

Supplementary Table. Spearman correlation coefficients between food groups or computed nutrients and dietary energy density

Food Group or Nutrient	r
Soups	-0.18
Pastries	0.37
Condiments	0.11
Vegetables	-0.37
Legumes	-0.14
Fruits	-0.58
Dairy	-0.01
Nuts	0.18
Grains	0.25
Meat and Poultry	0.26
Eggs	0.30
Total Protein	0.17
Animal Protein	0.22
Vegetable Protein	-0.02
Carbohydrate	-0.02
Fat	0.61
Saturated Fatty Acids	0.60
Polyunsaturated Fatty Acids	0.53
Monounsaturated Fatty Acids	0.61
Alcohol	0.39
Added Sugars	0.22

r = rho