**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.* | | | | |