

Table S1. List of foods with factor loadings of $\geq |0.3|$ used to label dietary patterns

Factor	Dietary Pattern Label	Foods	
		Higher intakes	Lower intakes
1	Vegetables	Boiled potatoes Raw carrots Carrots Spinach, Swiss chard Cooked vegetables Celery Vegetables	
2	Fruits	Juices Citrus fruits Apple Kiwi, pineapple, mango Banana	
3	Summer vegetables	Raw tomatoes Raw sweet pepper Cooked sweet pepper	
4	Salad & dressings	Vegetable oil (not olive) Lettuce Mayonnaise, salad dressing	
5	Cereal, seeds, nuts, yoghurt, cheese	Yoghurt Cheese Oily fruits and seeds Nuts Cereals	
6	Butter vs. margarine	Butter	Margarine
7	Meat & potato	Liver sausage, pate Pork Boiled potatoes	
8	Sweets	Cake Fruit cake Sweet dairy foods	
9	Fish & shellfish	Fish Seafood, shellfish Canned fish, smoked fish	
10	Seasonal	Citrus fruits Gingerbread (Lebkuchen)	Strawberry