Supplementary TABLE 1 Factor loadings of PCA derived dietary patterns in full sample (n=2501) as well as random split sample (n=1242)

	Factor 1 Full	*Split*	Factor 2 Full	*Split*	Factor 3 Full	*Split*
spirits, liqueur, alcopops	-14	*-9*	-6	*-18*	**-33**	*-33*
beers and ciders	1	*-1*	-11	*-14*	**-27**	*-27*
wines	7	*10*	-1	*-43*	**-53**	*-30*
biscuits and cakes	6	*9*	**-29**	*42*	38	*-2*
butters and animal fat	-1	*-3*	**-31**	*20*	4	*-27*
cereal based mixed meals	13	*14*	-24	*10*	-4	*-12*
cheeses	**40**	*44*	-3	*-1*	-10	*-2*
chocolate and confectionery	9	*14*	**-30**	*45*	35	*-11*
condiments	-5	*5*	1	*24*	**26**	*10*
crisps and savoury snacks	**26**	*33*	5	*6*	1	*4*
eggs	4	*6*	**-31**	*17*	3	*-24*
fish	-16	*-14*	18	*-17*	-10	*8*
fresh fruit	**27**	*26*	**55**	*-11*	22	*56*
fruit and vegetable juices	16	*14*	11	*-20*	-14	*7*
game and offal	-14	*-19*	9	*-9*	1	*9*
high fat milk and cream	-14	*-8*	-7	*30*	33	*13*
high fibre bread	15	*3*	**46**	*-24*	8	*48*
high fibre breakfast cereals	6	*3*	**26**	*8*	31	*39*
hot and powdered drinks	-3	*0*	-18	*24*	23	*-3*
ice cream	4	*0*	-13	*20*	14	*2*
infant nutrition	3	*0*	1	*0*	3	*0*
legumes	**50**	*49*	-4	*11*	13	*5*
low fat milk	**42**	*38*	3	*7*	10	*9*
low fibre bread	-4	*7*	**-58**	*46*	11	*-45*
margarine and vegetable oils	8	*9*	2	*19*	22	*23*
miscellaneous	-1	*3*	-12	*-7*	-17	*-23*
nuts and seeds	**39**	*44*	15	*-1*	5	*17*
other bread	18	*17*	-11	*-10*	-22	*-22*
other breakfast cereals	0	*0*	-12	*9*	0	*-11*
other fruit	**32**	*33*	12	*-3*	7	*12*
potatoes	**-25**	*-21*	-22	*48*	**35**	*-9*
poultry	**-31**	*-19*	21	*-25*	-20	*-6*
puddings	-7	*-8*	-11	*31*	**35**	*16*
red meat	**-45**	*-47*	-13	*5*	-1	*-16*
rice, pasta and other grains	**41**	*43*	5	*-34*	-34	*-13*
sauces	**25**	*34*	0	*-4*	-11	*-7*
soft drinks and squashes	-9	*0*	-3	*-1*	-15	*-21*
soups	9	*2*	12	*-18*	-13	*4*
vegetable mixed dishes	**51**	*47*	-1	*-28*	-28	*-14*
vegetables, raw and boiled	13	*20*	43	*1*	24	*42*
water	22	*28*	32	*-16*	-1	*20*
yogurts	15	*20*	35	*-18*	2	*26*

Factors loadings │>25│and non-overlapping are indicated in **bold**

Supplementary TABLE 2 Factor loadings of the first RRR derived dietary pattern in the full sample (n=2501) as well as random split sample (n=1242)

	Full sample	Split sample
wines	**0.739**	***0.716***
spirits, liqueur, alcopops	**0.469**	***0.451***
beers and ciders	**0.311**	***0.280***
rice, pasta, other grains	0.124	*0.129*
poultry	0.090	*0.073*
fruit and vegetable juice	0.089	*0.052*
soft drinks and squashes	0.087	*0.078*
cheeses	0.078	*0.125*
fish	0.064	*0.093*
vegetable mixed dishes	0.063	*0.068*
sauces	0.063	*0.102*
red meat	0.051	*0.058*
soups	0.044	*0.026*
cereal based mixed meals	0.036	*0.026*
miscellaneous	0.035	*0.013*
high fibre bread	0.023	*-0.050*
water	0.023	*-0.043*
bread other	0.014	*0.026*
vegetables, raw or boiled	0.011	*-0.071*
game or offal	0.004	*0.000*
other breakfast cereals	-0.002	*0.006*
crisps and savoury snacks	-0.004	*0.007*
hot and powdered drinks	-0.005	*0.001*
eggs	-0.012	*0.059*
legumes	-0.013	*-0.086*
infant nutrition	-0.019	*-0.022*
yogurts	-0.020	*-0.074*
other fruit	-0.022	*-0.040*
butters and animal fat	-0.027	*0.047*
condiments	-0.032	*-0.017*
low fat milk	-0.036	*-0.055*
nuts and seeds	-0.044	*-0.048*
potatoes	-0.045	*-0.056*
fresh fruit	-0.048	*-0.172*
high fibre breakfast cereals	-0.055	*-0.120*
low fibre bread	-0.059	*-0.005*
ice-cream	-0.065	*-0.047*
margarine and vegetable oils	-0.072	*-0.088*
high fat milk and cream	-0.088	*-0.110*
chocolate and confectionery	-0.096	*-0.067*
puddings	-0.108	*-0.098*
biscuits and cakes	-0.127	*-0.107*

Factors loadings │>25│ are indicated in **bold**