

Supplement Table S3. Weekly frequency of staple foods consumption at each meal of a day according to each dietary pattern

	Vegetable rich					Varied staple food					Animal foods rich					Seafood rich				
	Q1	Q2	Q3	Q4	$\beta$ coefficient (95%CI) per 1 quartile increment	Q1	Q2	Q3	Q4	$\beta$ coefficient (95% CI) per 1 quartile increment	Q1	Q2	Q3	Q4	$\beta$ coefficient (95% CI) per 1 quartile increment	Q1	Q2	Q3	Q4	$\beta$ coefficient (95% CI) per 1 quartile increment
<b>Rice</b>																				
At breakfast	4.9 (2.9)	5.4 (2.6)	5.6 (2.5)	5.6 (2.5)	0.20 (0.12, 0.28)	6.9 (0.6)	6.6 (1.2)	5.5 (2.4)	2.5 (2.9)	-1.43 (-1.49, -1.36)	5.5 (2.6)	5.5 (2.6)	5.5 (2.5)	5.0 (2.8)	-0.15 (-0.23, -0.07)	5.3 (2.7)	5.3 (2.7)	5.4 (2.6)	5.6 (2.5)	0.09 (0.01, 0.17)
At lunch	4.7 (2.5)	4.7 (2.6)	4.8 (2.5)	4.7 (2.6)	-0.01 (-0.08, 0.07)	6.6 (1.0)	5.7 (1.8)	3.8 (2.4)	2.8 (2.6)	-1.32 (-1.38, -1.26)	4.6 (2.6)	4.9 (2.5)	4.7 (2.5)	4.6 (2.5)	-0.03 (-0.10, 0.05)	5.1 (2.3)	4.8 (2.5)	4.7 (2.5)	4.3 (2.7)	-0.28 (-0.35, -0.20)
At dinner	5.4 (2.3)	5.7 (2.1)	5.8 (1.9)	5.9 (2)	0.16 (0.10, 0.23)	6.5 (1.3)	5.8 (1.9)	5.2 (2.3)	5.2 (2.3)	-0.44 (-0.5, -0.38)	6.0 (1.9)	5.9 (1.9)	5.5 (2.2)	5.4 (2.3)	-0.24 (-0.31, -0.18)	5.9 (1.8)	5.8 (2.0)	5.6 (2.2)	5.5 (2.2)	-0.12 (-0.19, -0.06)
<b>Bread</b>																				
At breakfast	1.2 (2.3)	1.1 (2.2)	1.1 (2.2)	1.2 (2.2)	-0.03 (-0.10, 0.03)	0.1 (0.3)	0.2 (0.5)	0.7 (1.4)	3.7 (3.0)	1.13 (1.07, 1.19)	1.2 (2.3)	1.1 (2.2)	1.1 (2.1)	1.3 (2.3)	0.03 (-0.04, 0.10)	1.3 (2.4)	1.2 (2.3)	1.2 (2.2)	0.9 (2.0)	-0.14 (-0.20, -0.07)
At lunch	0.4 (1.2)	0.6 (1.3)	0.6 (1.3)	0.7 (1.4)	0.07 (0.03, 0.11)	0.1 (0.3)	0.2 (0.6)	0.7 (1.3)	1.3 (2.0)	0.41 (0.38, 0.45)	0.8 (1.6)	0.5 (1.2)	0.5 (1.3)	0.5 (1.1)	-0.08 (-0.12, -0.04)	0.5 (1.2)	0.6 (1.5)	0.6 (1.3)	0.6 (1.3)	0.02 (-0.02, 0.05)
At dinner	0.1 (0.4)	0.1 (0.3)	0.1 (0.3)	0.1 (0.3)	0.00 (-0.01, 0.01)	0 (0.1)	0 (0.3)	0.1 (0.3)	0.1 (0.5)	0.03 (0.02, 0.04)	0 (0.3)	0.1 (0.4)	0 (0.2)	0.1 (0.5)	0.02 (0.01, 0.03)	0.1 (0.3)	0 (0.3)	0.1 (0.4)	0.1 (0.4)	0 (-0.01, 0.02)
<b>Noodles</b>																				
At breakfast	0.1 (0.5)	0.1 (0.5)	0.1 (0.4)	0.1 (0.3)	-0.01 (-0.02, 0.00)	0 (0.2)	0.1 (0.3)	0.1 (0.5)	0.1 (0.6)	0.03 (0.02, 0.04)	0.1 (0.2)	0.1 (0.3)	0.1 (0.4)	0.1 (0.6)	0.03 (0.02, 0.04)	0.1 (0.4)	0.1 (0.4)	0.1 (0.4)	0.1 (0.4)	0.01 (0, 0.02)
At lunch	1.1 (1.5)	1.1 (1.5)	1.1 (1.5)	1.1 (1.5)	0.00 (-0.05, 0.04)	0.4 (0.7)	0.7 (1)	1.5 (1.6)	1.8 (1.9)	0.53 (0.48, 0.57)	0.9 (1.4)	1.0 (1.4)	1.1 (1.5)	1.4 (1.6)	0.16 (0.12, 0.21)	1.0 (1.4)	1.0 (1.4)	1.1 (1.5)	1.4 (1.7)	0.13 (0.08, 0.17)
At dinner	0.5 (0.9)	0.4 (0.7)	0.5 (0.8)	0.5 (0.8)	-0.01 (-0.03, 0.02)	0.3 (0.5)	0.5 (0.6)	0.5 (0.8)	0.7 (1.1)	0.11 (0.09, 0.13)	0.3 (0.6)	0.4 (0.7)	0.5 (0.8)	0.7 (1.0)	0.13 (0.11, 0.15)	0.5 (0.8)	0.5 (0.7)	0.5 (0.8)	0.5 (0.9)	0.00 (-0.02, 0.02)
<b>Soba-noodles</b>																				
At breakfast	0 (0.1)	0 (0.3)	0 (0.2)	0 (0.2)	0.00 (0, 0.01)	0 (0.1)	0 (0.1)	0 (0.2)	0 (0.3)	0.01 (0, 0.02)	0 (0.1)	0 (0.1)	0 (0.3)	0 (0.2)	0.01 (0, 0.01)	0 (0.1)	0 (0.1)	0 (0.1)	0 (0.3)	0.01 (0, 0.02)
At lunch	0.3 (0.6)	0.2 (0.6)	0.3 (0.8)	0.4 (0.7)	0.04 (0.02, 0.06)	0.1 (0.3)	0.2 (0.4)	0.4 (0.7)	0.6 (1.0)	0.16 (0.14, 0.18)	0.3 (0.7)	0.3 (0.6)	0.3 (0.7)	0.3 (0.7)	0.01 (-0.01, 0.03)	0.2 (0.4)	0.2 (0.5)	0.3 (0.7)	0.5 (0.9)	0.10 (0.08, 0.12)
At dinner	0.2 (0.5)	0.1 (0.4)	0.2 (0.5)	0.2 (0.5)	0.01 (0, 0.02)	0.1 (0.3)	0.2 (0.3)	0.2 (0.4)	0.3 (0.7)	0.06 (0.04, 0.07)	0.1 (0.4)	0.2 (0.4)	0.2 (0.4)	0.3 (0.6)	0.04 (0.02, 0.05)	0.1 (0.3)	0.1 (0.3)	0.2 (0.4)	0.3 (0.7)	0.05 (0.04, 0.06)

The weekly frequency of staple foods according to each quartile of each dietary pattern are expressed as mean values (standard deviation).