

Supplemental data

Supplemental Table 3: Characteristics and loading patterns of the five extracted dietary patterns for a subset of the study sample (186 older German adults)

	Explained variance (%)	Original variables, food groups loaded (and loadings)	Description	Stability (%)
DP1	4.63	Bread (0.55), margarine (0.55), processed meat (0.40), red meat (0.36), other fats (0.36)	“Bread, margarine, and processed meat”	72
DP2	3.92	Tea (0.71) and Miscellaneous (0.71)	“Tea and miscellaneous”	67
DP3	3.43	Spirits (0.71), Wine (0.71)	“Alcohol”	62
DP4	3.39	Potatoes (0.71), and sauces (0.71)	“Potatoes and sauces”	61
DP5	3.22	Fish (0.71), and Fruit and vegetable juice (0.71)	“Fish and juice”	42
Cumulative explained variance	18.59			

DPS=dietary patterns; %=percentage