

Additional File 1

Table S1. Food groups.

Food groups	Contents
Milk	Whole milk, low-fat milk, skim milk
Low-fat dairy products	Natural yogurt, whole liquid yogurt, diet yogurt, low-fat cheese, ricotta, fruit smoothie
High-fat dairy products	Mozzarella cheese, parmesan cheese, provolone cheese, cheddar cheese, butter, margarine
Snacks	French bread, loaf bread, cake, stuffed cake, cookie, cracker, popcorn
Whole foods	Whole wheat bread, brown rice, oat
Coffee/tea	Instant coffee, tea
White rice	White rice
Fried foods	Eggs, red meat, chicken, fish, potato
Flour and derivatives	Corn flour, cassava flour, tapioca flour, tapioca, common farofa
Vegetable oil/olive oil	Soybean oil, canola oil, sunflower oil, olive oil
Beans	Pinto bean, kidney bean, black turtle bean, green bean
Other legumes	Lentil, dry pea, chickpea
Red meats	Beef, pork, viscera
White meats/eggs	Chicken, fish, boiled eggs
Preserved, processed and sausage meats	Canned beef, dried meat, sun-dried meat, sausage, frankfurter, bacon, nuggets, ham, mortadella, salami
Barbecue	Barbecue
Industrialized products	Cream soup, noodles, ketchup, mayonnaise, soy sauce, mustard, pepper sauce
Soup	Vegetable soup, chicken soup
Pastas	Pasta, gnocchi, cannelloni, pancakes, lasagna, pizza
Fast foods	Hot dog, hamburger, fried snack, baked snack, chips
Green leafy/Cruciferous/Allium vegetables	Lettuce, spinach, endive, watercress, arugula, kale, cabbage, cauliflower, broccoli, tomato, onion
Starchy/non-starchy vegetables	Yellow potato, sweet potato, yam, cassava, carrot, eggplant, beetroot, chayote, squash, cucumber, zucchini
Green condiment	Green smell, parsley
Peppers/vinaigrette	Fragrant pepper, red pepper, green pepper, vinaigrette
Citrus fruits	Orange, tangerine, pineapple, strawberry
Other fruits	Banana, apple, pear, papaya, melon, watermelon, mango, avocado, guava, persimmon, grape
Oilseeds	Peanut, chestnut, nut
Industrialized drinks	Industrialized fruit juice, soy drink
Fruit juice	Natural fruit juice
Carbonated beverages	Soda
Sweets	Candies, lollipops, whipped cream, coconut milk, condensed milk, pie, pudding, mousse, chocolate, powdered chocolate, gelatin, ice cream, fruit jam

Table S2. Nutrients distribution across dietary patterns categories.

Dietary pattern	Mediator	Group 1	Group 2	Group 3	Group 4	<i>p</i>-value¹
UDP	Total proteins (% of kcal)	17.0 (14.6–19.8)	17.6 (14.9–19.8)	17.3 (14.9–19.5)	17.2 (15.4–19.2)	0.78
	Animal proteins (% of kcal)	10.8 (7.7–14.5)	11.2 (8.6–14.5)	11.7 (9.4–14.2)	12.1 (10.0–14.3)	< 0.001
	Vegetable proteins (% of kcal)	5.5 (4.2–7.1)	5.4 (4.2–7.0)	5.2 (4.1–6.4)	4.8 (4.1–5.7)	< 0.001
	Total carbohydrates (% of kcal)	48.8 (42.1–56.7)	47.6 (41.0–53.5)	46.1 (41.2–50.7)	43.6 (39.7–48.3)	< 0.001
	Added sugars (% of kcal)	4.5 (2.2–9.6)	5.9 (3.2–10.5)	7.3 (4.0–11.9)	8.9 (5.4–13.8)	< 0.001
	Total fat (% of kcal)	33.6 (27.8–38.9)	33.5 (29.3–38.1)	34.6 (30.7–38.2)	36.1 (32.6–39.9)	< 0.001
	SFA (% of kcal)	10.0 (8.1–12.1)	10.1 (8.7–12.0)	10.8 (9.2–12.5)	11.4 (10.0–12.8)	< 0.001
	MUFA (% of kcal)	11.5 (9.0–13.5)	11.3 (9.4–13.2)	11.6 (9.9–13.2)	12.0 (10.5–13.5)	< 0.001
	PUFA (% of kcal)	8.2 (6.7–10.1)	8.2 (7.0–10.0)	8.4 (7.1–9.8)	8.4 (7.4–9.7)	0.43
	Total fiber (g/1000 kcal)	13.5 (9.5–17.9)	12.7 (9.0–15.8)	11.3 (8.8–13.8)	9.9 (8.1–11.9)	< 0.001
	Sodium (g/1000 kcal)	1.7 (1.2–2.8)	1.7 (1.4–2.4)	1.9 (1.6–2.9)	2.0 (1.7–2.6)	< 0.001
HDP	Total proteins (% of kcal)	18.5 (15.8–21.1)	17.3 (14.9–19.5)	16.9 (14.7–18.8)	16.4 (14.5–18.5)	< 0.001
	Animal proteins (% of kcal)	13.1 (10.2–16.6)	11.8 (9.3–14.3)	11.2 (9.0–13.7)	10.2 (8.1–12.6)	< 0.001
	Vegetal proteins (% of kcal)	4.7 (3.7–6.1)	5.0 (4.0–6.2)	5.3 (4.3–6.5)	5.7 (4.7–7.0)	< 0.001
	Total carbohydrates (% of kcal)	44.1 (38.6–49.9)	45.6 (40.3–51.2)	46.2 (41.2–52.2)	48.5 (43.0–54.6)	< 0.001
	Added sugars (% of kcal)	5.6 (2.9–11.2)	7.2 (4.0–12.7)	7.7 (4.2–12.2)	7.0 (3.8–10.9)	< 0.001
	Total fat (% of kcal)	34.1 (29.8–38.1)	34.6 (30.5–38.8)	35.5 (30.7–39.9)	35.2 (30.3–39.5)	0.057
	SFA (% of kcal)	10.7 (8.9–12.6)	10.6 (9.2–12.4)	10.8 (9.3–12.3)	10.8 (9.1–12.4)	0.915
	MUFA (% of kcal)	11.2 (9.4–12.9)	11.7 (9.9–13.1)	12.0 (10.1–13.8)	12.1 (10.1–13.9)	< 0.001
	PUFA (% of kcal)	8.4 (7.1–9.8)	8.2 (7.0–9.4)	8.3 (7.1–10.0)	8.5 (7.1–10.3)	0.31
	Total fiber (g/1000 kcal)	8.8 (7.2–11.3)	10.8 (8.6–13.3)	12.2 (9.7–14.9)	14.8 (11.7–18.1)	< 0.001
	Sodium (g/1000 kcal)	2.5 (1.8–6.1)	1.9 (1.6–2.7)	1.8 (1.5–2.2)	1.5 (1.3–1.9)	< 0.001

SFA: Saturated fat acids; MUFA: Monounsaturated fatty acids; PUFA: Polyunsaturated fatty acids. Data are median (25th – 75th percentile).¹ Kruskal–Wallis rank sum test.