**Supplementary Data**

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| **Supplementary Table 1: Factor-loading matrix for the 3 nutrient patterns identified among subjects** |
| **Nutrients** | **First Nutrient Pattern** | **Second Nutrient Pattern**  | **Third Nutrient Pattern**  |
| **Protein**  | ---- | ---- | 0.569 |
| **Carbohydrate**  | 0.756 | ---- | --- |
| **Total sugars**  | 0.695 | ---- | --- |
| **Dietary fiber**  | --- | 0.912 | ---- |
| **Total fat**  | 0.658 | 0.302 | 0.296 |
| **Saturated fatty acids**  | 0.869 | ---- | --- |
| **Monounsaturated fatty acids**  | ---- | 0.569 | --- |
| **Polyunsaturated fatty acids**  | ----- | 0.869 | --- |
| **Cholesterol**  | 0.436 | ---- | 0.639 |
| **Vitamin E**  | 0.536 | 0.318 | --- |
| **Vitamin A** | 0.425 | 0.309 | --- |
| **Thiamin (Vitamin B1)**  | --- | 0.326 | 0.298 |
| **Riboflavin (Vitamin B2)**  | --- | 0.468 | 0.326 |
| **Niacin**  | --- | 0.395 | 0.269 |
| **Vitamin B6**  | --- | 0.296 | --- |
| **Total folate**  | --- | 0.469 | --- |
| **Vitamin B12**  | --- | 0.536 | 0.342 |
| **Vitamin C**  | ---- | 0.429 | --- |
| **Vitamin K**  | 0.369 | 0.369 | --- |
| **Calcium**  | ---- | 0.458 | --- |
| **Phosphorus**  | ---- | 0.462 | --- |
| **Magnesium**  | ----- | 0.526 | ---- |
| **Iron**  | ----- | 0.365 | 0.326 |
| **Zinc**  | ---- | 0.758 | --- |
| **Copper**  | ----- | 0.625 | --- |
| **Sodium**  | ---- | 0.326 | 0.469 |
| **Potassium**  | ---- | 0.458 | --- |
| **Selenium**  | ---- | 0.395 | --- |
| **Alcohol**  | ---- | ----- | 0.369 |
| **Absolute values ≤0.25 were excluded from the table for simplicity.** |



**Supplementary Figure 1.** Scree plot of eigenvalues resulting from principle component analysis.