

**Supplementary Table 1.** The 90 food items in the food frequency questionnaire administered in the Age-Related Eye Disease Study were first grouped into 37 food groups, which were then entered into our principle component analysis for deriving dietary patterns.<sup>1</sup>

<b>Food group</b>	<b>Food items in the AREDS FFQ</b>
1. Processed meats	Hotdogs, ham, bacon, sausage
2. Red meats	Hamburgers, beef, beef stew, pork or lamb
3. Organ meats	Liver, liverwurst
4. Fish and other seafood	Fried fish, tuna, oysters, shrimp, other fish
5. Poultry	Fried chicken, chicken or turkey
6. Pizza	Pizza
7. Soup	Vegetable and tomato soup, other soup
8. Eggs	Eggs
9. Butter or margarine	Butter added to vegetable, butter on bread, margarine on bread
10. Peanuts	Peanuts or peanut butter
11. Gravies	Gravies
12. Cold breakfast cereal	Milk on cereal, other cold breakfast cereal
13. Whole grains	High fiber cereals, fortified cereals, cooked cereals, dark bread
14. Refined grains	Biscuits, white bread, corn bread, spaghetti, other noodle
15. Rice	Rice
16. Snacks	Chips
17. High energy drinks	Regular soft drink, Fruit Drinks, Sugar in coffee or tea
18. Sweets and desserts	doughnuts, chocolate candy, other candy
19. French fries	French fries
20. Liquor	Liquor
21. Beer	Beer
22. Wine	Wine
23. High-fat dairy products	Whole milk, ice cream, other cheeses, macaroni and cheese, milk in coffee or tea
24. Low-fat dairy products	2% milk, 1% milk, yogurt, Cottage cheese
25. Condiments	Red chili sauce
26. Salad dressings	Salad dressings

27. Fruit	Apples, bananas, peaches, cantaloupe, watermelon, strawberries, oranges, grapefruit, other fruit
28. Fruit juices	Orange or grapefruit juice
29. Cruciferous vegetables	Broccoli, Cole slaw, cauliflower, cooked greens
30. Dark-yellow vegetables	Winter squash, carrots, sweet potatoes
31. Tomatoes	Tomatoes
32. Green leafy vegetables	Raw spinach, cooked spinach, green salad
33. Legumes	String beans, peas, other beans, chili with beans
34. Other vegetables	Corn, any other vegetable
35. Potatoes	Other potatoes
36. Coffee or Tea	Coffee or tea
37. Non-dairy creamer in coffee or tea	Non-dairy creamer in coffee or tea

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **FFQ**, food frequency questionnaire.

<sup>1</sup> Table is adapted from *Am J Ophthalmol.* 2014 Jul;158(1):118-127.

**Supplementary Table 2.** Age-standardized characteristics and dietary consumptions by Factor 3 (Steak pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	68.26 (5.11)	68.30 (5.14)	68.85 (5.01)	68.67 (5.11)	68.74 (5.04)	0.032
Male gender	0.38	0.35	0.39	0.44	0.55	<0.0001 <sup>3</sup>
College or higher	0.67	0.68	0.66	0.63	0.62	0.052 <sup>3</sup>
White	0.91	0.96	0.98	0.98	0.98	<0.0001 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	27.02 (4.67)	26.75 (4.51)	27.35 (4.71)	27.63 (4.85)	27.72 (4.94)	<0.0001
Sunlight exposure (h/d)	1.02 (1.17)	1.02 (1.12)	0.96 (1.00)	1.03 (1.10)	1.16 (1.16)	0.004
Ever smoke	0.51 (0.50)	0.54 (0.50)	0.51 (0.50)	0.55 (0.50)	0.62 (0.48)	<0.0001 <sup>3</sup>
Alcohol intake (g/d)	6.21 (12.52)	5.16 (9.26)	6.40 (13.26)	6.20 (11.42)	7.88 (12.92)	0.0008
Hypertension history	0.39 (0.49)	0.36 (0.48)	0.37 (0.48)	0.38 (0.49)	0.38 (0.49)	0.75 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	128.93 (59.00)	109.70 (49.75)	102.66 (44.42)	97.96 (47.22)	84.60 (49.89)	<0.0001
Vitamin E (µg)	9.58 (4.38)	9.73 (4.84)	9.45 (4.23)	9.66 (4.77)	10.02 (5.55)	0.038
Beta-carotene (mg)	2701.84 (1880.54)	2586.29 (1645.92)	2533.62 (1428.60)	2548.91 (1699.54)	2515.46 (1851.42)	0.014
Zinc (mg)	9.64 (4.45)	9.74 (4.13)	9.48 (3.88)	9.70 (4.24)	10.04 (5.11)	0.21
Lutein plus zeaxanthin (µg)	1901.83 (1298.09)	1725.60 (1073.52)	1601.30 (942.89)	1583.37 (969.89)	1507.20 (1054.29)	<0.0001
DHA (mg)	0.06 (0.04)	0.05 (0.03)	0.05 (0.03)	0.05 (0.03)	0.04 (0.04)	<0.0001

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.04 (0.04)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	<0.0001
Calorie intake (Kcal/d)	1267.69 (502.85)	1257.15 (479.23)	1438.78 (517.70)	1607.88 (520.97)	1911.92 (541.96)	<0.0001
Daily intake of food or food group (med. servings/d)						
Potatoes	0.15 (0.15)	0.21 (0.16)	0.31 (0.19)	0.46 (0.24)	0.70 (0.33)	<0.0001
Butter or margarine	0.40 (0.45)	0.54 (0.52)	0.79 (0.68)	1.12 (0.81)	1.74 (1.16)	<0.0001
Red meat	0.17 (0.17)	0.22 (0.18)	0.31 (0.22)	0.39 (0.25)	0.59 (0.36)	<0.0001
Gravies	0.02 (0.04)	0.03 (0.05)	0.05 (0.08)	0.07 (0.10)	0.17 (0.20)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.

**Supplementary Table 3.** Age-standardized characteristics and dietary consumptions by Factor 4 (Breakfast pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	67.54 (5.01)	68.56 (5.17)	68.86 (5.29)	68.89 (4.93)	68.96 (4.89)	<0.0001
Male gender	0.33	0.37	0.41	0.46	0.53	<0.0001 <sup>3</sup>
College or higher	0.59	0.62	0.68	0.65	0.71	<0.0001 <sup>3</sup>
White	0.95	0.96	0.97	0.96	0.97	0.021 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	27.49 (5.11)	27.41 (4.78)	27.07 (4.47)	27.23 (4.49)	27.15 (4.69)	0.22
Sunlight exposure (h/d)	1.06 (1.12)	0.98 (1.09)	1.05 (1.11)	1.07 (1.11)	1.01 (1.11)	0.95
Ever smoke	0.61	0.55	0.53	0.53	0.51	0.0002 <sup>3</sup>
Alcohol intake (g/d)	6.23 (12.74)	5.76 (10.94)	6.89 (10.77)	6.49 (12.93)	6.30 (11.87)	0.62
Hypertension history	0.38	0.35	0.36	0.38	0.38	0.57 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	73.10 (40.64)	87.82 (39.61)	102.47 (41.73)	115.00 (44.17)	147.21 (61.44)	<0.0001
Vitamin E (μg)	8.71 (2.69)	9.34 (3.85)	9.78 (4.87)	10.02 (5.11)	10.58 (6.26)	<0.0001
Beta-carotene (mg)	2594.31 (1769.26)	2442.37 (1556.01)	2546.34 (1580.70)	2557.08 (1619.70)	2782.40 (1946.24)	0.002
Zinc (mg)	8.07 (3.64)	8.88 (3.92)	9.70 (4.19)	10.39 (4.13)	11.61 (5.14)	<.0001
Lutein plus zeaxanthin (μg)	1702.54 (1266.58)	1520.32 (931.76)	1677.21 (1105.09)	1664.93 (1065.08)	1756.34 (1017.26)	0.044
DHA (mg)	0.05 (0.04)	0.05 (0.03)	0.05 (0.03)	0.05 (0.04)	0.05 (0.04)	0.24

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.007
Calorie intake (Kcal/d)	1326.27 (564.73)	1359.77 (535.83)	1436.16 (529.67)	1582.38 (527.63)	1777.10 (546.68)	<0.0001
Daily intake of food or food group (med. servings/d)						
Cold breakfast cereal	0.17 (0.22)	0.42 (0.35)	0.68 (0.45)	0.90 (0.48)	1.29 (0.65)	<0.0001
Fruit juices	0.15 (0.23)	0.31 (0.32)	0.45 (0.39)	0.59 (0.42)	0.94 (0.63)	<0.0001
Whole grains	0.44 (0.41)	0.70 (0.53)	0.94 (0.61)	1.22 (0.71)	1.64 (0.94)	<0.0001
Fruit	1.14 (0.94)	1.46 (1.02)	1.57 (1.00)	1.91 (1.18)	2.42 (1.84)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.

**Supplementary Table 4.** Age-standardized characteristics and dietary consumptions by Factor 5 (Salad pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	68.65 (5.05)	68.45 (5.22)	68.79 (5.14)	68.40 (5.01)	68.51 (5.00)	0.46
Male gender	0.54	0.43	0.39	0.38	0.38	<0.0001 <sup>3</sup>
College or higher	0.60	0.58	0.66	0.70	0.74	<0.0001 <sup>3</sup>
White	0.92	0.96	0.97	0.97	0.99	<0.0001 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	27.18 (4.78)	27.53 (5.17)	27.29 (4.40)	27.10 (4.56)	27.33 (4.82)	0.73
Sunlight exposure (h/d)	1.06 (1.10)	0.99 (1.07)	1.01 (1.14)	1.10 (1.20)	1.05 (1.06)	0.99
Ever smoke	0.53	0.54	0.54	0.54	0.58	0.31 <sup>3</sup>
Alcohol intake (g/d)	6.07 (11.51)	4.33 (8.80)	4.97 (8.59)	5.89 (9.69)	10.64 (17.63)	<0.0001
Hypertension history	0.40	0.39	0.39	0.34	0.35	0.01 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	91.74 (50.64)	98.73 (48.99)	103.63 (49.90)	111.76 (51.27)	117.97 (56.35)	<0.0001
Vitamin E (μg)	9.56 (5.39)	9.48 (4.54)	9.32 (3.75)	9.93 (4.82)	10.13 (4.93)	0.002
Beta-carotene (mg)	2587.66 (1931.53)	2440.35 (1571.60)	2490.44 (1508.08)	2634.96 (1714.54)	2764.28 (1757.72)	0.003
Zinc (mg)	10.94 (5.15)	9.97 (3.91)	9.40 (3.79)	9.34 (4.15)	9.05 (4.58)	<0.0001
Lutein plus zeaxanthin (μg)	1576.72 (1140.77)	1542.16 (978.80)	1594.78 (895.96)	1735.26 (1168.19)	1884.35 (1178.41)	<0.0001
DHA (mg)	0.05 (0.04)	0.05 (0.03)	0.05 (0.03)	0.05 (0.04)	0.05 (0.04)	0.0003

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.04 (0.03)	<0.0001
Calorie intake (Kcal/d)	1464.55 (617.92)	1383.48 (536.27)	1400.38 (522.26)	1531.99 (547.47)	1684.31 (549.14)	<0.0001
Daily intake of food or food group (med. servings/d)						
Salad dressings	0.10 (0.13)	0.15 (0.16)	0.24 (0.19)	0.34 (0.26)	0.64 (0.38)	<0.0001
Green leafy vegetables	0.26 (0.26)	0.36 (0.29)	0.50 (0.33)	0.65 (0.38)	0.97 (0.46)	<0.0001
Tomatoes	0.14 (0.18)	0.16 (0.16)	0.21 (0.19)	0.31 (0.25)	0.54 (0.43)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.



**Supplementary Table 5.** Age-standardized characteristics and dietary consumptions by Factor 6 (Caribbean pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	69.14 (5.17)	68.86 (5.07)	68.46 (5.00)	68.29 (5.06)	68.06 (5.07)	<0.0001
Male gender	0.47	0.41	0.40	0.42	0.42	0.043 <sup>3</sup>
College or higher	0.52	0.63	0.65	0.74	0.73	<0.0001 <sup>3</sup>
White	0.97	0.97	0.97	0.96	0.94	0.0003 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	26.97 (4.59)	27.35 (4.78)	27.10 (4.52)	27.10 (4.62)	27.96 (5.22)	0.0009
Sunlight exposure (h/d)	1.12 (1.16)	0.96 (1.12)	1.10 (1.13)	1.01 (1.02)	1.00 (1.07)	0.039
Ever smoke	0.58	0.53	0.53	0.54	0.55	0.34 <sup>3</sup>
Alcohol intake (g/d)	6.09 (11.97)	5.07 (9.31)	6.55 (12.01)	7.65 (14.11)	6.58 (11.67)	0.019
Hypertension history	0.38	0.37	0.37	0.38	0.37	0.87 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	113.52 (61.10)	104.20 (50.22)	101.44 (48.36)	104.40 (46.90)	101.42 (53.38)	<0.0001
Vitamin E (µg)	9.62 (4.57)	9.43 (4.54)	9.65 (4.18)	9.90 (5.12)	9.72 (5.06)	0.35
Beta-carotene (mg)	2348.36 (1697.37)	2355.08 (1394.97)	2545.50 (1784.83)	2659.97 (1470.87)	3008.30 (2034.03)	<0.0001
Zinc (mg)	8.91 (4.13)	9.28 (4.06)	9.62 (3.99)	10.21 (4.74)	10.62 (4.77)	<0.0001
Lutein plus zeaxanthin (µg)	1501.76 (976.65)	1521.90 (855.93)	1649.71 (1119.47)	1729.65 (1000.47)	1915.50 (1304.95)	<0.0001
DHA (mg)	0.03 (0.02)	0.04 (0.02)	0.04 (0.03)	0.06 (0.03)	0.08 (0.05)	<0.0001

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.01 (0.02)	0.02 (0.02)	0.03 (0.02)	0.04 (0.03)	0.05 (0.04)	<0.0001
Calorie intake (Kcal/d)	1437.03 (589.67)	1326.74 (516.56)	1436.35 (543.22)	1538.11 (526.51)	1736.24 (560.46)	<0.0001
Daily intake of food or food group (med. servings/d)						
Poultry	0.13 (0.12)	0.18 (0.14)	0.24 (0.15)	0.33 (0.18)	0.52 (0.27)	<0.0001
Fish and other seafood	0.12 (0.11)	0.18 (0.13)	0.25 (0.15)	0.31 (0.18)	0.50 (0.35)	<0.0001
Organ meats	0.01 (0.02)	0.01 (0.02)	0.01 (0.02)	0.01 (0.03)	0.04 (0.09)	<0.0001
Rice	0.09 (0.13)	0.11 (0.12)	0.13 (0.14)	0.18 (0.17)	0.25 (0.24)	<0.0001
Low-fat dairy products	0.28 (0.34)	0.38 (0.37)	0.47 (0.46)	0.59 (0.51)	0.76 (0.68)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

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<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.



	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.98
Calorie intake (Kcal/d)	1411.77 (544.51)	1271.61 (509.21)	1362.73 (488.83)	1550.06 (520.93)	1887.88 (545.00)	<.0001
Daily intake of food or food group (med. servings/d)						
Pizza	0.01 (0.02)	0.02 (0.02)	0.03 (0.03)	0.05 (0.04)	0.10 (0.09)	<0.0001
Refined grains	0.41 (0.36)	0.53 (0.39)	0.71 (0.47)	0.97 (0.64)	1.42 (0.89)	<0.0001
French fries	0.02 (0.04)	0.02 (0.04)	0.04 (0.05)	0.06 (0.08)	0.12 (0.17)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.

**Supplementary Table 7.** Age-standardized characteristics and dietary consumptions by Factor 8 (Peanut pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	68.39 (5.00)	68.89 (4.99)	68.80 (5.20)	68.50 (5.13)	68.25 (5.08)	0.1915
Male gender	0.45	0.39	0.39	0.42	0.47	0.0059 <sup>3</sup>
College or higher	0.62	0.63	0.63	0.69	0.70	<0.0001 <sup>3</sup>
White	0.94	0.96	0.96	0.98	0.97	0.0005 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	28.02 (5.06)	27.43 (4.75)	27.14 (4.69)	27.03 (4.84)	26.80 (4.31)	<0.0001
Sunlight exposure (h/d)	1.01 (1.08)	1.04 (1.19)	1.00 (1.07)	1.01 (1.10)	1.11 (1.08)	0.1199
Ever smoke	0.59	0.52	0.54	0.55	0.53	0.0379 <sup>3</sup>
Alcohol intake (g/d)	6.45 (12.56)	5.59 (12.17)	5.58 (9.70)	6.66 (12.21)	7.29 (12.52)	0.0467
Hypertension history	0.43	0.43	0.36	0.36	0.30	<0.0001 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	118.00 (54.61)	107.92 (48.91)	100.49 (49.50)	101.23 (50.93)	95.37 (54.72)	<0.0001
Vitamin E (µg)	9.35 (4.23)	9.40 (4.35)	9.41 (4.53)	9.72 (5.09)	10.60 (5.47)	<0.0001
Beta-carotene (mg)	2995.96 (1802.63)	2632.21 (1415.15)	2469.49 (1511.80)	2459.73 (1754.53)	2300.88 (1807.04)	<0.0001
Zinc (mg)	10.45 (4.86)	9.89 (3.85)	9.74 (4.16)	9.41 (4.42)	9.21 (4.50)	<0.0001
Lutein plus zeaxanthin (µg)	1968.00 (1252.47)	1716.78 (972.50)	1563.53 (839.99)	1601.21 (1153.63)	1474.62 (1109.00)	<0.0001
DHA (mg)	0.07 (0.04)	0.05 (0.03)	0.04 (0.03)	0.05 (0.03)	0.04 (0.04)	<0.0001

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.04 (0.04)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	<0.0001
Calorie intake (Kcal/d)	1285.66 (490.76)	1249.48 (485.27)	1384.65 (478.12)	1604.54 (507.44)	1950.75 (539.89)	<0.0001
Daily intake of food or food group (med. servings/d)						
Peanuts	0.03 (0.06)	0.05 (0.07)	0.09 (0.11)	0.16 (0.18)	0.47 (0.48)	<0.0001
Sweets and desserts	0.26 (0.31)	0.38 (0.37)	0.59 (0.48)	0.87 (0.65)	1.41 (1.07)	<0.0001
Snacks	0.05 (0.09)	0.08 (0.11)	0.13 (0.16)	0.23 (0.25)	0.42 (0.45)	<0.0001
High-fat dairy products	0.32 (0.36)	0.44 (0.42)	0.56 (0.51)	0.75 (0.59)	0.99 (0.77)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.

**Supplementary Table 8.** Age-standardized characteristics and dietary consumptions by Factor 9 (Alcohol pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	69.00 (5.24)	68.97 (4.94)	68.62 (5.11)	68.14 (5.07)	68.08 (4.99)	<0.0001
Male gender	0.33	0.32	0.38	0.47	0.63	<0.0001 <sup>3</sup>
College or higher	0.60	0.59	0.63	0.69	0.77	<0.0001 <sup>3</sup>
White	0.96	0.94	0.96	0.96	0.97	0.14 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	27.65 (5.10)	27.60 (4.89)	27.55 (5.18)	26.91 (4.25)	26.72 (4.14)	0.003
Sunlight exposure (h/d)	0.95 (1.06)	1.01 (1.20)	1.02 (1.03)	1.07 (1.12)	1.18 (1.14)	<0.0001
Ever smoke	0.49	0.44	0.55	0.58	0.67	<0.0001 <sup>3</sup>
Alcohol intake (g/d)	0.61 (1.43)	0.87 (1.85)	1.80 (3.05)	5.61 (4.72)	22.96 (17.92)	<0.0001
Hypertension history	0.36	0.39	0.39	0.37	0.35	0.12 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	103.35 (60.82)	103.40 (52.57)	102.05 (45.36)	110.48 (51.21)	103.89 (49.79)	0.36
Vitamin E (μg)	8.44 (4.23)	9.16 (4.30)	9.98 (4.62)	10.28 (4.54)	10.50 (5.58)	<0.0001
Beta-carotene (mg)	2796.28 (2351.03)	2537.76 (1518.98)	2545.75 (1419.56)	2524.67 (1513.46)	2505.35 (1539.81)	0.0008
Zinc (mg)	8.65 (3.85)	9.47 (4.22)	9.90 (4.16)	10.17 (4.12)	10.47 (5.27)	<0.0001
Lutein plus zeaxanthin (μg)	1616.38 (1304.05)	1599.75 (959.25)	1654.85 (1003.97)	1738.37 (1089.15)	1709.65 (1009.10)	0.089
DHA (mg)	0.04 (0.04)	0.05 (0.03)	0.05 (0.04)	0.05 (0.04)	0.06 (0.04)	<0.0001

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.04 (0.03)	0.04 (0.03)	<0.0001
Calorie intake (Kcal/d)	1727.87 (559.42)	1364.09 (521.71)	1293.65 (522.85)	1398.42 (531.05)	1699.29 (545.19)	<0.0001
Daily intake of food or food group (med. servings/d)						
Liquor	0.01 (0.02)	0.01 (0.03)	0.02 (0.04)	0.06 (0.10)	0.29 (0.34)	<0.0001
Beer	0.00 (0.01)	0.01 (0.03)	0.01 (0.03)	0.04 (0.06)	0.17 (0.26)	<0.0001
Wine	0.01 (0.02)	0.01 (0.03)	0.02 (0.05)	0.06 (0.09)	0.19 (0.27)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.



**Supplementary Table 9.** Age-standardized characteristics and dietary consumptions by Factor 10 (Beverage pattern) score quintiles in the AREDS.

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
Age <sup>1</sup>	68.92 (4.96)	68.97 (4.97)	68.40 (5.18)	68.60 (5.08)	67.92 (5.16)	<0.0001
Male gender	0.44	0.37	0.40	0.43	0.48	0.0003 <sup>3</sup>
College or higher	0.64	0.65	0.69	0.69	0.61	0.0091 <sup>3</sup>
White	0.94	0.98	0.97	0.97	0.95	0.0014 <sup>3</sup>
BMI (Kg/m <sup>2</sup> )	27.46 (4.75)	27.14 (4.75)	27.11 (4.66)	27.30 (4.86)	27.44 (4.81)	0.3304
Sunlight exposure (h/d)	0.98 (1.08)	1.09 (1.14)	1.03 (1.04)	1.00 (1.10)	1.09 (1.21)	0.1302
Ever smoke	0.51	0.49	0.56	0.55	0.61	<0.0001 <sup>3</sup>
Alcohol intake (g/d)	6.93 (13.75)	5.72 (10.60)	5.75 (11.38)	6.72 (11.62)	6.64 (12.18)	0.6675
Hypertension history	0.39	0.39	0.37	0.36	0.38	0.5356 <sup>3</sup>
Daily energy-adjusted nutrient intake						
Vitamin C (mg)	109.12 (51.29)	105.62 (50.33)	108.21 (50.24)	101.23 (51.52)	99.54 (56.24)	<0.0001
Vitamin E (µg)	10.19 (4.73)	9.76 (4.26)	9.79 (4.86)	9.37 (4.53)	9.37 (5.50)	<0.0001
Beta-carotene (mg)	2846.54 (2018.93)	2587.40 (1599.35)	2589.67 (1613.62)	2402.97 (1513.37)	2393.38 (1593.85)	<0.0001
Zinc (mg)	10.05 (4.47)	9.66 (4.53)	9.73 (4.25)	9.58 (4.30)	9.67 (4.58)	0.0030
Lutein plus zeaxanthin (µg)	1700.90 (1124.07)	1638.59 (980.93)	1640.17 (960.34)	1680.49 (1137.79)	1643.82 (1185.99)	0.0820
DHA (mg)	0.06 (0.04)	0.05 (0.03)	0.05 (0.03)	0.05 (0.03)	0.04 (0.03)	<0.0001

	'Q1' (n=817)	'Q2' (n=818)	'Q3' (n=818)	'Q4' (n=818)	'Q5' (n=817)	<i>P</i> value <sup>2</sup>
EPA (mg)	0.04 (0.04)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	0.03 (0.03)	<0.0001
Calorie intake (Kcal/d)	1456.55 (580.11)	1354.60 (553.85)	1454.06 (535.10)	1545.08 (545.21)	1674.47 (580.34)	<0.0001
Daily intake of food or food group (med. servings/d)						
Non-dairy creamer	0.01 (0.03)	0.01 (0.03)	0.01 (0.06)	0.05 (0.11)	0.36 (0.51)	<0.0001
Coffee or tea	0.29 (0.28)	0.55 (0.26)	0.73 (0.25)	0.83 (0.27)	1.26 (0.72)	<0.0001
High energy drink	0.16 (0.24)	0.18 (0.25)	0.24 (0.35)	0.37 (0.42)	0.58 (0.65)	<0.0001

Abbreviation: **AREDS**, Age-Related Eye Disease Study; **DHA**, docosahexaenoic acid; **EPA**, eicosapentaenoic acid.

Values are means (standard deviation) or proportions and are standardized to the age distribution of the study population.

<sup>1</sup> Value is not age adjusted.

<sup>2</sup> *P* values are for test of linear trend across prudent pattern score, otherwise indicated.

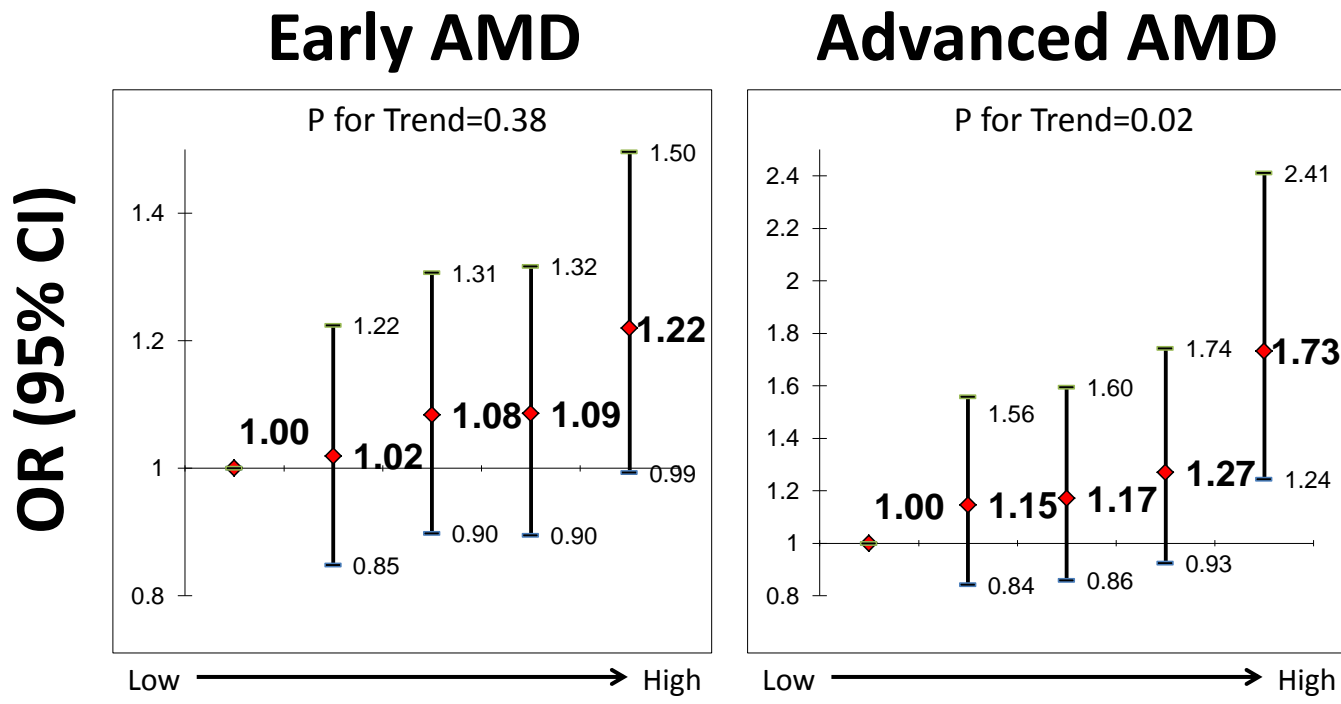
<sup>3</sup> Chi-square tests compare the characteristic distributions among prudent pattern score quintile groups.

**Legends:**

**Supplementary Figure 1.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Steak pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



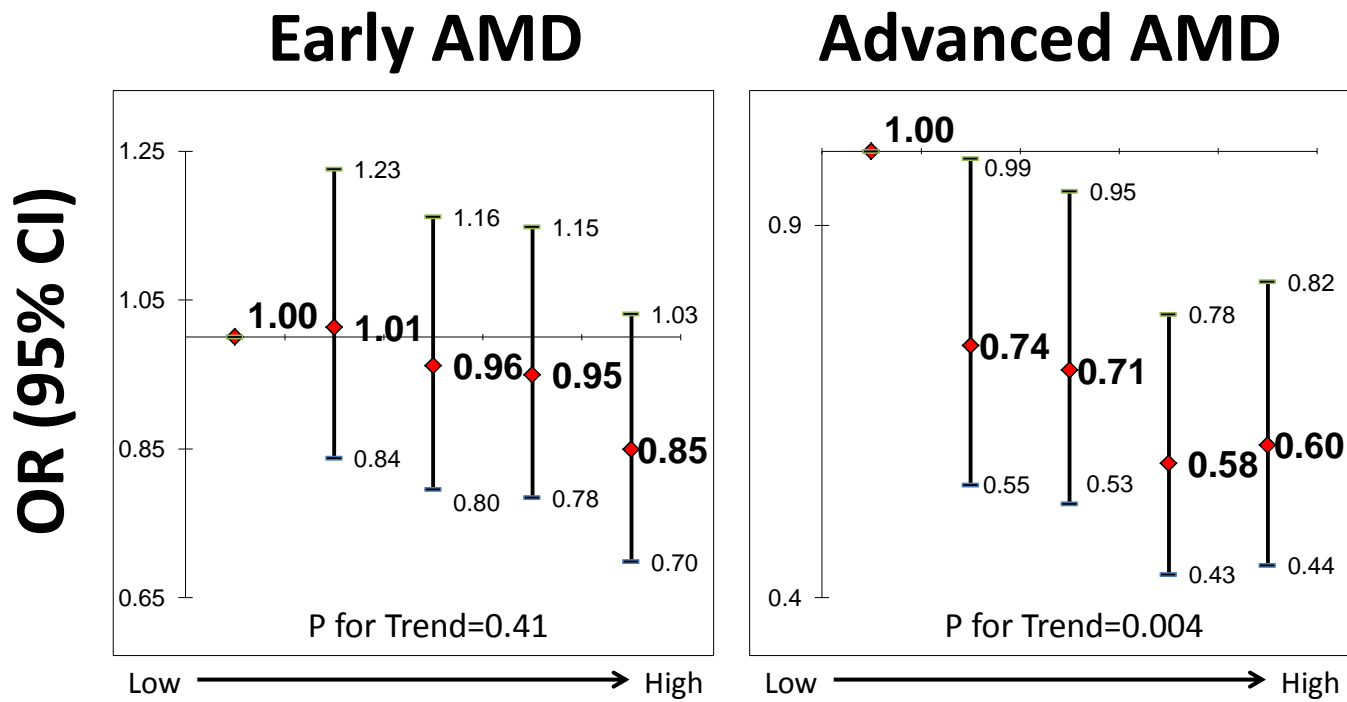
**Factor 3 (Steak Pattern) Score Quintile Groups**

**Legends:**

**Supplementary Figure 2.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Breakfast pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



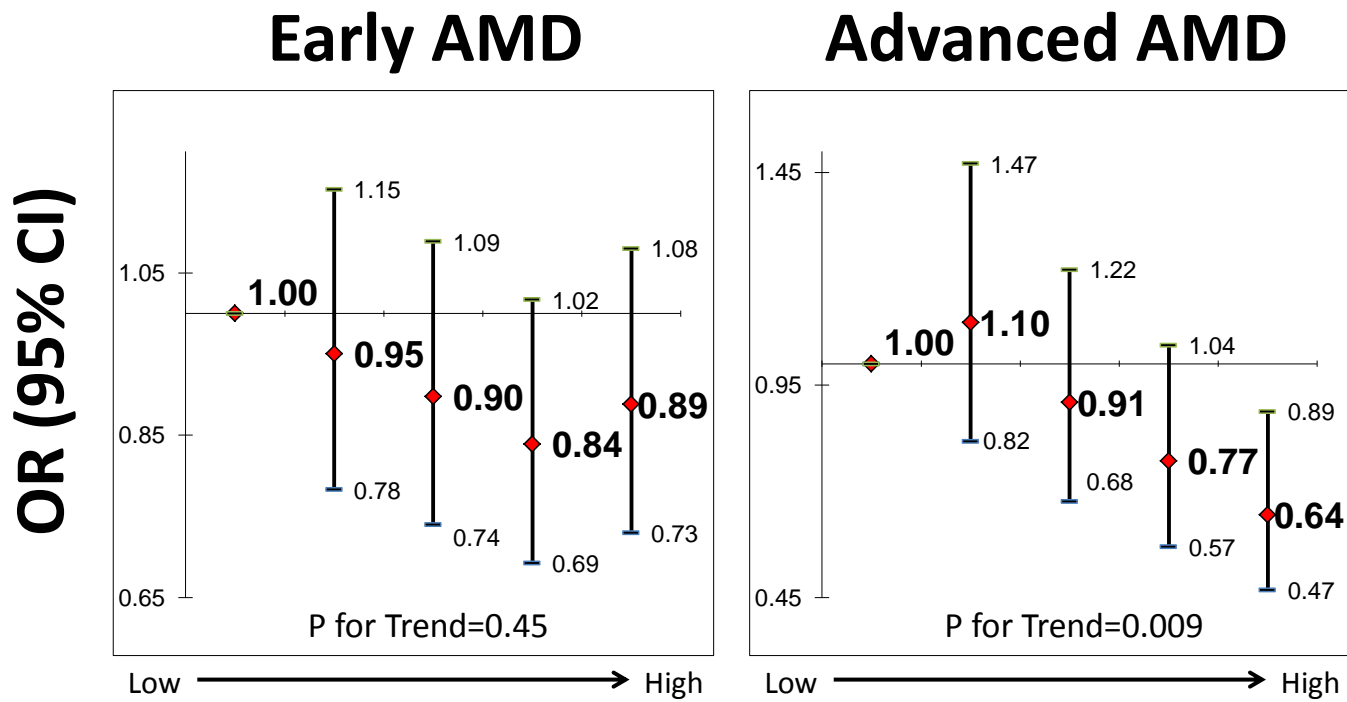
**Factor 4 (Breakfast Pattern) Score Quintile Groups**

**Legends:**

**Supplementary Figure 3.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Caribbean pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



**Factor 6 (Caribbean Pattern) Score Quintile Groups**

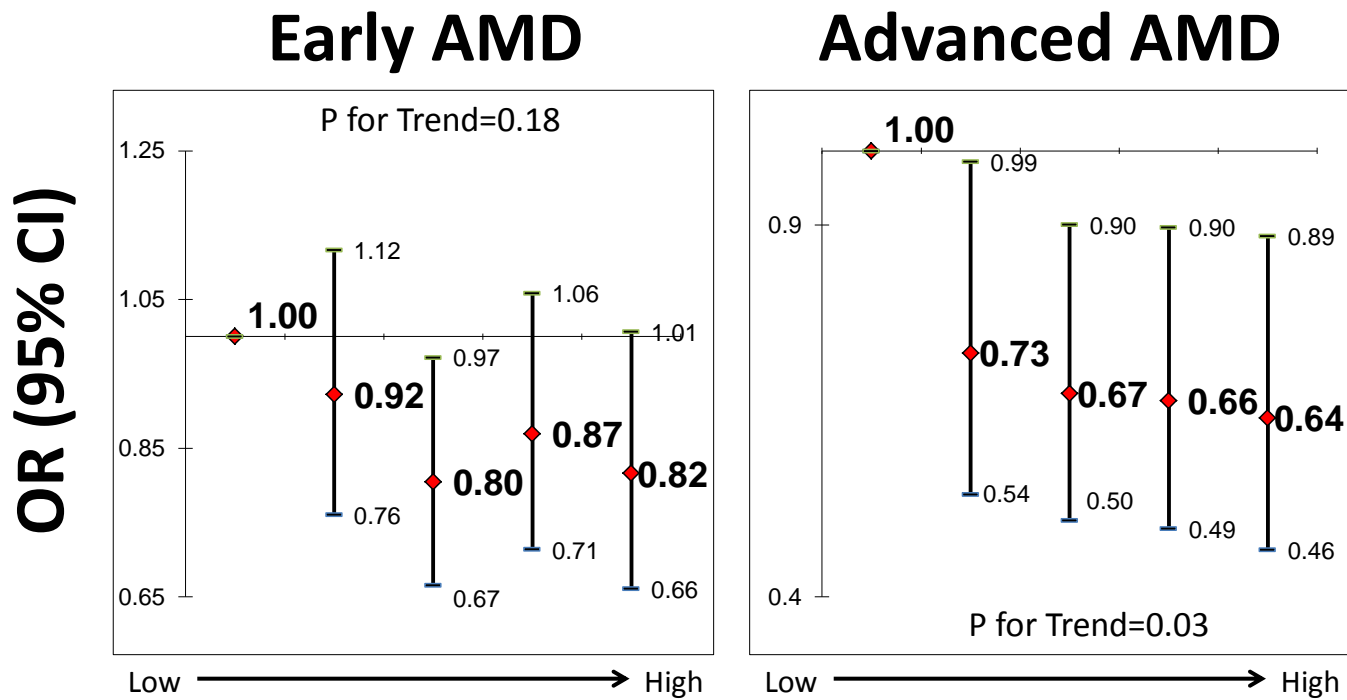


**Legends:**

**Supplementary Figure 4.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Peanut pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



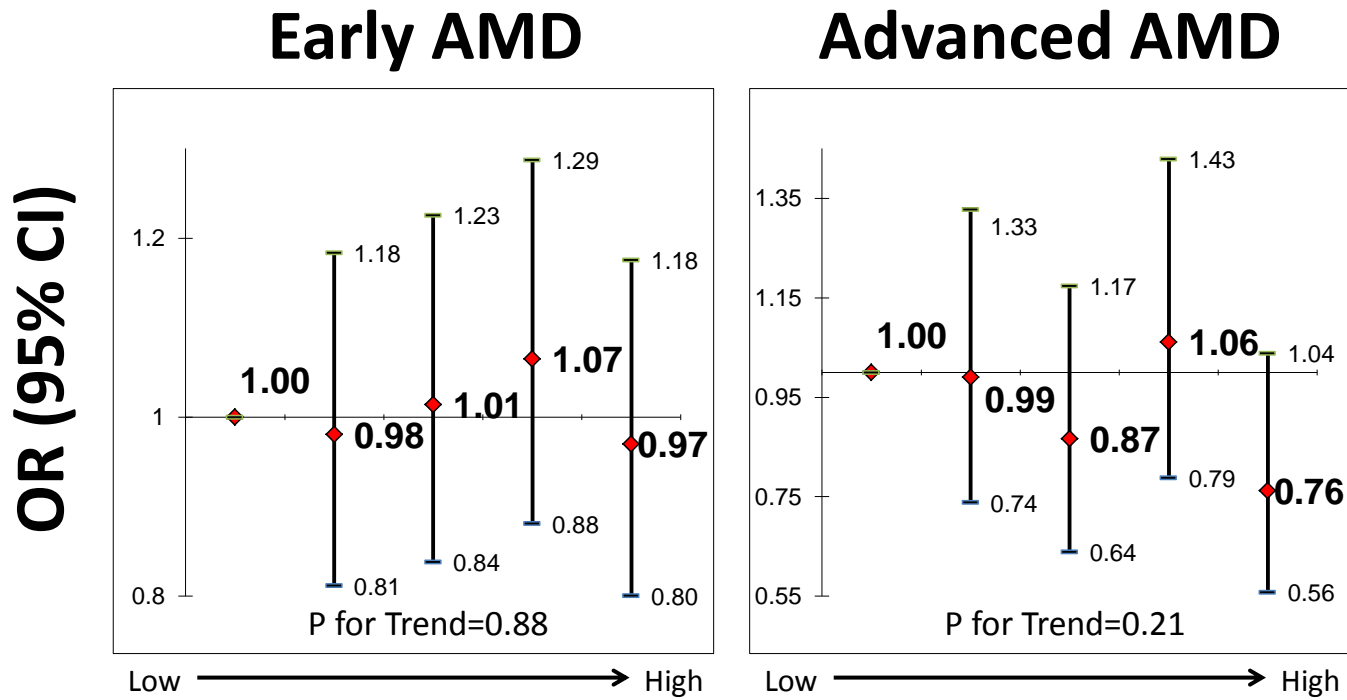
**Factor 8 (Peanut Pattern) Score Quintile Groups**

**Legends:**

**Supplementary Figure 5.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Salad pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



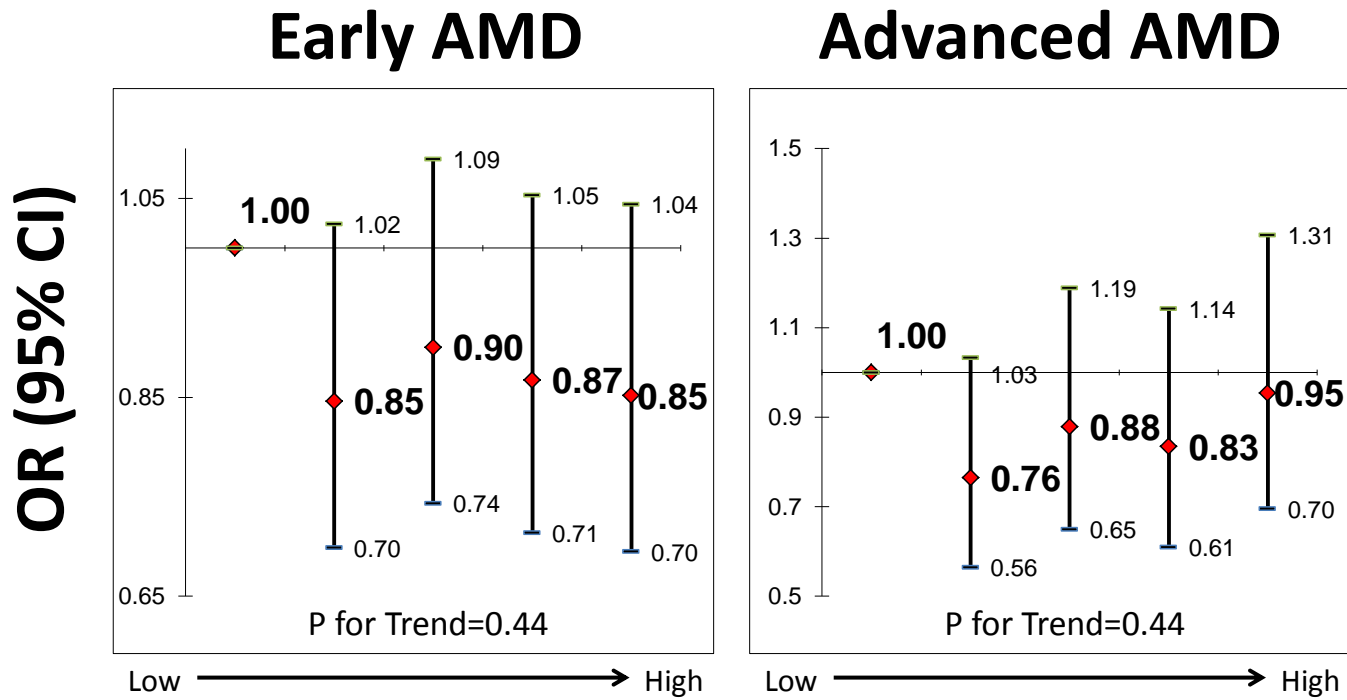
**Factor 5 (Salad Pattern) Score Quintile Groups**

**Legends:**

**Supplementary Figure 6.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Pizza pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



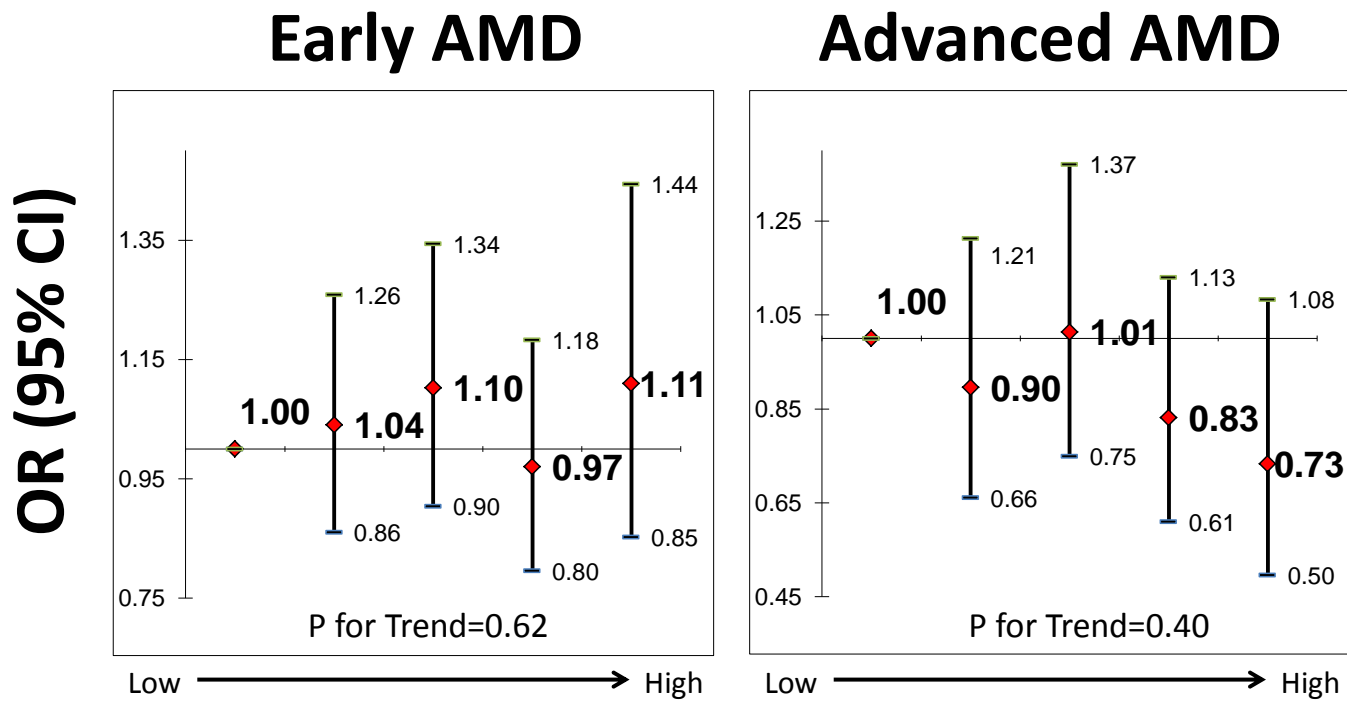
**Factor 7 (Pizza Pattern) Score Quintile Groups**

**Legends:**

**Supplementary Figure 7.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Alcohol pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



**Factor 9 (Alcohol Pattern) Score Quintile Groups**

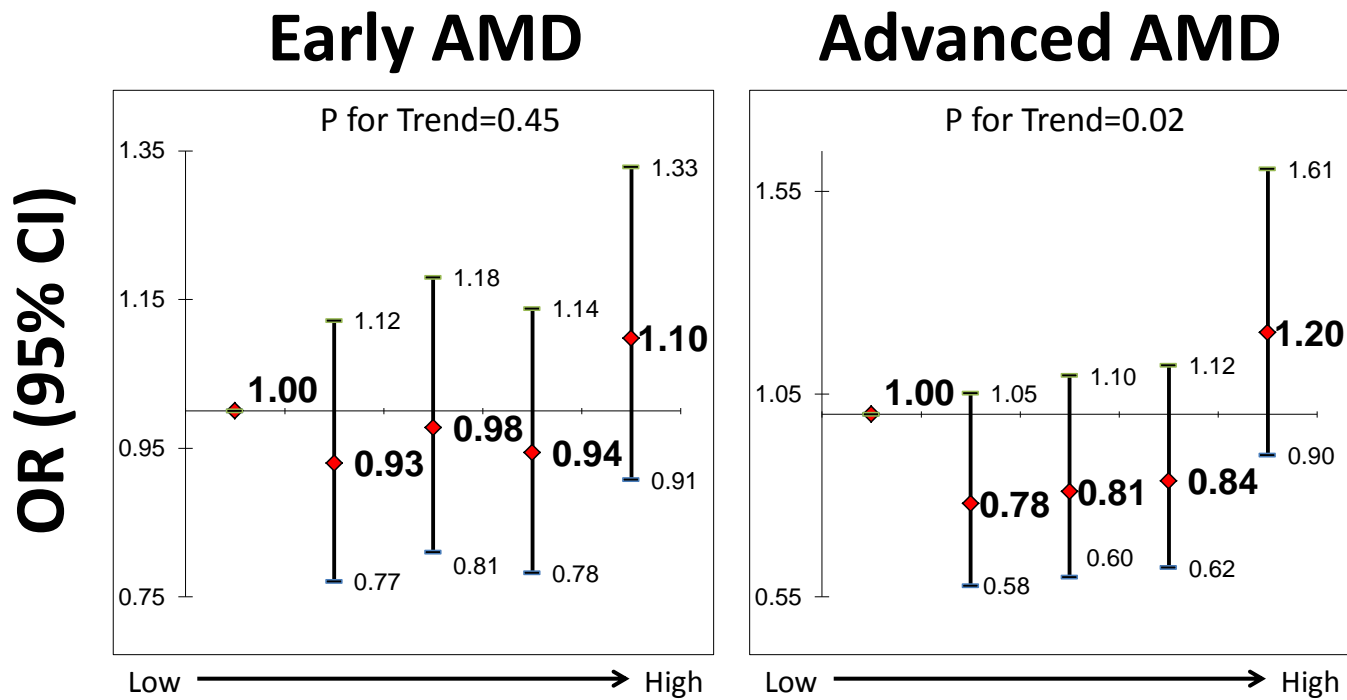


**Legends:**

**Supplementary Figure 8.** Odds ratios (95% confidence intervals) of age-related macular degeneration according to quintile groups of Beverage pattern scores.

Abbreviation: OR, odds ratio; CI, confidence interval; AMD, age-related macular degeneration.

Participants were divided into quintile categories according to their dietary pattern score and those in the lowest 20% of the distribution comprised the referent category. The multivariate-adjusted logistic models using Group 1 (n = 2,739) as control were adjusted for age, sex, race, education, smoking status, alcohol intake, calorie intake, multivitamin use, body mass index, sunlight exposure, hypertension history, lens opacity, and refractive error. The analysis used 4,599 early AMD eyes (1,801 eyes with intermediate drusen plus 2,798 eyes with large drusen, i.e., Group 2 plus Group 3) and 765 advanced AMD eyes (164 eyes with geographic atrophy plus 601 eyes with choroidal neovascularization, i.e., Group 4 plus Group 5). See **AMD grading procedures** in METHODS section for the five (Groups 1~5) AMD grouping criteria.



**Factor 10 (Beverage Pattern) Score Quintile Groups**