Appendix 3. Name and composition of 'healthy' and 'Western' dietary patterns in studies included in the best evidence synthesis (n = 21)

Author, country, year	'Healthy' dietary patterns*	'Western' dietary patterns*
Tucker, USA, 2002[15]	Fruit, vegetables, and cereal pattern: high intake of **fruits and vegetables**, *breakfast cereal* and the lowest intake of red and processed meats, and candy and soft drinks	Meat and baked product pattern: high intake of **meats**, **processed meats**, and moderately **sweet** baked products
Okubo, Japan, 2006[16]	High consumption of green and white **vegetables**, *mushrooms*, **fish** and shellfish, **fruits**, processed fish, *seaweed, soy products*	High consumption of **fats and oils**, **meats**, **processed meats**, and *seasoning*
Langsetmo, Canada, 2010[26]	Nutrient dense: high intake of **fruits**, **vegetables**, **wholegrains**, **fish**, *cheese*, *pasta*, **nuts**, **legumes**	Energy dense: high consumption of **soft drinks**, *potato chips and French fries*, certain **meats** (hamburger, hot dog, lunch meat, smoked meat, bacon, sausage), and certain **desserts** (doughnuts, chocolate, ice cream)
Monma, Japan, 2010[27]	NA	Meat pattern: rich in **meats** (chicken, pork, beef), **processed meats** (ham, sausage, liver paste) and *seafood* (squid, octopus, shrimp, lobster and shellfish)
Fairweather-Tait, UK, 2011[18]	**Fruit and vegetable** pattern: food groups not specified	NA
Hardcastle, Scotland, 2011[19]	High loadings of **fruits**, **vegetables**, *rice/pasta*, *white meat*, oily **fish** and *dairy products* (excluding milks), and negative loading with processed foods (biscuits, confectionery and processed meats)	Processed food pattern: rich in processed foods (biscuits, confectionary and **processed meats**), **cakes** and **desserts**, and *negative loadings with fats/oils and breads*
Langsetmo, Canada, 2011[28]	Nutrient dense: high intake of **fruits**, **vegetables**, **wholegrains**, **fish**, *cheese, pasta,* **nuts**, **legumes**	Energy dense: high consumption of **soft drinks**, *potato chips and French fries*, certain **meats** (hamburger, hot dog, lunch meat, smoked meat, bacon, sausage), and certain **desserts** (doughnuts, chocolate, ice cream)
McNaughton, Australia, 2011[20]	Pattern 3: high loadings of leafy **vegetables**, *tomato and tomato products, milk and yogurt* (<1% fat), **fruits**, cheese, eggs, **fish** and *low intake of cakes, biscuits other baked sweet products, butter, cream*	Pattern 1: high consumption of *refined cereals*, **soft drinks**, *fried potatoes, sausages* and **processed meats**, vegetable **oils**, *beer*, **takeaway foods** and *low intake of soy products, other vegetables and vegetable dishes, tea and coffee, fruit, wholegrain*
Karamati, Iran, 2012[3]	Pattern 4: rich in **vegetables**, *low-fat dairy products*, **fruits** and *fruit juices*, **legumes** and **fish**, *low intakes of salt*	Pattern 1: high consumption of *high-fat dairy products, organ meats,* **red or processed meats**, *non-refined cereals*
Park, Korea, 2012[29]	Traditional dietary pattern: high loadings of *rice, kimchi*, **vegetables**, **fruits**	High consumption of *noodles, breads*, **sugar**, **fat**, *potatoes*, **meats**, *eggs, fish and sea foods, coffee, carbonated beverages*
Whittle, Ireland, 2012[21]	Healthy dietary pattern (men and women): high positive loadings for **fruits**, **vegetables**, *brown bread, rice, pasta* and *negative loadings for white bread, chips and meat dishes*	Refined dietary pattern (men): rich in **puddings** (**cakes**), *crisps, chips, confectionery, chocolate*, **meats**, *condiments*, **soft drinks**
Shin, Korea, 2013[22]	Dairy and fruit pattern: rich in **legumes**, *milk and dairy foods, flour and bread*, **fruits** and **nuts**	Meat, alcohol and sugar dietary pattern: high loadings for **oils**, *starch syrup* and **sugar**, **meat and its products**, *alcohol and a negative loading for legumes*
Zeng, China, 2013[36]	High intake of **fruits**, **vegetables**, *eggs*, freshwater **fish**	High-fat dietary pattern: high consumption of **red meats**, *poultry with the skin, animal organ meat*, cooking **oil** and *low intake of nuts, poultry without the skin, mushrooms and algae*
Dai, Singapore, 2014[30]	Vegetable-fruit-soy pattern: high loadings of **vegetables**, **fruits**, *soy foods*	Meat-dim-sum pattern: rich in **red/processed meats**, *sodium, refined starchy foods*

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Appendix 3. Name and composition of 'healthy' and 'Western' dietary patterns in studies included in the best evidence synthesis (n = 21) (cont'd)

Author, country, year	'Healthy' dietary patterns*	'Western' dietary patterns*
Fung, USA, 2015[32]	Prudent pattern: high intake of **fruits**, **vegetables**, **wholegrains**, *poultry, low-fat dairy products*	High consumption of **red and processed meats**, *refined grains*, **sweets and desserts**, *full-fat dairy products*
Shin, Korea, 2015[23]	Fruit, milk and wholegrains pattern: rich in **fruits**, *potatoes*, **wholegrains**, *dairy foods*, **vegetables**, *mushrooms*, **nuts** and *negative loadings for meat/poultry, noodles, dumplings*	Eggs, meat and flour pattern: high loadings of **oil** and *seasoning*, *eggs*, **processed meats**, **meats** and *poultry, noodles, dumplings, bread, snacks*
De Jonge, Netherland, 2016[34]	Health-conscious dietary pattern: high intake of **fruits** and **vegetables**, *poultry, fish, alcohol and low intake of sweets*	Processed dietary pattern: rich in **processed meats**, *eggs*, **animal fats and oils**, *refined grain, alcohol, potatoes, soups and sauces*, mixed dishes like **pizza**, and *low intake of fruit and yoghurt*
Denova-Gutiérrez, Mexico, 2016[24]	Prudent dietary pattern: rich in fresh **vegetables**, **fruits**, *tomato, oils*, **legumes**, **fish** and **wholegrains** and *negative loadings for refined grains, soft drinks, other sweetened beverages*	Refined foods: high loadings of **red meats**, **fats**, **sugar and sweets**, **soft drinks**, *eggs, refined grains, alcoholic beverages and negative loadings for milk, fresh fruit*
De Jonge, Netherland, 2017[33]	Fruit, vegetables and dairy pattern: high intake of **fruits**, **vegetables**, *milk, yogurt, and low-factor loadings for sweets, animal fats*	Sweets, animal fat and low meat pattern: rich in *refined grains*, **sweets**, animal **fats**, *porridge, and low factor loadings for soy*, **meats** and *poultry*
Melaku, Australia, 2017[25]	Prudent pattern (PCA, PLS, or RRR): high intake of *medium-fat dairy*, **vegetables**, **fruits**, **legumes** and **fish**, and *low intake of soft drinks, processed meat, takeaway foods*	Western pattern (PCA): rich in **processed meat**, **takeaway foods**, *white bread*, **red meats** and **soft drinks** and *low intake of dairy products and nuts*
		Western pattern (PLS, RRR): high consumption of animal foods (*poultry, eggs*, **red and processed meat**, *fish, high-fat dairy*) and *low intake of medium-fat dairy, fruit, nuts*
Warensjo, Sweden, 2017[35]	Rich in **fish** (all types), *cereals and wholemeal bread, poultry, eggs, pasta, rice*, **fruits**, **vegetables**, *fermented milk*	High loadings of **sweet** *snacks* and **bakery/cake products**, **sugar**, **jams**, *sodas, savoury snacks*, **meats**, *white bread*

*'Western' and 'healthy' dietary patterns with various names were used in the best evidence synthesis due to the similar common food items across studies. The matched major components of these dietary patterns are bolded and those of different items italicised.
NA, not applicable; PCA, principal component analysis; RRR, reduced-rank regression; PLS, partial least-squares