

Correlation Matrix: Health Metrics and Lifestyle Factors																							
Variable	MCQ160H	Gender of the participant	Age of the participant at the time of assessment	TCCHOL: Cholesterol (mg)	LDLCHOL: Low-density lipoprotein cholesterol (mg)	HDLCHOL: High-density lipoprotein cholesterol (mg)	TRIG: Triglyceride (mg/dL)	Total Fat (g)	Saturated fatty acids (g)	Monounsaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Total Sugars (g)	Added Sugars (g)	TCCHOL: Cholesterol (mg)	LDLCHOL: Low-density lipoprotein cholesterol (mg)	HDLCHOL: High-density lipoprotein cholesterol (mg)	TRIG: Triglyceride (mg/dL)	Weight (kg)	Body Mass Index (BMI)	Total Percent Fat	Waist Circumference (cm)	Diastolic Blood Pressure (mmHg)	Systolic Blood Pressure (mmHg)
MCQ160H	1	-0.039	0.36	0.011	-0.0082	-0.015	-0.021	0.039	0.014	0.0052	0.0066	0.026	0.2	0.17	0.051	0.21	0.043	-0.036	0.13	-0.0095	-0.011	0.0047	0.0027
Gender of the participant	-0.039	1	0.019	-0.15	-0.19	-0.18	-0.14	-0.15	-0.17	-0.17	-0.13	-0.047	-0.079	-0.086	0.59	-0.027	-0.084	0.072	-0.05	-0.12	-0.18	-0.11	-0.17
Age of the participant at the time of assessment	0.36	0.019	1	0.15	0.093	0.03	-0.031	0.17	0.12	0.046	-0.0094	0.32	0.6	0.61	0.2	0.64	0.14	0.31	0.25	0.18	0.088	0.18	0.096
TCCHOL: Cholesterol (mg)	-0.011	-0.15	0.15	1	0.59	0.55	0.22	0.34	0.26	0.23	0.11	0.069	0.049	0.24	-0.12	0.16	0.051	0.047	0.029	0.21	0.32	0.14	0.17
LDLCHOL: Low-density lipoprotein cholesterol (mg)	-0.0082	-0.19	0.093	0.59	1	0.91	0.47	0.27	0.4	0.36	0.24	0.04	-0.013	0.25	-0.17	0.13	0.027	-0.005	-0.015	0.49	0.37	0.22	0.21
HDLCHOL: High-density lipoprotein cholesterol (mg)	-0.015	-0.18	0.03	0.55	0.91	1	0.47	0.24	0.36	0.36	0.24	0.026	-0.032	0.18	-0.17	0.09	0.03	-0.011	-0.018	0.4	0.31	0.17	0.17
TRIG: Triglyceride (mg/dL)	-0.021	-0.14	-0.031	0.22	0.47	0.47	1	0.13	0.24	0.24	0.44	0.0051	-0.052	0.084	-0.15	0.0073	0.03	-0.034	-0.045	0.3	0.32	0.13	0.17
TCCHOL: Cholesterol (mg)	-0.039	-0.15	0.17	0.34	0.27	0.24	0.13	1	0.58	0.54	0.2	0.064	0.06	0.23	-0.11	0.15	0.041	0.047	0.027	0.16	0.19	0.19	0.31
LDLCHOL: Low-density lipoprotein cholesterol (mg)	-0.014	-0.17	0.12	0.26	0.4	0.36	0.24	0.58	1	0.91	0.46	0.047	0.011	0.22	-0.16	0.12	-8.9e-05	0.009	-0.0017	0.24	0.21	0.47	0.37
HDLCHOL: High-density lipoprotein cholesterol (mg)	-0.0052	-0.17	0.046	0.23	0.36	0.36	0.24	0.54	0.91	1	0.46	0.018	-0.01	0.15	-0.15	0.075	0.0091	-0.0057	0.0083	0.18	0.18	0.37	0.3
TRIG: Triglyceride (mg/dL)	-0.0066	-0.13	-0.0094	0.11	0.24	0.24	0.44	0.2	0.46	0.46	1	-0.0037	-0.039	0.054	-0.14	-0.0074	0.028	-0.028	-0.039	0.15	0.17	0.34	0.34
Weight (kg)	-0.026	-0.047	0.32	0.069	0.04	0.026	0.0051	0.064	0.047	0.018	-0.0037	1	0.44	0.35	0.11	0.33	0.12	0.24	0.048	0.038	0.049	0.047	0.047
Body Mass Index (BMI)	0.2	-0.079	0.6	0.049	-0.013	-0.032	-0.052	0.06	0.011	-0.01	-0.039	0.44	1	0.34	0.087	0.41	0.12	0.23	0.19	0.017	0.0066	0.02	-0.0016
BMXWT: Weight (kg)	0.17	-0.086	0.61	0.24	0.25	0.18	0.084	0.23	0.22	0.15	0.054	0.35	0.34	1	0.36	0.95	0.18	0.17	0.17	0.19	0.18	0.16	0.16
ADTOPF: Total Percent Fat	-0.051	0.59	0.2	-0.12	-0.17	-0.17	-0.15	-0.11	-0.16	-0.15	-0.14	0.11	0.087	0.36	1	0.54	0.061	0.16	0.093	-0.11	-0.18	-0.11	-0.17
Waist Circumference (cm)	0.21	-0.027	0.64	0.16	0.13	0.09	0.0073	0.15	0.12	0.075	-0.0074	0.33	0.41	0.95	0.54	1	0.22	0.23	0.24	0.089	0.087	0.064	0.065
Diastolic Blood Pressure (mmHg)	-0.043	-0.084	0.14	0.051	0.027	0.03	0.03	0.041	-8.9e-05	-0.0091	0.028	0.12	0.12	0.18	0.061	0.22	1	0.36	0.23	0.034	0.012	0.019	0.0045
Systolic Blood Pressure (mmHg)	-0.036	0.072	0.31	0.047	-0.005	-0.011	-0.034	0.047	0.009	-0.0057	-0.028	0.24	0.23	0.17	0.16	0.23	0.36	1	0.069	0.026	0.011	0.025	0.0051
Fasting Glucose (mg/dL)	0.13	-0.05	0.25	0.029	-0.015	-0.018	-0.045	0.027	-0.0017	0.0083	-0.039	0.048	0.19	0.17	0.093	0.24	0.23	0.069	1	0.017	-0.011	0.0031	-0.019
ADTFIBE: Dietary fiber (gm)	-0.0095	-0.12	0.18	0.21	0.49	0.4	0.3	0.16	0.24	0.18	0.15	0.038	0.017	0.19	-0.11	0.089	0.034	0.026	0.017	1	0.38	0.48	0.24
ADTVB6: Vitamin B6 (mg)	-0.011	-0.18	0.088	0.32	0.37	0.31	0.32	0.19	0.21	0.18	0.17	0.049	0.0066	0.18	-0.18	0.087	0.012	0.011	-0.011	0.38	1	0.22	0.4
ADTFIBE: Dietary fiber (gm)	-0.0047	-0.11	0.18	0.14	0.22	0.17	0.13	0.19	0.47	0.37	0.34	0.047	0.02	0.16	-0.11	0.064	0.019	0.025	0.0031	0.48	0.22	1	0.44
ADTVB6: Vitamin B6 (mg)	-0.0027	-0.17	0.096	0.17	0.21	0.17	0.17	0.31	0.37	0.3	0.34	0.047	-0.0016	0.16	-0.17	0.065	0.0045	0.0051	-0.019	0.24	0.4	0.44	1