.6 |
| Fried potatoes | 1.1 | 2.2  | 1.1  | 2.5  | 2.2 | 4.5 | 4.6 | 5.0 |
| Milk – high-fat | 0.0 | 0.0 | 4.0 | 7.0 | 20.6 | 56.9 | 45.0 | 94.6 |
| Milk – low-fat | 0.0  | 137.8 | 0.0  | 0.0  | 0.0 | 0.0  | 0.0 | 0.0  |
| Organ meat | 0.9 | 0.0 | 1.2  | 0.0  | 1.2  | 0.6  | 3.5  | 1.2  |
| Processed meats | 5.0  | 7.0  | 6.1  | 9.0  | 10.0 | 13.2  | 21.7  | 23.5  |
| Red meat | 9.1  | 20.1  | 9.8 | 23.6  | 14.5 | 30.8  | 26.5  | 45.1  |
| Refined grains | 12.1  | 14.0  | 9.9  | 13.3  | 12.8  | 13.7  | 20.2  | 17.9  |
| Shell fish | 2.1  | 2.1  | 1.5  | 3.1  | 2.1  | 4.2  | 2.5  | 5.1  |
| Soda | 11.9  | 6.0  | 12.0  | 12.0  | 27.7  | 27.7 | 102.9  | 55.4  |
| Sugar-sweetened beverages | 0.0  | 0.0  | 4.1  | 0.0  | 8.3  | 0.0  | 36.6  | 0.0  |
| Vegetable – green-leafy | 51.0  | 46.6  | 25.1  | 31.1  | 17.8  | 24.3  | 16.7  | 21.4  |
| Yogurt | 8.8  | 4.7  | 2.0  | 2.0  | 1.0  | 1.0  | 0.0  | 0.0 |