**Supplementary Table 1.** Pattern loading of the three factors solutions after varimax rotation

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|   | **Extracted factors** |   |
| **Food items** | **1** | **2** | **3** |   |
| Fried potatoes and chips | 0.719 |   |   |   |
| Fast food | 0.715 |   |   |   |
| White bread and derivatives | 0.7 |   |   |   |
| Carbonated beverages | 0.553 |   | 0.414 |   |
| Sweets | 0.507 |   |   |   |
| Rice and pasta | 0.502 |   |   |   |
| Vegetables and salad |   | 0.77 |   |   |
| Olive oil |   | 0.694 |   |   |
| Fruits |   | 0.645 |   |   |
| Grains and legumes |   | 0.531 |   |   |
| Cooked vegetables |   | 0.525 |   |   |
| Fruit juices |   |   | 0.631 |   |
| Brown bread and derivatives |   |   | 0.576 |   |
| Fish and seafood |   |   | 0.509 |   |
| *Total variance explained by the three factors is 42%.Absolute values <0.4 were excluded from the table for simplicity."Meats" and "hot beverages" were excluded as they did not have significant loadings for any of the extracted factors.* |