

Supporting information

Supplementary Table S1. Factor loadings of the dietary patterns derived from factor analysis

Variables	Traditional diet pattern	Meat and alcohol pattern	Bread and snack pattern
Rice	-0.018	0.649	-0.020
Noodles/dumplings	0.000	0.528	0.401
Breads/rice cakes	0.100	0.139	0.830
Soup/stew	0.571	0.665	0.117
Eggs	0.452	0.031	0.416
Red meat	0.408	0.666	0.196
White meat	0.066	0.332	0.361
Fish/seafood	0.623	0.389	0.134
Vegetables	0.656	0.263	0.250
Kimchi	0.578	0.190	-0.098
Seaweed	0.694	-0.120	0.041
Potatoes	0.732	0.096	0.041
Fruits	0.600	-0.305	0.361
Snacks	0.102	0.161	0.721
Alcoholic beverages	0.017	0.280	0.181
Variance explained (%)	21.7	14.6	13.2