

SUPPLEMENTARY DATA

Supplementary Table 1: Factor loadings for foods with vegetable, fruit, and soy rich dietary pattern in Singapore Chinese Health Study (VFS)

<i>Food Item</i>	<i>Food type</i>	<i>Loading</i>	<i>Food Item</i>	<i>Food type</i>	<i>Loading</i>
Cauliflower	V	0.54	Fried vegetarian beehoon	St, V	0.20
Broccoli	V	0.49	Soy bean drink	S	0.20
Carrots	V	0.49			
Green beans/peas	V	0.48			
Other plain tofu	S	0.46			
Yin choy, po choy	V	0.43			
Corn	V	0.43			
Tung goo	O, Pr	0.43			
Tomatoes	V	0.42			
Gum jum, dried fungus	O, Pr	0.42			
White potatoes	V, St	0.41			
Head lettuce, Chinese lettuce	V	0.41			
Kai lan	V	0.40			
Other tau kwa	S	0.40			
Tou gay, tai tau nga	V	0.40			
Pak choy, siew pak choy	V	0.40			
Choi sum	V	0.40			
Fu kua, mo qua	V	0.38			
Head cabbage, wong nga pak	V	0.38			
Watercress	V	0.37			
Foojook vegetarian meats	S	0.37			
Celery	V	0.37			
Kai choy	V	0.35			
Cucumber	V	0.34			
Apples	F	0.34			
Other tau pok	S	0.32			
Yong tau foo	S	0.31			
Papaya	F	0.31			
Pears	F	0.31			
Other dark green leaves	V	0.31			
Canned baked beans	L	0.30			
Honeydew	F	0.30			
Gee choy	V	0.29			
Bananas	F	0.29			
Watermelon	F	0.28			
Grapes	F	0.28			
Boiled/steamed fish	Fi	0.27			
Fish ball/cake	Fi	0.27			
Oranges	F	0.27			
Ung choy	V	0.26			
Onions	V	0.26			
Chinese chives	V, O	0.26			
Tofu far	S	0.25			
Pan/stir fried chicken	P	0.25			
Ikan bilis	Pr, Fi	0.22			

*Factor loads correspond to Pearson correlation coefficients between the food and the respective dietary pattern.

-*Definitions of abbreviations:* B-beverage; C-condiment; Da-dairy; DS- dim sum/snack dish; F-fruit; Fi-fish/shellfish/seafood; L-legumes; M-meat; O-other; P-poultry; Pr- preserved; S-soy food; St-high starch item (e.g. noodle dish, rice dish); Sw-sweet; WG-whole grain

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Supplementary Table 2: Factor loadings for foods with dim-sum and meat rich dietary pattern in Singapore Chinese Health Study (DSM)

<i>Food Item</i>	<i>Food type</i>	<i>Loading</i>	<i>Food Item</i>	<i>Food type</i>	<i>Loading</i>
Siew mai	DS, M	0.44	Fresh Chilis	C	0.21
Other steamed snack	DS, M	0.42	Chee cheong fun	DS,M	0.21
Gravy noodle	St, M	0.42	Watermelon	F	0.21
Chicken rice	St, P	0.41	Other pork	M	0.20
Otar otar	DS	0.39	Ung choi	V	0.20
Chicken, mutton curry	M	0.39	Salted roots	Pr, V	0.20
Steamed meat bao	DS, M	0.38	Balachan	C	0.20
Glutinous rice dumpling	St, M	0.38	Other dried seafood	Fi, Pr	0.20
Pork satay	M	0.37	Flavored rice porridge	St	0.20
Roasted duck or goose	P	0.36	Deep fried fish	Fi	0.20
Popiah	DS, M	0.36	Baked buns w/meat	St, M	0.20
Other pig organs (intestine)	M	0.35	Hot dogs	M, Pr	0.20
Ngor hiang	DS, M	0.35			
Preserved eggs	O, Pr	0.35			
Roti prata	St	0.35			
Chinese rojak	DS, V	0.35			
Puffs, curry or bean	DS, V	0.34			
Coconut rice	St	0.34			
Deep fried chicken	P	0.34			
Other flavored rice	St, M	0.34			
Dry noodle dish	St, M	0.34			
Chicken satay	P	0.33			
Curry rice	St	0.33			
Coconut desserts	DS, Sw	0.32			
Belly pork	M	0.32			
Deep-fried snacks	DS	0.32			
Other fried noodle	St, M, Fi	0.31			
Lup chong	M	0.31			
Luncheon meat	M	0.30			
Squid	Fi	0.29			
Soft drinks	B, Sw	0.29			
Fried rice	St	0.28			
Canned sardine	Fi	0.28			
Sweet kuey	DS, Sw	0.28			
Pork liver	M	0.27			
Salted fish	Fi, Pr	0.26			
Shrimp	Fi	0.26			
Eggs	O	0.26			
French fries	St, O	0.25			
Steamed sweet bao	DS, Sw	0.25			
Red/green bean soups	DS	0.25			
Ice cream/Frozen yogurt	Da, Sw	0.25			
Pineapple	F	0.22			
Western Cakes	DS,Sw	0.22			
Hamburgers	M	0.22			

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