**Supplementary Table 1.** Factor loadings of identified dietary patterns

|  |  |  |  |
| --- | --- | --- | --- |
| Variable | Modern pattern | Prudent pattern | Cereal pattern |
| Fast food | 0.73 |  |  |
| Lasagna | 0.64 |  |  |
| Chicken/meat fish mixed dish | 0.62 | 0.43 |  |
| Soft drink | 0.61 |  |  |
| Biryani | 0.58 | 0.31 |  |
| Desserts | 0.57 |  | 0.23 |
| Ice cream | 0.54 |  |  |
| Chocolate | 0.52 |  |  |
| Asian noodle | 0.51 | 0.27 |  |
| Zaatar fatayer | 0.47 |  | 0.45 |
| Croissant | 0.47 |  | 0.44 |
| Potato | 0.42 | 0.34 |  |
| White rice | 0.39 | 0.31 |  |
| Red meat | 0.35 | 0.30 |  |
| Chicken | 0.35 | 0.25 |  |
| Salad and raw vegetables |  | 0.69 |  |
| Fresh fruit |  | 0.69 |  |
| Grilled/fried/baked Fish |  | 0.61 |  |
| Canned/dried fruit and dates |  | 0.61 |  |
| Fish |  | 0.60 |  |
| Salad and cooked vegetables | 0.23 | 0.55 | 0.22 |
| Soups/starters | 0.40 | 0.52 | 0.30 |
| Fresh fruit juice | 0.22 | 0.51 |  |
| Nuts |  | 0.39 |  |
| Eggs |  | 0.34 |  |
| Yoghurt |  |  | 0.61 |
| Cheese |  |  | 0.55 |
| Milk added to cereal |  |  | 0.53 |
| Milk shakes |  |  | 0.53 |
| Milk |  |  | 0.45 |
| Butter |  |  | 0.44 |
| White bread | 0.42 |  | 0.43 |
| Other bread | 0.30 |  | 0.40 |
| Brown bread |  | 0.32 | 0.37 |
| Arabic/Iranian bread | 0.32 |  | 0.34 |
| Breakfast Cereal |  |  | 0.33 |
| Coffee |  |  | 0.30 |
| Tea |  | 0.21 | 0.29 |
| Variance explained (%) | 22.2 | 6.1 | 5.2 |

Absolute values of factor loadings above 0.20 are displayed in the figure only.