

Online Resource 2. Final factor loadings derived from the MrOS population (showing only those with absolute value ≥ 0.20 for simplicity)

Food	Western	Prudent
Bagels, English muffins	0.27	
Baked beans, pintos		0.43
Beef roast, steak	0.33	
Beef, fat trimmed off	0.21	
Biscuits, muffins	0.29	
Broccoli		0.56
Butter	0.41	
Carrots		0.61
Cheese	0.37	
Cheese dishes	0.42	
Chocolate candy	0.35	
Brewed coffee	0.23	
Cookies	0.35	
Coleslaw, cabbage		0.44
Corn	0.24	0.38
Crackers	0.27	
Dark bread		0.31
Doughnuts, pastries	0.40	
Eggs	0.36	
Fried chicken	0.30	
French fries	0.51	
Green beans	0.21	0.49
Gravy	0.42	
Hamburger	0.52	
Cooked cereal		0.26
Hot dogs	0.49	
Ice cream	0.42	
Ham, lunch meats	0.43	
Liver	0.20	
Margarine	0.34	
Mayonnaise	0.38	
Mixed dishes with beef	0.31	0.22
Fish (not fried)		0.43
Peanuts, other nuts		0.23
Other soups	0.29	0.27
Other vegetables		0.47
Pies	0.34	
Pork, fat trimmed	0.21	
Pork	0.31	
Potatoes (not fried)	0.31	0.28
Pizza	0.37	
Rice		0.32

Green salad		0.47
Sausage	0.44	
Soft drinks	0.26	
Shellfish		0.21
Salad dressing	0.27	
Spaghetti, tomato sauce	0.26	0.28
Spinach		0.50
Sweet potatoes		0.32
Salty snacks, chips	0.35	
Tofu		0.36
Raw tomatoes		0.43
Vegetable soup	0.23	0.38
White bread	0.37	
Whole milk	0.22	
Yogurt, frozen yogurt		0.30

Dietary patterns and longitudinal change in bone mineral density in older men

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