

Table S1. Food group factor loadings for five empirically derived dietary patterns in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) Study.

| Food Groups | Convenience | Plant-Based | Sweets/Fats | Southern | Alcohol/Salads |
|----------------------------------|-------------|-------------|-------------|----------|----------------|
| Proportion of variance explained | 0.09 | 0.06 | 0.04 | 0.03 | 0.03 |
| 100% fruit juice | | 0.24457 | | 0.21689 | -0.18167 |
| Added fats | | | 0.54585 | 0.22513 | 0.19722 |
| Beans | 0.38631 | 0.36646 | | | |
| Beer | | -0.17745 | | | 0.22928 |
| Breads | | | 0.55127 | 0.21518 | |
| Butter | | | 0.21619 | | 0.30032 |
| Candy | | | | | |
| Cereal | 0.19573 | | | -0.21393 | -0.17702 |
| Chinese food | 0.38699 | | | | 0.2111 |
| Chocolate | | | | | |
| Coffee | | | 0.26976 | -0.34508 | 0.2368 |
| Condiments | 0.23909 | | 0.30776 | | 0.26652 |
| Desserts | 0.15373 | | 0.2902 | 0.16663 | -0.17762 |
| Eggs and egg dishes | | | 0.34672 | 0.26351 | 0.25323 |
| Fish | 0.19803 | 0.36327 | -0.16313 | 0.20797 | 0.27669 |
| Fried food | 0.16457 | | 0.17846 | 0.61561 | |
| Fried potatoes | 0.37897 | | 0.30379 | | |
| Fruit | | 0.58686 | | | |
| Grain desserts | | | -0.19645 | | |
| Highfat dairy | 0.15945 | | 0.24471 | | 0.18819 |
| Liquor | | | | | 0.31217 |
| Lowfat dairy | | 0.20837 | | | |
| Margarine | | | 0.36925 | | |
| Meal replacement drink | | | | | |
| Mexican dishes | 0.47479 | | | | |
| Milk | | 0.16637 | 0.1528 | -0.30376 | |
| Milk alternatives | | 0.17566 | | | |
| Miscellaneous sugar | | | 0.56957 | | |
| Mixed dishes with meat | 0.54286 | | | | |
| Organ meat | | | | 0.50982 | |
| Pasta dishes | 0.608 | | | | |
| Pizza | 0.45298 | -0.18451 | | | |
| Potatoes | 0.44255 | | 0.33612 | | |
| Poultry | 0.23489 | 0.30172 | | 0.17885 | 0.18324 |
| Processed meats | 0.22392 | | 0.33863 | 0.40133 | 0.19096 |
| Red meat | 0.52887 | | 0.25565 | 0.16486 | 0.22002 |
| Refined grains | 0.25929 | | | 0.26162 | |
| Salad dressing/sauces | | 0.29853 | | | 0.55915 |
| Salty snacks | 0.27113 | | | | |
| Seeds, nuts | | 0.2605 | | | 0.20431 |
| Shell fish | 0.19676 | | | 0.30935 | 0.29563 |
| Soda | | -0.23717 | 0.15409 | 0.23255 | |
| Soup | 0.48925 | 0.30653 | | | |
| Sugar-sweetened beverages | | | | 0.40413 | -0.15297 |
| Sweet breakfast foods | | | 0.28964 | 0.17832 | -0.15384 |
| Tea | | | 0.35332 | -0.16204 | |
| Vegetable - cruciferous | | 0.58894 | | | |
| Vegetable - dark yellow | | 0.40711 | | | -0.15137 |
| Vegetable - green leafy | | 0.49789 | | -0.15575 | 0.51508 |
| Vegetable - other | | 0.48715 | | | |
| Vegetable - tomato | | 0.31321 | | | 0.25498 |
| Vegetable mixed dishes | 0.40609 | 0.29617 | | | -0.22112 |
| Water | | 0.31938 | | | |
| Whole grains | | 0.461 | | | |
| Wine | | | | | 0.38365 |
| Yogurt | | 0.33051 | -0.17029 | | |