

Appendix:

Supplemental Table 1A. Rotated component matrix for food-groups

	Component		
	1 ^a	2 ^b	3 ^c
Green Leafy Vegetables	0.614	0.242	0.182
Butter, Margarine, or Cream	0.132	0.087	0.706
Berries	0.602	-0.013	0.016
Fish	0.253	0.681	-0.137
Other Vegetables	0.741	0.180	0.117
Red Meat	-0.297	0.651	0.189
Poultry	-0.046	0.573	0.124
Cheese	0.229	0.042	0.659
Legumes	0.549	-0.239	0.145
Nuts	0.571	-0.145	-0.030
Whole Grains	0.095	-0.318	0.217
Pastries and Sweets	-0.207	-0.082	0.610
Fried and Fast Food	-0.477	0.155	0.066

Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. Pairwise

- a. Plant-based diet
- b. High protein - low carb diet
- c. High saturated fat and added sugars diet