Supplemental Material 2. Dietary pattern evaluation for the nutrients ¹-2

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|  | Vegetables & Traditional | | | | | | | Fish & Carbohydrates | | | | | | | Sweet & Fat | | | | | | |
| Q1 | | | Q4 | | | p-value | Q1 | | | Q4 | | | p-value | Q1 | | | Q4 | | | p-value |
| Carbohydrate (g/day) | 165.8 | ± | 5.2 | 238.1 | ± | 6.3 | <.0001 | 179.1 | ± | 5.5 | 230.0 | ± | 5.6 | <.0001 | 187.7 | ± | 6.0 | 232.6 | ± | 6.1 | <.0001 |
| Protein (g/day) | 30.8 | ± | 1.1 | 54.3 | ± | 1.4 | <.0001 | 41.8 | ± | 1.4 | 47.7 | ± | 1.3 | <.0001 | 41.2 | ± | 1.1 | 44.8 | ± | 1.4 | 0.0006 |
| Fat (g/day) | 25.6 | ± | 1.1 | 41.5 | ± | 1.5 | <.0001 | 33.3 | ± | 1.5 | 34.8 | ± | 1.3 | <.0001 | 36.0 | ± | 1.3 | 33.1 | ± | 1.4 | <.0001 |
| Fiber (g/day) | 6.9 | ± | 0.4 | 15.2 | ± | 0.6 | <.0001 | 10.5 | ± | 0.5 | 12.0 | ± | 0.5 | 0.0001 | 9.9 | ± | 0.5 | 12.6 | ± | 0.6 | <.0001 |
| Vitamin B1 (mg/day) | 0.8 | ± | 0.04 | 1.4 | ± | 0.05 | <.0001 | 1.0 | ± | 0.04 | 1.2 | ± | 0.04 | <.0001 | 1.0 | ± | 0.04 | 1.2 | ± | 0.04 | <.0001 |
| Vitamin B2 (mg/day) | 0.8 | ± | 0.04 | 1.2 | ± | 0.04 | <.0001 | 0.9 | ± | 0.04 | 1.2 | ± | 0.04 | <.0001 | 1.1 | ± | 0.04 | 1.0 | ± | 0.04 | <.0001 |
| Vitamin A (RE/day) | 316.8 | ± | 27.5 | 502.7 | ± | 34.4 | <.0001 | 316.5 | ± | 24.4 | 433.0 | ± | 22.1 | <.0001 | 408.3 | ± | 32.1 | 401.4 | ± | 26.3 | 0.14 |
| Retinol(㎍) | 135.0 | ± | 9.9 | 157.3 | ± | 12.0 | 0.45 | 127.6 | ± | 10.7 | 160.3 | ± | 8.0 | 0.01 | 181.2 | ± | 7.6 | 131.3 | ± | 11.3 | <.0001 |
| β-carotene(㎍) | 1049.3 | ± | 150.6 | 2021.0 | ± | 183.7 | <.0001 | 1138.6 | ± | 126.6 | 1677.1 | ± | 126.3 | 0.0008 | 1328.1 | ± | 182.6 | 1633.8 | ± | 131.2 | 0.04 |
| Vitamin C (mg/day) | 53.7 | ± | 6.3 | 83.8 | ± | 7.2 | 0.009 | 56.9 | ± | 5.6 | 73.8 | ± | 5.1 | 0.15 | 53.3 | ± | 4.5 | 95.8 | ± | 7.6 | <.0001 |
| Calcium (mg/day) | 362.1 | ± | 17.4 | 464.4 | ± | 16.7 | 0.0001 | 373.8 | ± | 17.8 | 506.2 | ± | 24.5 | <.0001 | 573.5 | ± | 19.5 | 345.6 | ± | 14.0 | <.0001 |
| Iron (mg/day) | 5.9 | ± | 0.3 | 10.2 | ± | 0.3 | <.0001 | 8.1 | ± | 0.4 | 9.2 | ± | 0.4 | <.0001 | 7.0 | ± | 0.3 | 9.5 | ± | 0.4 | <.0001 |
| Sodium (mg/day) | 1064.8 | ± | 50.8 | 2013.2 | ± | 62.7 | <.0001 | 1501.9 | ± | 76.1 | 1845.1 | ± | 71.5 | <.0001 | 1407.9 | ± | 53.3 | 1656.0 | ± | 64.2 | 0.009 |
| Potassium(mg) | 1244.8 | ± | 47.0 | 2238.7 | ± | 65.1 | <.0001 | 1533.9 | ± | 54.3 | 1893.1 | ± | 49.4 | <.0001 | 1767.6 | ± | 52.4 | 1847.3 | ± | 66.2 | <.0001 |
| Cholesterol (mg/day) | 165.4 | ± | 13.0 | 210.9 | ± | 11.5 | 0.02 | 145.8 | ± | 9.2 | 239.3 | ± | 15.4 | <.0001 | 180.1 | ± | 10.6 | 203.6 | ± | 13.9 | 0.10 |

1 GLM was used to assess a significance for difference of subject distribution in continuous variables

2 Classified to the quartile (Q1: lowest, Q4: highest)