Supplement Table 1. Factor analysis of food items and categories

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| Food items | Food Categories | | | | | |
| Dairy and plant food | High protein and calories | Traditional main course | Sweet Fruit | Traditional snack | High calorie snack |
| Dairy | **0.655** | 0.240 | -0.069 | -0.154 | -0.097 | 0.135 |
| Banana | **0.550** | 0.098 | 0.006 | 0.285 | 0.088 | 0.013 |
| Carrot | **0.501** | 0.016 | 0.138 | -0.019 | 0.324 | 0.027 |
| Eggs | 0.270 | **0.636** | 0.076 | -0.033 | 0.005 | 0.118 |
| Instant noodles | -0.100 | **0.614** | 0.200 | -0.072 | 0.217 | 0.054 |
| Soft drink | 0.000 | **0.511** | 0.012 | 0.277 | -0.062 | -0.297 |
| Meat | 0.336 | **0.413** | -0.146 | 0.195 | 0.040 | 0.082 |
| Sambal | 0.081 | 0.142 | **0.634** | 0.030 | 0.079 | 0.007 |
| Green leafy vegetables | 0.493 | -0.152 | **0.516** | 0.014 | 0.087 | -0.067 |
| Fish | 0.166 | 0.069 | **0.511** | 0.332 | -0.400 | -0.079 |
| Rice | -0.258 | 0.046 | **0.500** | -0.068 | 0.061 | 0.179 |
| Mango | -0.032 | 0.068 | 0.046 | **0.774** | 0.055 | 0.083 |
| Papaya | 0.308 | -0.091 | -0.025 | **0.391** | 0.362 | 0.094 |
| Fired snacks | -0.013 | 0.261 | 0.158 | -0.064 | **0.674** | 0.058 |
| Sweet potato | 0.172 | -0.029 | -0.033 | 0.198 | **0.556** | -0.136 |
| Fast food | 0.075 | -0.028 | 0.058 | 0.046 | -0.036 | **0.819** |
| Sweet snacks | 0.091 | 0.303 | 0.040 | 0.348 | -0.007 | **0.452** |

Note: Extraction Method: Principal Component Analysis. Rotation Method: Varimax with Kaiser Normalization. The explained variance= 47.5%

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| Supplement Table 2. Dietary patterns by cluster analysis   |  |  |  |  | | --- | --- | --- | --- | | Food categories | Dietary Patterns | | | | Cluster 1:  Healthy diet  (n=1007, 34.4%) | Cluster 2:  Low vegetable/fruit diet (n=1002, 34.3%) | Cluster 3: High-calorie food diet  (n=916, 31.3%) | | Diary and plant food | 2.18 | 1.59 | 2.21 | | High protein and calories | 1.50 | 2.03 | 2.48 | | Traditional main course | 2.58 | 1.28 | 2.12 | | Sweet fruit | 2.16 | 1.63 | 2.19 | | Traditional snack  High-calorie snack | 1.67  1.28 | 1.71  2.35 | 2.65  2.38 | |