

Supplementary material

Table 2. Median of of food intakes across tertiles of each dietary pattern [M(P25~P75)]

	Plant-based pattern			Animal product pattern			Mixed food pattern		
	T1	T2	T3	T1	T2	T3	T1	T2	T3
Rice	500.00(300.00~600.00)	450.00 (300.00~600.00)	400.00 (300.00~600.00)	500.00(350.00~750.00)	330.00 (262.50~500.00)	400.00 (300.00~525.00)	300.00 (200.00~400.00)	450.00 (300.00~600.00)	600.00(450.00~750.00)
Wheat and its products	1.23(0.00~11.67)	5.00 (0.00~16.67)	10.42 (0.00~28.57)	0.00 (0.00~3.84)	3.33 (0.00~14.29)	25.00 (10.00~50.00)	6.67 (0.00~21.43)	6.67 (0.00~21.43)	3.33 (0.00~20.83)
Other Cereal and tubers	42.86(14.29~92.86)	28.57 (10.00~64.29)	33.88 (10.72~78.57)	28.57 (7.50~82.74)	28.57 (8.33~58.99)	44.05 (20.95~85.71)	15.38 (3.33~35.71)	37.50 (14.29~71.43)	71.43 (28.57~158.33)
Legumes	6.67 (0.83~14.16)	10.00 (3.33~24.76)	23.33 (7.14~51.19)	10.00 (3.33~32.14)	7.42 (1.67~17.86)	14.29 (5.00~30.19)	6.67 (1.64~16.67)	10.71 (3.33~27.08)	14.29 (5.00~42.86)
Fruits	8.33 (1.10~25.00)	28.57 (8.33~57.14)	64.29 (28.57~142.86)	16.67 (3.33~42.86)	16.67 (3.33~50.00)	44.64 (20.00~100.00)	28.57 (6.67~85.71)	28.57 (6.67~62.50)	26.67 (6.67~64.29)
Nuts	0.00 (0.00~2.74)	1.67 (0.00~7.14)	7.14 (0.41~28.57)	1.37 (0.00~7.14)	0.82 (0.00~7.14)	3.33 (0.00~14.29)	2.47 (0.00~14.29)	1.37 (0.00~7.14)	1.23 (0.00~7.14)
Eggs	6.67 (0.82~15.00)	8.33 (2.50~21.43)	14.29 (4.17~35.71)	8.33 (1.71~20.00)	8.33 (1.67~21.43)	14.29 (3.33~25.00)	6.67 (0.27~14.29)	10.00 (3.33~20.00)	14.29 (6.67~44.64)
Vegetables	136.71 (79.57~222.43)	242.38 (133.73~383.14)	371.06 (217.03~525.50)	214.29(141.67~400.50)	200.00 (100.00~327.79)	302.00 (128.33~451.00)	200.00 (100.00~323.93)	225.50 (113.77~402.00)	258.14(151.00~479.57)
Mushroom and algae food	0.00 (0.00~0.62)	0.00 (0.00~3.61)	6.67 (0.00~20.00)	0.00 (0.00~3.33)	0.00 (0.00~5.27)	0.96 (0.00~10.00)	0.55 (0.00~6.67)	0.00 (0.00~5.00)	0.00 (0.00~8.33)
Animal giblets	1.10 (0.00~6.44)	1.10 (0.00~6.67)	1.37 (0.00~6.67)	1.10 (0.00~4.38)	0.55 (0.00~5.00)	3.33 (0.00~8.33)	0.27 (0.00~3.33)	1.10 (0.00~6.67)	3.33 (0.41~10.55)
Fresh meat	14.29 (2.40~50.00)	28.57 (5.00~130.83)	58.24 (17.62~200.00)	8.33 (3.29~28.57)	15.00 (3.33~56.19)	150.00 (75.00~300.00)	40.00 (5.00~150.00)	28.57 (6.67~142.86)	24.76 (6.67~85.71)
Brawn, bacon	28.57 (6.67~57.14)	42.86 (13.33~100.00)	75.00 (21.43~185.71)	100.00 (42.86~200.00)	32.14 (10.00~85.71)	15.00 (5.83~42.86)	28.57 (7.14~85.71)	35.71 (7.14~100.00)	64.29 (21.43~150.00)
Fish	1.67 (0.00~10.00)	5.00 (0.55~14.29)	8.33 (2.47~26.67)	1.37 (0.00~5.00)	3.33 (0.00~10.00)	17.86 (7.49~40.00)	5.00 (0.34~14.29)	6.67 (0.55~16.67)	5.00 (0.41~18.59)
Dairy	1.37 (0.00~28.57)	8.33 (0.00~66.67)	16.67 (0.00~107.14)	2.05 (0.00~29.17)	4.93 (0.00~50.00)	20.00 (0.00~100.00)	3.42 (0.00~71.43)	4.11 (0.00~35.71)	9.59 (0.00~71.43)
Snacks and dessert	0.55 (0.00~7.21)	0.55 (0.00~6.74)	3.33 (0.00~14.58)	1.03 (0.00~10.00)	0.82 (0.00~7.14)	3.33 (0.00~14.29)	0.00 (0.00~3.33)	1.22 (0.00~7.24)	6.67 (0.00~28.57)
Sugary beverages	10.27 (0.00~40.00)	33.33 (0.00~107.14)	73.48 (16.67~250.00)	16.67 (0.00~58.33)	25.00 (0.00~7.14)	95.71 (12.50~242.86)	35.71 (0.00~157.14)	28.57 (0.00~79.65)	33.33 (0.00~107.14)
Alcoholic beverages	0.00 (0.00~1.67)	0.14 (0.00~7.14)	0.75 (0.00~16.67)	0.00 (0.00~2.60)	0.00 (0.00~2.11)	2.78 (0.00~15.48)	0.11 (0.00~10.25)	0.00 (0.00~7.14)	0.04 (0.00~4.17)
Oil	22.00 (13.33~35.00)	40.00 (20.00~56.67)	50.00 (20.00~70.00)	50.00 (26.67~66.67)	32.00 (16.67~50.00)	25.00 (8.33~46.67)	33.33 (13.33~50.00)	33.33 (16.67~50.00)	33.33 (16.67~60.00)