

Table S1: Baseline and follow-up extracted nutrient patterns and factor loadings for the Nutrient Patterns for the nutrient patterns

	Baseline			Follow-up		
	Plant Driven Nutrient Pattern	Animal Driven Nutrient Pattern	Vitamin C, Sugar and Potassium Driven Nutrient Pattern	Plant Driven Nutrient Pattern	Animal protein driven Nutrient Pattern	Vitamin C, Sugar and Potassium Driven Nutrient Pattern
Plant Protein	0.913	0.250	0.202	0.892	0.222	0.226
Animal Protein	0.248	0.783	0.244	0.219	0.600	0.282
Saturated fat	0.419	0.693	0.291	0.476	0.632	0.324
Monounsaturated Fat	0.478	0.699	0.213	0.446	0.688	0.254
Polyunsaturated Fat	0.562	0.580	0.166	0.586	0.591	0.062
Cholesterol	0.203	0.727	0.129	0.159	0.686	0.044
Starch	0.797	0.352	0.114	0.818	0.326	0.035
Sugar	0.229	0.202	0.777	0.239	0.120	0.721
Dietary fibre	0.743	0.169	0.502	0.739	0.086	0.474
Calcium	0.245	0.604	0.516	0.378	0.288	0.532
Iron	0.786	0.407	0.259	0.799	0.266	0.291
Magnesium	0.720	0.436	0.416	0.736	0.285	0.404
Phosphorus	0.556	0.629	0.375	0.602	0.440	0.381
Potassium	0.544	0.461	0.601	0.603	0.300	0.619
Zinc	0.780	0.424	0.231	0.801	0.307	0.256
Retinol	0.153	0.245	0.155	0.218	0.048	0.051
Beta carotene	0.233	0.103	0.188	0.186	0.048	0.228
Thiamin	0.845	0.306	0.289	0.854	0.235	0.297
Riboflavin	0.403	0.522	0.397	0.477	0.305	0.328
Vitamin B6	0.919	0.144	0.077	0.892	0.114	0.077
Folate	0.733	0.205	0.249	0.831	0.095	0.112
Vitamin B12	0.073	0.549	0.095	0.049	0.424	0.132
Vitamin C	0.269	0.074	0.863	0.141	0.048	0.910
Vitamin D	0.296	0.805	-0.065	0.086	0.865	0.009
Vitamin E	0.483	0.520	0.252	0.488	0.579	0.109
Explained variance %	32.157	23.748	13.577	33.583	17.133	13.212
Cumulative var % explained	32.157	55.904	69.482	33.583	50.716	63.928

Bold factor loadings indicate factor loadings ≥ 0.600 which were used for naming the nutrient patterns