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| **Supplement Table 1:** Factor loadings for identified protein patterns (N=177) |
| **Protein groups** | **Component 1\*** | **Component 2** | **Component 3** |
| Protein intake of Seafood | 0.510 |  |  |
| Protein intake of Poultry | 0.769 |  |  |
| Protein intake of Red and processed meat | 0.631 |  |  |
| Protein intake of Dairy products |  | 0.798 |  |
| Protein intake of Legumes |  | 0.755 |  |
| Protein intake of Fruits, Vegetables, Soybean, Potato, and Cereals |  |  | 0.703 |
| Protein intake of Nuts and Seeds |  |  | -0.588 |
| **Variance explained (%)** | **19.62** | **16.03** | **13.93** |
| \* Exploratory factor analysis using the Factor procedure. Factor loading <0.5 in absolute values were suppressed. |