

**Supplementary Table 1.** The factor loadings of primary food items of dietary patterns at baseline<sup>a</sup>

| Food items                           | Factor loadings |
|--------------------------------------|-----------------|
| <b>Fruit and sweet foods pattern</b> |                 |
| 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            |
| <b>Vegetable pattern</b>             |                 |
| 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            |
| <b>Animal foods pattern</b>            |                 |
| 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            |

<sup>a</sup>For 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.