

SUPPLEMENTAL TABLES AND FIGURES

Table 1 (supplemental): Factor loading* matrix for three main dietary clusters

	Cluster 1 (Mediterranean)	Cluster 2 (Western)	Cluster 3 (Social business)
Factor 1**	0.43 ± 1,02 ^a	-0,39 ± 0,81 ^b	-0,05 ± 0,96 ^c
Factor 2**	-0,70 ± 0,65 ^a	0,69 ± 0,83 ^b	-0,04 ± 0,91 ^c
Factor 3**	-0,40 ± 0,60 ^a	-0,31 ± 0,58 ^b	1,52 ± 0,96 ^c
Fruits and vegetables	0.670	0.033	-0.205
Potatoes and tubers	0.243	0.503	0.111
Whole grain	0.243	-0.216	-0.100
Refined grains	-0.067	0.540	0.256
Legumes	0.170	0.590	0.060
Nuts	0.117	0.035	0.079
Olive oil	0.645	-0.001	0.189
Vegetable oils¹	-0.111	0.224	0.074
Lean meat	0.191	-0.244	0.216
Red meat	-0.251	0.220	0.533
Fish	0.581	-0.037	0.075
Shellfish	0.146	0.046	0.508
Low fat dairy	0.179	-0.526	-0.011
Whole fat dairy	-0.290	0.481	-0.249
Pickled olives	0.147	0.009	0.437
Nibbles	-0.161	-0.189	0.485
Fries and chips	-0.242	0.379	0.356
Sweets and desserts	-0.461	0.243	-0.008
Coffee and tea	0.234	-0.159	-0.057
Alcoholic beverages	0.113	0.107	0.610
SSBs	-0.365	-0.246	0.242

* Extreme loadings (lower than -0.3 or higher than 0.3) are highlighted as main contributors to the dietary pattern. ** Mean ± SD for factor scores (p<0.005 by variance analysis), values with different superscripts in the same row were significantly different by Duncan's multiple range test at p<0.05. ¹ vegetable oils other than olive oil.

Table 2 (Supplemental): Correlations between individual nutrient intake and factor loadings by dietary cluster among PESA participants

Nutrients	Cluster 1 (Mediterranean)	Cluster 2 (Western)	Cluster 3 (Social business)
Total protein	0.1554*	0.2862*	0.5050*
Animal protein	0.0915*	0.0757*	0.4709*
Vegetable protein	0.1795*	0.5456*	0.2517*
Total fat	0.0186	0.3440*	0.4859*
SFA ¹	-0.3042*	0.3464*	0.3144*
PUFA ²	0.0179	0.2796*	0.4279*
MUFA ³	0.2617*	0.2542*	0.4872*
Cholesterol	-0.1893*	0.2402*	0.4151*
Carbohydrates	-0.1229*	0.5584*	0.1613*
Total sugar	-0.0939*	0.2925*	-0.0677*
Polysaccharides	-0.1016*	0.5653*	0.2917*
Fiber	0.4222*	0.4091*	0.0428*
Ethanol	0.1437*	0.0958*	0.5794*
Iron	0.2728*	0.4090*	0.4010*
Calcium	-0.0399*	0.1431*	-0.0387*
Sodium	-0.0680*	0.3000*	0.5545*
Potassium	0.4443*	0.2769*	0.2461*
Magnesium	0.3788*	0.2728*	0.2819*
Phosphorus	0.1118*	0.2050*	0.3368*
Zinc	0.0055	0.2256*	0.2640*
Vitamin A	0.1458*	0.1187*	-0.0205
Carotenoids	0.4467*	0.0297	-0.0967*
Retinoids	-0.2385*	0.1316*	0.0752*
Vitamin D	0.2548*	-0.0118	0.0636*
Vitamin E	0.3679*	0.1089*	0.1970*
Vitamin B1	0.1331*	0.1136*	0.2278*
Vitamin B2	0.0580*	0.0664*	0.0649*
Vitamin B3	0.2952*	0.1150*	0.4592*
Vitamin B6	0.4152*	0.1204*	0.2402*
Folic acid	0.5303*	0.2045*	0.0361*
Vitamin B12	0.1420*	0.1187*	0.4159*
Vitamin C	0.4653*	0.0298	-0.1634*

¹ Saturated fatty acids; ² Mono-unsaturated fatty acids; ³ Poly-unsaturated fatty acids.

Table 3 (Supplemental): Gender-stratified description of cardiovascular imaging findings of PESA participants by dietary clusters

	Men				Women			
	Total N= 2564	Cluster 1 (Mediterranean) N= 713	Cluster 2 (Western) N= 1224	Cluster 3 (Social business) N= 627	Total N=1488	Cluster 1 (Mediterranean) N=902	Cluster 2 (Western) N=444	Cluster 3 (Social business) N=142
Coronary artery score	22.5 ± 104.9	27.2 ± 121.9	15.4 ± 81.0 ^c	31.0 ± 122.9 ^b	1.50 ± 14.4	1.53 ± 16.46	1.68 ± 11.84	0.76 ± 4.44
CAC score ≥ 1	666 (26.0)	187 (26.2) ^c	272 (22.2) ^c	207 (33.0) ^{a b}	68 (4.6)	38 (4.2)	22 (5.0)	8 (4.6)
CAC score > 100	139 (5.4)	44 (6.2)	49 (4.0) ^c	46 (7.3) ^b	5 (0.3)	3 (0.3)	2 (0.5)	0 (0.0)
CAC score > 400	28 (1.1)	12 (1.7)	7 (0.6)	9 (1.4)	1 (0.1)	1 (0.1)	0 (0.0)	0 (0.0)
Presence of any plaque, n (%)								
Aorta	667 (26.2)	181 (25.4)	310 (25.5)	176 (28.4)	325 (21.9)	203 (22.5)	78 (17.6) ^c	44 (31.0) ^b
Carotids	929 (36.3)	257 (36.0)	424 (34.7)	248 (39.6)	347 (23.3)	191 (21.2)	114 (25.7)	42 (29.6)
Femoral	1174 (45.8)	312 (43.8) ^c	520 (42.5) ^c	342 (54.6) ^{a b}	263 (17.7)	159 (17.7)	72 (16.2)	32 (22.5)
Iliacs	576 (22.8)	157 (22.2)	262 (21.6)	157 (25.8)	264 (17.8)	159 (17.7)	72 (16.3)	33 (23.2)
Any plaque & CAC score ≥ 1, n (%)	1784 (70.8)	494 (69.9) ^c	827 (68.6) ^c	463 (76.4) ^{a b}	712 (48.3)	412 (46.2)	220 (49.9)	80 (56.3)

^a significant difference from the cluster 1 (p-value<0.05); ^b significant difference from the cluster 2 (p-value<0.05); ^c significant difference from the cluster 3 (p-value<0.05). Bonferroni correction was applied (p-value<0.017).

Table 4 (Supplemental). Adjusted prevalence* ratios (PR, 95%CI) for prevalent subclinical atherosclerosis according to dietary cluster.

		Cluster 1 (Mediterranean)	Cluster 2 (Western)	Cluster 3 (Social business)
Plaque in carotids				
	Model 1	ref	1.09 (0.97; 1.21)	1.17 (1.02; 1.33) *
	Model 2	ref	1.06 (0.95; 1.19)	1.11 (0.98; 1.27)
	Model 3	ref	1.06 (0.95; 1.18)	1.11 (0.98; 1.27)
	Model 4	ref	1.06 (0.95; 1.19)	1.11 (0.97; 1.26)
Plaque in ilio-femorals				
	Model 1	ref	1.01 (0.93; 1.09)	1.15 (1.05; 1.26) *
	Model 2	ref	0.98 (0.91; 1.06)	1.09 (1.00; 1.19)
	Model 3	ref	0.98 (0.90; 1.06)	1.09 (1.00; 1.20)
	Model 4	ref	0.99 (0.91; 1.07)	1.09 (1.00; 1.20)
Any plaque or CAC>1				
	Model 1	ref	1.04 (0.98; 1.10)	1.12 (1.05; 1.19) *
	Model 2	ref	1.02 (0.97; 1.08)	1.09 (1.02; 1.16) *
	Model 3	ref	1.02 (0.97; 1.08)	1.09 (1.02; 1.16) *
	Model 4	ref	1.03 (0.97; 1.09)	1.08 (1.02; 1.15) *

*Model 1: adjusted for gender, age, EI, education, income, physical activity (compliance with recommendations); Model 2: additionally adjusted for prevalent dyslipidemia, hypertension, diabetes, and current smoking; Model 3: additionally adjusted for BMI; Model 4: additionally adjusted for sleep duration, use of discretionary salt, frequency of eating out (lunch and dinner), frequency of travelling. * $p < 0.05$; † $p < 0.01$. P value given represents significant difference from cluster 1.*

Figure 1 (Supplemental). Extent of subclinical atherosclerosis in male PESA participants 458 according to dietary clusters. Cluster 1 (Mediterranean pattern), cluster 2 (Western pattern), 459 cluster 3 (Social business pattern). * Differences using cluster 1 as reference (p-value<0.05).

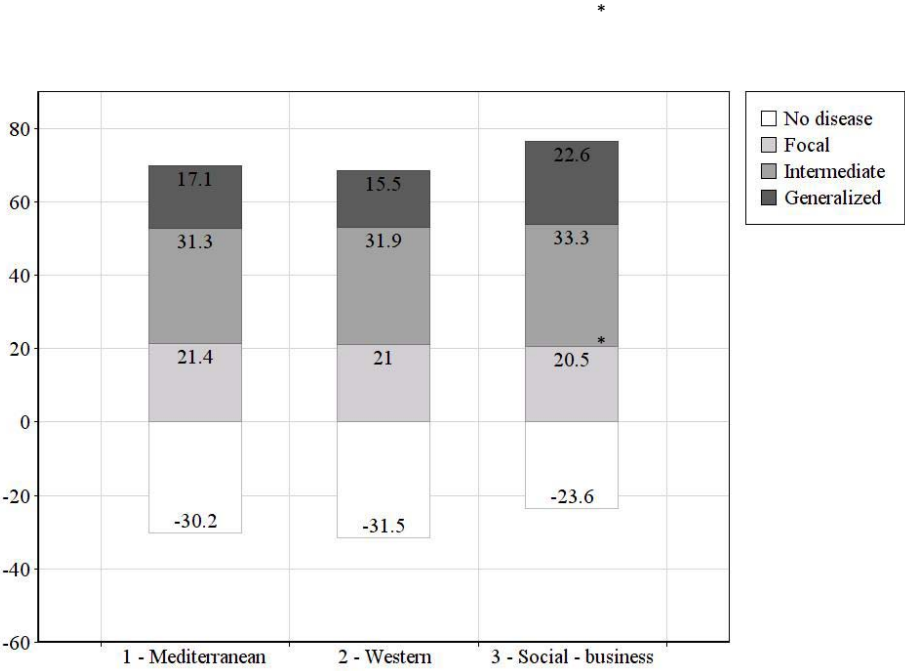


Figure 2 (Supplemental). Extent of subclinical atherosclerosis in female PESA participants 461 according to dietary clusters. Cluster 1 (Mediterranean pattern), cluster 2 (Western pattern), 462 cluster 3 (Social business pattern). * Differences using cluster 1 as reference (p-value<0.05).

