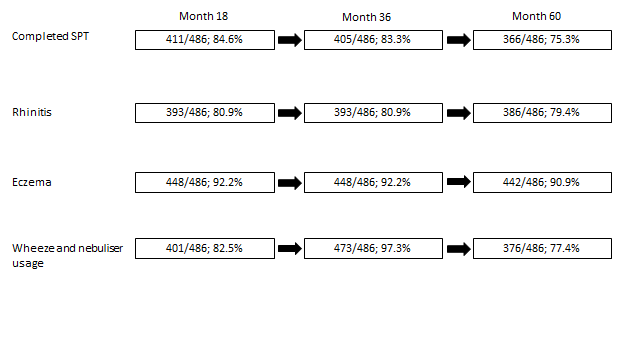
Supplementary Figure 1 : Schematic diagram of subjects with information on allergic outcomes



**Supplementary Table 1.** Varimax-rotated component matrix loadings of food items on four dietary patterns extracted by EFA at 6 months of age (*n* = 486).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food Items** | **Dietary Patterns** | | | |
| **Guidelines** | **Predominantly  Breastmilk** | **Easy-to-Prepare  Foods** | **Noodles (in Soup)  and Seafood** |
| Rice porridge | 0.75 |  |  |  |
| Yellow, orange, red vegetables | 0.58 |  |  |  |
| Fish, (Low fat) | 0.47 |  |  | 0.26 |
| Pork, beef, lamb (Low fat) | 0.46 |  |  |  |
| Starchy vegetables and gourds | 0.44 |  |  |  |
| Broccoli, cauliflower | 0.35 |  |  |  |
| Fresh fruits | 0.33 | 0.20 |  |  |
| Dried preserved fruits | 0.20 |  |  |  |
| Seafood products, dried anchovies |  |  |  |  |
| Brown rice (Plain) |  |  |  |  |
| Other grains a |  |  |  |  |
| Onions, garlic, ginger |  |  |  |  |
| Breastmilk |  | 0.89 |  |  |
| Infant formula milks |  | −0.85 |  |  |
| Infant bottled products |  | −0.20 |  |  |
| Sweetened drinks |  |  |  |  |
| Oats porridge |  |  |  |  |
| Traditional drinks b |  |  |  |  |
| White rice (Plain) |  |  | 0.60 | 0.26 |
| Green leafy vegetables |  | 0.23 | 0.57 |  |
| Water |  | −0.23 | 0.45 |  |
| Infant biscuits |  |  | 0.44 |  |
| Cakes, biscuits, local snacks |  | 0.32 | 0.41 | 0.20 |
| Eggs |  |  | 0.40 |  |
| Fresh juices |  |  | 0.37 |  |
| Infant cereals |  | −0.21 | 0.30 | −0.24 |
| Legumes and pulses |  |  |  |  |
| Dairy products |  |  |  |  |
| Nuts, oils, ghee |  |  |  |  |
| Sugar confectioneries |  |  |  |  |
| Clear soup |  |  |  | 0.74 |
| Noodles and pasta (in soup) |  |  |  | 0.69 |
| Breads c |  |  |  | 0.43 |
| Poultry (Low fat) |  |  |  | 0.26 |

a Includes ragi flour, millet and sweetcorn; b Traditional drinks include barley water and chrysanthemum water; c Includes white and wholewheat, breads with fillings or toppings, and baked ethnic breads. Absolute values <0.20 were not included in the table for simplicity

**Supplementary Table 2.** Varimax-rotated component matrix loadings of food items on four dietary patterns extracted by EFA at 9 months of age (*n* = 486).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food Items** | **Dietary Patterns** | | | |
| **Guidelines** | **Predominantly Breastmilk** | **Noodles (in Soup) And Seafood** | **Easy-to-Prepare Foods** |
| Rice porridge | 0.83 |  |  |  |
| Yellow, orange, red vegetables | 0.51 |  |  |  |
| Fish (Low fat) | 0.49 |  |  |  |
| Infant cereals | −0.42 |  |  |  |
| Broccoli, cauliflower | 0.33 | 0.23 |  |  |
| Pork, beef, lamb (Low fat) | 0.30 |  |  |  |
| Poultry a | 0.25 |  |  |  |
| Starchy vegetables and gourds | 0.23 |  |  |  |
| Green leafy vegetables | 0.21 | 0.20 |  |  |
| Fresh juices |  |  |  |  |
| Oats porridge |  |  |  |  |
| Infant bottled products |  |  |  |  |
| Infant formula milks |  | −0.85 |  |  |
| Breastmilk |  | 0.84 |  |  |
| Fresh fruits |  | 0.45 |  |  |
| Pasta |  |  |  |  |
| Brown rice (Plain) |  |  |  |  |
| Yoghurt and cultured drinks |  |  |  |  |
| Indian breads (Fried) |  |  |  |  |
| Sauces and others |  |  |  |  |
| Flavoured rice |  |  |  |  |
| Milk and malted drinks |  |  |  |  |
| Bean curds (Tofu) |  |  | 0.60 |  |
| Seafood products and dried anchovies | 0.28 |  | 0.57 |  |
| Eggs |  |  | 0.51 |  |
| Dried preserved fruits |  |  | 0.50 |  |
| Noodles (in soup) |  |  | 0.42 |  |
| Clear soup |  |  | 0.41 | −0.20 |
| Sweetened drinks | 0.22 |  | 0.26 |  |
| Sweet spreads and others |  |  | 0.24 |  |
| Infant biscuits |  |  |  |  |
| Other grains b |  |  |  |  |
| Cakes, biscuits, local snacks |  |  |  |  |
| Nuts and oils |  |  |  |  |
| Commercial breads c |  |  |  | 0.66 |
| High fat spreads d |  |  |  | 0.64 |
| Sugar, syrup, condensed milk |  |  |  | 0.53 |
| Legumes, lentils |  |  |  | 0.47 |
| Water |  |  |  | 0.23 |
| Cheese |  |  |  | 0.20 |
| White rice (Plain) |  |  |  |  |
| Onions, garlic, ginger |  |  |  |  |
| Traditional drinks e |  |  |  |  |
| Dim sums |  |  |  |  |

a Includes all poultry prepared using any cooking method; b Includes sweetcorn, baby corn, millet, barley, ragi and wheat flour, rice and semolina powder; c Includes white breads, wholemeal breads and breads with fillings or toppings; d Includes butter, ghee, peanut butter and margarine; e Includes barley, herbal and red date water. Absolute values <0.20 were not included in the table for simplicity

**Supplementary Table 3.** Varimax-rotated component matrix loadings of food items on four dietary patterns extracted by EFA at 12 months of age (*n* = 486).

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food Items** | **Dietary Patterns** | | | | | | | | | |
| **Pulses and  Grains** | | **Guidelines** | | **Predominantly Breastmilk** | | **Easy-to-Prepare Foods** | | **Noodles (in Soup) and Seafood** | |
| Nuts and seeds | 0.69 | |  | |  | |  | |  | |
| Sugar, syrup, condensed milk | 0.53 | |  | |  | | **0.32** | |  | |
| Other grains a | 0.51 | |  | |  | |  | |  | |
| Butter, ghee | 0.43 | |  | |  | |  | |  | |
| Legumes, lentils | 0.43 | |  | | 0.21 | |  | |  | |
| Yellow, orange, red vegetables | 0.39 | | 0.31 | |  | |  | |  | |
| Cheese | 0.21 | |  | |  | |  | |  | |
| Breakfast cereals |  | |  | |  | |  | |  | |
| Fish and seafood products |  | |  | |  | |  | |  | |
| Sweet snacks |  | |  | |  | |  | |  | |
| Rice porridge |  | | 0.75 | |  | |  | |  | |
| Fish (Low fat) |  | | 0.40 | |  | |  | |  | |
| Pork, beef, lamb (Low fat) |  | | 0.40 | |  | |  | |  | |
| Soya bean drink |  | | 0.33 | |  | |  | |  | |
| Starchy vegetables and gourds | 0.31 | | 0.31 | |  | |  | |  | |
| Infant cereals |  | | −0.30 | |  | |  | |  | |
| Yoghurt and cultured drinks | 0.24 | | −0.28 | | 0.22 | |  | |  | |
| Green leafy vegetables |  | | 0.27 | |  | |  | |  | |
| Potatoes (Fried) |  | | −0.21 | |  | |  | |  | |
| Broccoli, cauliflower |  | |  | |  | |  | |  | |
| Wholemeal bread |  | |  | |  | |  | |  | |
| Traditional drinks b |  | |  | |  | |  | |  | |
| Dried preserved fruits |  | |  | |  | |  | |  | |
| Fresh juices |  | |  | |  | |  | |  | |
| Seafood products, dried anchovies |  | |  | |  | |  | |  | |
| Flavored rice |  | |  | |  | |  | |  | |
| Pasta |  | |  | |  | |  | |  | |
| Oats porridge |  | |  | |  | |  | |  | |
| Sauces and others |  | |  | |  | |  | |  | |
| Breastmilk |  | |  | | 0.74 | |  | |  | |
| Infant formula milks |  | |  | | −0.69 | |  | |  | |
| Bean curds (Tofu) |  | |  | | 0.39 | | 0.21 | |  | |
| Ethnic breads c (Fried) |  | | −0.29 | | 0.30 | |  | |  | |
| Water |  | |  | | −0.29 | |  | |  | |
| Milk |  | |  | | 0.29 | |  | |  | |
| Gravy, curry-based |  | | −0.23 | | 0.28 | |  | |  | |
| Tea with sugar |  | |  | | 0.23 | |  | |  | |
| Infant bottled products |  | |  | | 0.22 | |  | |  | |
| Infant biscuits |  | |  | |  | |  | |  | |
| Fish (Fried) |  | |  | |  | |  | |  | |
| Poultry (Fried) |  | |  | |  | |  | |  | |
| Sweet spreads and others |  | |  | |  | |  | |  | |
| Other meats and innards |  | |  | |  | |  | |  | |
| White bread | |  | |  | |  | | 0.54 | |  |
| Cakes, biscuits, local snacks | |  | |  | |  | | 0.52 | |  |
| Clear soup | |  | |  | |  | | 0.50 | | 0.37 |
| White rice (Plain) | | 0.30 | | −0.23 | |  | | 0.47 | |  |
| Malted drinks | |  | |  | |  | | 0.41 | |  |
| Margarine, peanut butter | |  | |  | |  | | 0.38 | |  |
| Bread with fillings or toppings | |  | |  | |  | | 0.29 | |  |
| Poultry (Low fat) | |  | | 0.02 | | 0.05 | | 0.20 | |  |
| Blended oil | |  | | 0.06 | | 0.16 | | 0.20 | |  |
| Brown rice (Plain) | |  | |  | |  | |  | |  |
| Seafood | |  | |  | |  | |  | | 0.65 |
| Noodles (in soup) | |  | |  | |  | |  | | 0.63 |
| Cooking oils (Monounsaturated fats) | |  | |  | |  | |  | | 0.53 |
| Fresh fruits | |  | | **0.25** | |  | |  | | 0.37 |
| Eggs | |  | |  | |  | |  | | 0.36 |
| Onions, garlic, ginger | |  | |  | | **0.26** | |  | | 0.32 |
| Dim sum | |  | |  | |  | |  | | 0.20 |
| Sweetened drinks | |  | |  | |  | |  | |  |

a Includes sweetcorn, corn starch, millet, buckwheat, barley, ragi flour and semolina powder;   
b Includes barley and date water; c Includes both Indian and Chinese (fried doughstick) fried breads. Absolute values <0.20 were not included in the table for simplicity