

Supplemental Table S1. The NDSR Output--Driven Food Groups (n = 14) and their Component Food and Beverage Items (n = 168) Used in Dietary Pattern Analysis ^a

Food Group	Food and Beverage Items
Fruits	fruits, fruit juice, dried fruits, fried fruits
Vegetables	green vegetables, yellow vegetables, orange vegetables, tomato, fried vegetables, vegetable juice, pickled vegetables
Grains, Breads, Starches	whole grains, mixed grains, refined grains, pasta, rice, oatmeal, ready-to-eat cereals, loaf-type breads, rolls, quick breads, corn muffins, tortillas, crackers, snack bars, snack chips, corn, popcorn, potato
Red Meats	beef, veal, lamb, pork, game, cold cuts, sausage, organ meats, eggs
White Meats and Fish	poultry, fresh fish, smoked fish, fried fish, shellfish
Legumes and Plant-Based Proteins	legumes, beans, soy products, meat alternatives, egg substitutes
Dairy	milk, ready-to-drink flavored milk, milk beverage powder/dry milk, cheese, yogurt
Desserts and Sweets	frozen dairy and non-dairy desserts, puddings, cakes, cookies, pies, pastries, doughnuts, cobblers, sugar, syrups, honey, jam, jelly, preserves, sweet sauces, chocolate candy, non-chocolate candy, frosting, glaze, miscellaneous desserts
Fats (Monounsaturated)	avocado, nuts, seeds, nut and seed butters, olive oil
Fats (Polyunsaturated and Saturated)	margarine, shortening, butter, salad dressings, gravy, sauces, cream
Water	tap water, bottled water (plain), plain coffee, plain tea
Beverages (Unsweetened and Artificially Sweetened)	artificially sweetened soft drinks, artificially sweetened fruit drinks, artificially sweetened tea, artificially sweetened coffee, artificially sweetened coffee substitutes, artificially sweetened water, soup broths, non-alcoholic light beer
Beverages (Sweetened)	sweetened soft drinks, sweetened fruit drinks, sweetened tea, sweetened coffee, sweetened coffee substitutes, sweetened water, non-alcoholic beer
Alcohol	Beer, ale, wine, distilled liquor, cordials, liqueurs
^a NDSR Serving Count Totals File: 168 food and beverage items were combined into 14 primary food groups based on ingredients, energy, and macronutrient composition within a standard serving size.	

Argentina	Food Group												
	Fruits	Vegetables	Starches	Red Meats	White Meats and Fish	Dairy	Desserts and Sweets	Fats MUFA	Fats PUFA SFA	Bev. Unsweet	Bev. Sweet	Alcohol	
Citrus Juice	0.60												
Citrus Fruit	0.43												
Fruit excluding Citrus	0.48				0.27								
Dark-green Vegetables		0.30											
Deep-yellow Vegetables		0.52											
Tomato		0.44						0.27					
Other Vegetables		0.79						0.27					
Pickled Foods												0.43	
White Potatoes			0.26										
Starchy Vegetables		0.29											
Refined Grains			0.34		0.27								
Refined Grain Loaf Breads and Rolls			0.66										
Refined Grain Quick Breads, Muffins, Tortillas												0.25	
Refined Grain Crackers		0.34											
Whole Grain Cereals					0.29								
Beef				0.93									
Game												0.43	
Cold Cuts and Sausage												0.29	
Lean Cold Cuts and Sausage												0.46	
Lean Fresh Pork					0.25			0.27					
Lean Cured Pork								0.29					
Poultry					0.55								
Lean Poultry					0.49								
Milk - Reduced Fat						0.34	0.26						
Milk - Low Fat and Fat Free						0.27							
Cheese - Full Fat						0.65							
Cheese - Reduced Fat	0.26	0.25											
Yogurt - Low Fat						0.25							
Yogurt - Artificially Sweetened Low Fat						0.26							
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts, Cobblers							0.26						
Frozen Dairy Dessert												0.28	
Sugar Substitute			0.32				0.74						
Syrup, Honey, Jam, Jelly, Preserves							0.35						
Chocolate Candy											0.31		
Oil		0.29						1.00					
Margarine - Reduced Fat								0.53					
Shortening	0.27				0.31			0.51					
Butter - Regular							0.29	0.45					
Salad Dressing - Regular								0.53					
Gravy and Sauces - Reduced Fat			0.28		0.28								
Tea										0.63	0.28		
Soft Drinks - Sweetened											0.54		
Soft Drinks - Artificially Sweetened										0.46			
Fruit Drinks - Sweetened											0.71		
Water - Sweetened								0.25			0.43	0.30	
Beer and Ales												0.63	
Wine				0.29							0.25	0.75	

Spain	Food Group											
	Fruits	Vegetables	Starches	Red Meats	White Meats and Fish	Dairy	Desserts and Sweets	Fats MUFA	Fats PUFA SFA	Bev. Unsweet	Bev. Sweet	Alcohol
Citrus Fruit	0.45											
Fruit excluding Citrus	0.68											
Tomato		0.55										
Other Vegetables		0.90										
Pickled Foods		0.45										
Fried Potatoes			0.50									
Refined Grains								0.55				
Whole Grain Loaf Breads and Rolls			0.41									
Refined Grain Loaf Breads and Rolls			0.54	0.52								
Whole Grain Cereals												0.45
Beef				0.49								
Cold Cuts and Sausage			0.47	0.44							0.40	
Eggs				0.57				0.52	0.66		0.41	
Cured Pork					0.44							
Poultry					0.51							0.54
Milk - Low Fat and Fat Free						0.47						
Cheese - Full Fat						0.79						
Yogurt - Fat Free			0.43				0.50			0.51		
Sugar Substitute							0.82					
Nuts and Seeds												0.39
Oil								0.94	0.41			
Margarine - Regular	0.38											
Butter - Regular								0.51	0.47			
Salad Dressing - Regular									0.58			
Tea										0.48		
Coffee										0.64		
Soft Drinks - Sweetened			0.40	0.40							0.89	
Soft Drinks - Artificially Sweetened										0.44		
Distilled Liquor												0.45
Wine					0.42							0.87

Turkey	Food Group											
	Fruits	Vegetables	Starches	Red Meats	White Meats and Fish	Legumes and Plant Proteins	Dairy	Desserts and Sweets	Fats MUFA	Fats PUFA SFA	Bev. Unsweet	Bev. Sweet
Citrus Juice				0.42								
Citrus Fruit	0.81											
Fruit excluding Citrus Fruit	0.78											
Dark-green Vegetables	0.37	0.36					0.37					
Tomato		0.58		0.49								
Other Vegetables		0.80		0.44								
Whole Grains	0.36											
Refined Grains			0.58				0.39					
Mixed Grain Loaf Breads and Rolls												
Refined Grain Loaf Breads and Rolls			0.39		0.37					0.51	0.42	
White Potatoes										0.41		
Beef		0.49		0.80								
Lean Beef			0.39									
Organ Meats								0.41				
Eggs				0.39								
Poultry					0.49							
Lean Poultry											0.37	
Lean Fish					0.71							
Legumes	0.37					1.00						
Milk - Reduced Fat												0.51
Cheese - Full Fat							0.44					
Yogurt - Full Fat							0.47					
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts, Cobblers								0.52				
Sugar				0.52								0.39
Other Candy								0.43				
Nuts and Seeds									0.51			
Oil									0.81			
Shortening					0.57						0.47	0.47
Butter - Regular					0.52						0.84	
Tea											0.36	0.99

Supplemental Figure S1: Results from Spearman Rank-Order Correlation Matrix with $r \geq 0.20$ Confirming Positive Association Between Individual Food or Beverage Item and Primary Food Group.