62   Supplementary Table 1. The 20 food groupings used in the dietary cluster analysis[1]

Food group	Foods in the group
Beans and peas	Beans, lentils, peas, lima beans, tofu, soybeans
Low fat milk	Low fat milk
Whole milk	Whole milk
Cream	Cream, sour cream, cream cheese, cream soup, ice cream
Yogurt	Yogurt
Cheese	Cottage cheese, ricotta cheese, all other cheese
Red meat	Liver, hamburger, meat casserole, meat main dish
Processed meat	Bacon, hot dogs, processed meats
Chicken	Chicken with and without skin
Fish	Canned tuna, dark fish, shrimp/shellfish, other fish
Eggs	Eggs
Fruits and vegetables	Oranges, orange juice, grapefruit, grapefruit juice, raisins, runes, bananas, cantaloupe, watermelon, apples, pears, apple juice, other fruit juice, strawberries, blueberries, peaches, tomatoes, tomato juice, tomato sauce, broccoli, cabbage/coleslaw, cauliflower, Brussels sprouts, carrots, corn, mixed vegetables, winter squash, summer squash, yams/sweet potatoes, spinach, kale/mustard greens/chard, iceberg lettuce, romaine lettuce, celery, beets, alfalfa sprouts, potatoes
Nuts	Peanut butter, nuts
Cereal	Cold cereal, hot oatmeal, hot other cereal
Sweet baked products	Muffins, biscuits, pancakes/waffles, cookies, brownies, doughnuts, cake, sweet roll, pie
Pizza and French fries	Pizza and French fries
Snacks	Chips, popcorn, crackers, candy, sherbet
White grains	White bread, English muffins, bagels, white rice, pasta
Whole grains	Dark bread, brown rice, other grains, wheat germ, bran
Other protein	Breakfast bars, protein shakes, diet shakes containing protein

63   [1] Foods listed in the table were from the food frequency questionnaire

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