

ESM Table 4 Summary of the results of the Principal Component Analysis
conducted on macronutrients (n= 3,297)

Macronutrients intake	Factor loading
Carbohydrates	-0.93
Protein	-0.12
Total fat	0.97
Saturated fat	0.81
Monounsaturated fatty acids	0.84
Polyunsaturated fatty acids	0.64
Essential fatty acids	0.53
Fiber	-0.66
Eigenvalue	4.30
% of total variance	54%
KMO (Kaiser-Meyer-Olkin)	0.71