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| --- | --- | --- | --- | --- | --- | --- |
| **Supplemental table 1. Factor loading matrix for the 3 major dietary patterns identified by using 24-h recalls in the complete GUSTO cohort (n=1170) and subsample with complete data on sleep quality (n=497)** | | | | | | |
| Food or Food groups | Vegetable, Fruit and white Rice diet  (VFR) | | Seafood and Noodle diet  (SfN) | | Pasta, Cheese and Processed meat  (PCP) | |
|  | Complete sample | Subsample | Complete sample | subsample | Complete sample | subsample |
| Cruciferous, leafy-green and dark-yellow vegetables | 0.53 | 0.39 | - | - | - | - |
| Other vegetables2 | 0.44 | 0.32 | - | - | - | - |
| Fried potatoes | -0.42 | -0.33 | - | - | - | - |
| Fruits | 0.39 | - | - | - | - | - |
| Hamburger | -0.34 | -0.30 | - | - | - | - |
| White rice | 0.34 | 0.26 | -0.28 | -0.24 | - | - |
| Carbonated drinks | -0.32 | -0.26 | - | - | - | - |
| Flavoured rice | -0.30 | -0.24 | - | - | - | - |
| Whole-grain bread | 0.29 | 0.28 | - | - | - | - |
| Sweetened drinks3 | -0.26 | -0.26 | - | - | - | - |
| Red meat and poultry(Deep fried/in curry) | -0.25 | -0.25 | - | - | - | - |
| Non-fried fish | 0.22 | - | - | - | - | - |
| Milk-based drinks | -0.21 | - | - | - | - | - |
| Nuts and seeds | 0.21 | - | - | - | - | - |
| Soup | - | - | 0.52 | 0.54 | - | - |
| Ethnic bread4 | 0.21 | 0.23 | -0.43 | -0.28 | - | - |
| Fish and seafood products | - | - | 0.43 | 0.36 | - | - |
| Noodles (in soup) | - | - | 0.41 | 0.45 | - | - |
| Legumes and pulses | 0.21 | 0.21 | -0.41 | -0.22 | - | - |
| Flavoured noodles | - | - | 0.39 | - | - | - |
| Low fat red meat | - | - | 0.35 | 0.32 | - | - |
| Seafood | - | - | 0.29 | - | - | - |
| Curry based gravies | - | - | -0.27 | - | - | - |
| Soya sauce based gravies | - | - | 0.26 | - | - | - |
| Other grains5 | - | - | -0.23 | - | - | - |
| Eggs | - | - | 0.21 | - | - | - |
| Local savoury snacks | - | - | 0.21 | - | - | - |
| Pasta | - | - | - | - | 0.81 | 1.00 |
| Tomato based gravies | - | - | - | - | 0.69 | 0.56 |
| Cream based gravies | - | - | - | - | 0.46 | 0.32 |
| Cheese | - | - | - | - | 0.45 | - |
| Processed meats | - | - | - | - | 0.27 | - |
| Correlation between complete and subsample | 0.95 | | 0.94 | | 0.32 | |
| 1 values|< 0.20| were not listed in the table for simplicity. | | | | | | |
| 2 Vegetables other than cruciferous, leafy-green and dark-yellow vegetables. | | | | | | |
| 3 Non-carbonated, cordial and fruit drinks. | | | | | | |
| 4 Chinese steamed bun, tortilla, idli, puri , thosai, chapati, naan. | | | | | | |
| 5 Uppuma, millet, corn, glutinous rice. | | | | | | |