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)