

Supplementary Material: Association between Dietary Patterns and Kidney Function Parameters in Adults with Metabolic Syndrome: A Cross-Sectional Study

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Table S1. Food items and description of servings in each food group used to derive dietary patterns.

| Food Groups | Food Items and Servings |
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| Milk | Fresh milk, yogurt, powdered milk (1 glass is equivalent to 240 mL of fresh milk, 240 mL of drying yogurt, or 4 tablespoons of powdered milk) |
| Dairy products | Yogurt, cheese (1 serving is equivalent to 1 slice of yogurt or cheese) |
| Eggs | Chicken egg, duck egg, quail eggs (1 serving is equivalent to 1 chicken or duck egg, or 5 quail eggs) |
| Meat | Pork, chicken, duck, beef, veal, lamb (1 serving is equivalent to 1 pork or beef steak, approximately palm size, or 1 chicken leg, 1 hamburger patty, or 4 tablespoons of other lean meat) |
| Seafood | Fish, shrimps, oysters (1 serving is equivalent to 2 ounces of fish, 4 slices of row fish, 4 shrimps, or 16 oysters) |
| Organ meats | Liver, kidneys, heart, intestines (1 serving is equivalent to a half bowl of pork or chicken liver, 8 chicken hearts, or 4 tablespoon of cooked pork intestines) |
| Legumes/soy products | Tofu, soybean milk, dried beancurd (1 serving is equivalent to a half box of packaged tofu, 240 mL of soybean milk, or 2 pieces of dried beancurd) |
| Light-colored vegetables | Cabbage, pechay, cucumber, radish (1 serving is equivalent to a bowl of vegetables) |
| Dark-colored vegetables | Carrots, spinach, squash, tomatoes (1 serving is equivalent to a bowl of vegetables) |
| Vegetables in oil/dressing | Vegetables are fried with oil or with salad dressing (This is mainly for calculating the fat intake and total calories) |
| Fruit | Apple, grapefruit, guava, kiwi, papaya, watermelon, lychees, grapes, dragon eyes (1 serving is equivalent to a half medium sized apple, grapefruit, or guava, 1 orange or kiwi, a half kilo of papaya or watermelon, 5 lychees, or 12 grapes or dragon eyes) |

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| Rice/flour products | Rice, noodles, bread, twisted cruller (1 serving is equivalent to a bowl of rice, two bowls of noodles, four slices of thin bread, 1 round bread, or 2 sets of baked wheat bread or twisted cruller) |
| Whole grains | Whole wheat bread, brown rice, mixed grains, oatmeal (1 serving is equivalent to 4 slices of whole wheat bread, a bowl of brown rice or mixed grains, or 8 tablespoons of oatmeal) |
| Fried rice/flour products | Fried rice, fried noodles, fried rice noodles, baked wheat bread oil? (1 serving is equivalent to a bowl of fried rice, fried noodles, or fried rice noodles, or 2 sets of baked wheat bread or twisted cruller) |
| Root crops | Sweet potato, potato, taro, corn (1 serving is equivalent to a bowl of root crops) |
| Refined dessert | Red bean bread, butter bread, cake, cookies (1 serving equivalent to 1 red bean bread or butter bread, 1 slice of cake, or 15 cookies) |
| Jam/honey | Jam, honey (1 serving is equivalent to 2 teaspoon of jam or honey) |
| Sugary drinks | Coffee, tea, fruit juice, soft drinks, green bean soup (1 serving is equivalent to 240 mL or 1 glass) |
| Deep-fried food | Deep-fried potatoes, seafood, chicken, duck (1 serving is equivalent to a half bowl) |
| Processed food | Ham, sausage, canned food, preserved fish (1 serving is equivalent to 1 tablespoon preserved vegetables, a half ounce of sausage, 2 slices of ham, or 1 tablespoon of canned meat) |
| Instant noodles | Instant noodles, instant vermicelli, instant rice (1 serving is equivalent to 1 bowl or a pack of instant noodles) |
| Sauce | Soy sauce, ketchup, hot sauce, vinegar, pepper salt (1 serving is equivalent to 2 teaspoons of soy sauce, ketchup, hot sauce, or vinegar, or 1 teaspoon of pepper salt) |
