

Supplementary Table 1. The factor loadings of primary food items of dietary patterns at baseline^a

Food items	Factor loadings
Fruit and sweet foods pattern	
Strawberry, kiwi fruit, persimmon	0.64
Grape	0.61
Pineapple	0.60
Sweets, candied fruits	0.57
Chinese cakes	0.56
Western-style pastry, cakes	0.55
Ice cream	0.55
Chinese sauerkraut	0.54
Sea-plant	0.54
Salted eggs	0.53
Preserved bean curd	0.53
Pear	0.53
Fruit juice, vegetable juice	0.52
Cookies	0.51
Peach	0.51
Leek	0.50
Lotus root	0.50
Walnut	0.50
Onion	0.49
Nuts	0.48
Vegetable pattern	
Cucumber	0.65
Green vegetable	0.64
Chinese cabbage	0.64
Celery	0.61
Tomato (including the ketchup)	0.57
Pumpkin, carrot	0.56
Eggplant	0.56
Egg	0.55
Chinese watermelon	0.54
Raw vegetables (except for tomato)	0.53
Mushroom	0.53
Potato (except for sweet potato)	0.51
Coarse cereals	0.51
Congee	0.51
Bell peppers	0.51
Soya bean products	0.51

(Continued to the next)

Supplementary Table 1. Continued

Food items	Factor loadings
Radish (except for carrot)	0.47
Sweet potato	0.45
Meat	0.44
Apple	0.44
Animal foods pattern	
Animal offal (except for animal liver)	0.71
Animal liver	0.67
Animal blood	0.67
Preserved egg	0.65
Instant noodle	0.64
Pork skin	0.60
Sausage	0.59
Wonton	0.59
Sea fish	0.57
Freshwater fish	0.56
Miscellaneous sauce noodles	0.52
Seafood (shellfish, squid, shrimp)	0.52
Steamed stuffed bun, dumpling	0.46
Low-fat milk	0.45
Carbonated beverage	0.44
Bread	0.44
Chinese sauerkraut	0.39
Sweets, candied fruits	0.38
Ice cream	0.38
Fruit juice, vegetable juice	0.37

^aFor simplicity, only the top 20 food items of factor loadings of each pattern are shown. The fruit and sweet foods pattern, vegetable pattern, and animal foods pattern explained 13.90%, 11.70%, and 10.37% of the variance in total food intake, respectively.