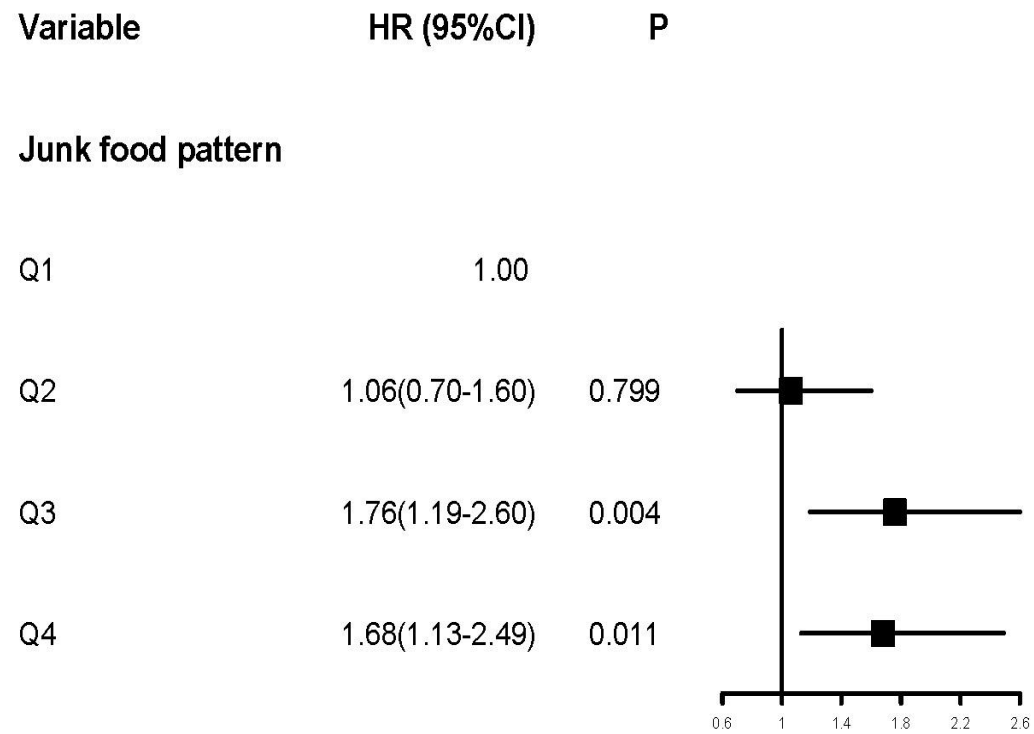


**Table S1 Factor-loading matrix for the four dietary patterns and their food or food groups**

	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





**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.