

Supplementary Table 3: Factor loadings of retained food groups in the pattern matrix in the rural and metropolitan population

Variable	Diet pattern 1 – Rural	Diet pattern 2- Rural	Diet pattern 1-Metro	Diet pattern 2- Rural
Added fats	0.0594	0.6344	0.1677	0.292
Added sugar	-0.1561	0.3683	0.0373	0.0767
Beans	0.025	0.0095	0.0079	0.0454
Beer	-0.0528	-0.0889	0.2225	0.0146
Butter	0.0803	0.4992	0.1773	0.2196
Candy	-0.0831	0.0504	0.0615	-0.0297
Cereal	-0.0482	-0.0227	-0.0113	-0.0202
Chinese food	-0.0538	-0.0355	0.0572	-0.0182
Chocolate	-0.1201	0.0178	0.0811	-0.0434
Coffee	-0.0207	0.1379	0.068	0.1105
Condiments	-0.0048	-0.0771	0.1396	0.1106
Eggs	0.0897	0.0133	0.0744	0.2047
Fish	-0.0561	0.006	-0.063	-0.0068
Fried chips	-0.2487	-0.0859	0.2153	-0.0885
Fried food	-0.2596	-0.0212	0.1087	-0.0893
Fruit	0.2661	-0.079	-0.2665	0.0199
Fruit juice	0.0287	0.0113	-0.0611	-0.0019
High fat dairy	-0.2299	0.0741	0.4921	-0.0815
High fat milk	-0.2421	0.1535	0.53	-0.0712
High fibre	0.0468	0.1045	0.0959	0.0398
Liquor	-0.0747	-0.1099	0.0598	-0.0206
Low fat dairy	0.0048	-0.0275	0.0672	0.0202
Low fat milk	0.1062	0.0599	-0.1628	0.0423
Margarine	-0.0002	0.0684	0.017	0.022
Mexican	-0.1191	-0.1308	-0.0433	-0.0317
Mixed meat	-0.0412	-0.0481	0.0438	-0.0791
Non dairy milk	0.0677	-0.0444	-0.1289	-0.0328
Organ meat	0.0357	-0.0489	-0.0155	-0.0134
Pasta dish	-0.1801	-0.0609	-0.0093	-0.1826

Potatoes	0.3029	0.1218	-0.0477	0.3268
Poultry	0.1089	-0.0163	-0.0545	0.1085
Processed meat	-0.0076	0.1601	0.1761	0.1158
Red meat	0.3197	0.0577	0.0971	0.2073
Salad dressing	0.0802	-0.0784	-0.0484	0.0076
Salty snacks	-0.1134	-0.0493	0.1904	0.0507
Seeds and nuts	0.0899	-0.0599	-0.081	-0.0255
Shell fish	-0.0172	-0.0436	-0.0372	-0.0066
Soda	-0.0192	0.0106	0.0654	0.0553
Soup	-0.0054	0.1784	-0.0652	-0.0014
Sugar sweetened beverages	-0.2984	-0.118	0.3907	-0.0124
Sweet cookies	-0.0139	0.2093	0.0014	-0.0154
Sweet breakfast cereals	0.0405	-0.0502	-0.0554	-0.0413
tea	0.1604	0.1353	-0.2893	0.0762
Cruciferous vegetables	0.2964	0.0128	-0.1323	0.0691
Dark green vegetables	0.2021	-0.0634	-0.0723	0.131
Leafy green vegetables	0.2418	-0.0486	-0.0711	0.1172
Vegetables	0.5949	0.0554	-0.0769	0.6338
Vegetable stew	-0.0008	-0.0359	-0.0643	-0.1064
Tomatoes	0.3984	-0.0024	-0.0255	0.5912
Water	0.1272	-0.2524	-0.0726	-0.0679
White bread	-0.06	0.2595	0.2261	0.1131
Wholegrain bread	0.0997	0.1078	-0.0618	0.0754
Wine	0.0412	-0.0093	-0.0922	0.1262
Yoghurt	0.1617	-0.0843	-0.1401	-0.0096