

Table S1 Factor-loading matrix for the four dietary patterns and their food or food groups

	High-salt and high-oil pattern	Western pattern	Grain-vegetable pattern	Junk food pattern
Grains (rice, flour, and coarse cereals, etc.)	-0.02	0.00	0.41	-0.04
Potatoes (potato, taro, and sweet potato, etc.)	0.01	0.25	0.04	0.20
Meat (pork, beef, mutton, chicken, duck, etc.)	0.07	0.41	0.21	0.08
Fish (fish, shrimp, crab, etc.)	0.04	0.18	0.08	0.10
Vegetable (light- and dark-colored vegetables)	-0.03	0.13	0.58	-0.06
Fruit (apple, banana, etc.)	0.03	0.40	0.18	0.11
Egg	0.02	0.36	-0.09	0.12
Milk	0.07	0.37	-0.07	0.11
Legumes (soybean, mung, etc.)	0.03	0.51	0.05	0.06
Fried food (seedcake, deep-fried dough)	0.02	0.17	-0.02	0.18

stick, etc.)

Beverages (fruit beverage, carbonated drinks, etc.)	0.00	0.21	-0.04	0.53
Dessert (bread, cake, etc.)	0.03	0.12	-0.05	0.51
Oil (soybean oil, olive oil, etc.)	0.12	0.06	-0.05	0.10
Pickles	0.47	0.00	0.05	0.00
Sufu	0.73	0.11	-0.04	0.01
Soybean paste	0.71	0.07	-0.05	0.04

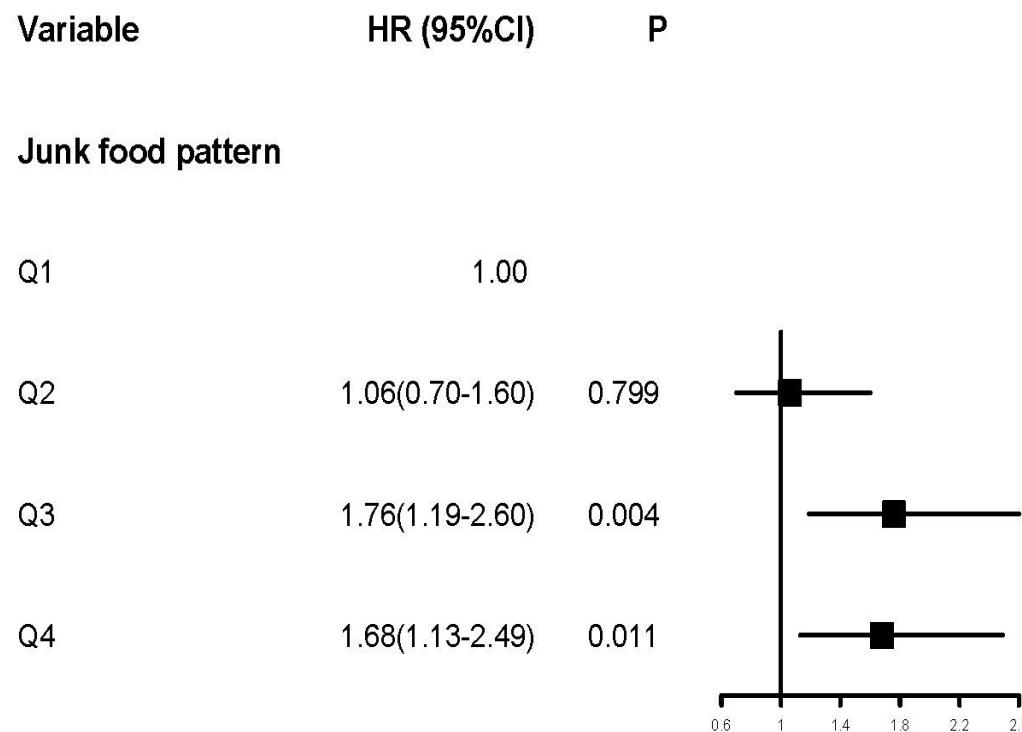


Figure S1 Sensitivity analysis after excluding participants with overweight at baseline

Note: Q1, quartile 1 (lowest); Q2, quartile 2; Q3 quartile 3; Q4, quartile 4 (highest).

HR, hazard ratio; 95%CI, 95% confidence interval.