

Supplementary Table S1. Component loadings derived using Principal Component Analysis for the identification of dietary patterns.

	1	2	3	4
	Whole grains, fruits, vegetables	Potatoes, meat, poultry	High olive oil, low alcohol	Legumes, fish
Whole wheat grains (portions/ week)	0.559	0.352	0.016	0.005
Potatoes (portions/week)	0.018	0.609	0.220	0.265
Fruit (portions/week)	0.703	-0.149	0.247	-0.018
Vegetables (portions/week)	0.832	0.048	-0.184	0.062
Legumes (portions/week)	-0.027	0.098	-0.167	0.729
Fish (portions/week)	0.083	-0.050	0.131	0.720
Meat (portions/week)	-0.083	0.607	-0.059	-0.395
Poultry (portions/week)	0.075	0.729	-0.017	0.017
Dairy (portions/week)	0.384	-0.248	0.440	0.166
Olive oil (portions/week)	0.093	0.101	0.696	-0.280
Alcohol (portions/week)	0.085	-0.083	-0.741	-0.136
% Cumulative variance explained	16.8	31.0	43.2	54.7

Higher absolute values of the loadings indicate that the food is correlated with the respective component. Numbers in bold indicate absolute loadings greater than 0.5, which correspond to a specific component.