



**Figure S1 The flow chart**

Abbreviations: HTN, hypertension.

**Table S1 Factor loading matrix after dietary pattern rotation and average daily intake of each food group (g)**

Food category		Junk food pattern				Vegetable-grain pattern			
		Low	Medium	High	Factor loading	Low	Medium	High	Factor loading
Grain	(rice, flour and coarse cereals, etc)	499.34	381.06	384.76	-0.07	296.31	405.73	563.12	<b>0.38</b>
Potato	(potato, taro and sweet potato, etc)	11.13	20.23	35.83	0.14	21.54	19.09	26.54	0.05
Meat	(pork, beef, mutton, chicken, duck, etc)	78.22	100.73	133.39	0.12	60.78	87.85	163.71	0.32
Fish	(fish, shrimp, crab, etc)	3.39	6.18	17.08	0.09	4.65	7.86	14.15	0.12
Vegetable	(light- and dark-colored vegetables)	448.42	351.28	365.32	-0.04	193.11	355.35	616.56	<b>0.55</b>
Fruit	(apple, banana, etc)	27.43	45.78	101.60	0.15	32.51	48.25	94.06	0.26
Egg		15.52	11.15	20.85	0.07	18.43	14.15	14.93	-0.05
Milk		1.94	4.44	33.17	0.16	15.51	11.10	12.94	-0.01
Legume	(soybean, mung,	29.38	17.48	31.34	0.04	21.67	24.35	32.18	0.08

etc)								
Friedfood	0.37	1.72	11.49	0.28	4.28	4.17	5.12	0.00
(seedcake, deep-fried dough stick, etc)								
Soft drink (fruit beverage, carbonated drinks, etc)	0.77	4.86	76.63	0.54	26.21	30.15	25.90	-0.01
Dessert (bread, cake, etc)	0.26	1.06	14.23	0.51	6.78	4.76	4.00	-0.05
Oil (soybean oil, olive oil, etc)	32.29	47.83	54.17	0.10	43.81	46.43	44.06	-0.01
Pickles	7.83	4.94	6.58	-0.02	5.52	5.14	8.69	0.07
Sufu	2.01	0.95	1.69	0.00	2.07	1.06	1.51	-0.03
Soybean paste	1.38	0.75	1.77	0.02	1.81	0.88	1.21	-0.04

**Table S2 Common food list of the junk food pattern**

Food category	Food item	Local name
Friedfood	Seedcake	“油饼”
	Deep-fried dough stick	“油条”
Soft drink	Cola	“可乐”
	Sprite	“雪碧”
Dessert	Pineapple cake	“凤梨酥”
	Yolk pie	“蛋黄派”
	Mooncake	“月饼”