|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Table 2**. Pearson correlation coefficients showing the contributions of each food group to the extracted dietary patterns. Correlations amongst the dietary patterns themselves are included at the bottom of the table in the lower triangular matrix form. | | | | | |
| **Pattern** | | **Food Insecurity (FI) †** | **Prudent**  **#1 ‡** | **Prudent #2 ‡** | **HEI-2015**a |
| **Food Groups** | |
| Processed Meats | | 0.080 | -0.16 | **0.33** | -0.19 |
| Meats | | 0.060 | -0.090 | **0.29** | -0.12 |
| Poultry | | -0.030 | 0.15 | -0.14 | 0.060 |
| Seafood—High n-3 | | -0.13 | -0.050 | -0.19 | **0.22** |
| Seafood—Low n-3 | | -0.050 | 0.030 | **-0.38** | 0.16 |
| Eggs | | 0.010 | -0.14 | 0.15 | -0.060 |
| Solid Fats | | **0.20** | -0.11 | 0.080 | **-0.45** |
| Oils | | **-0.35** | **-0.24** | 0.12 | **0.24** |
| Milk | | 0.00 | -0.040 | **-0.47** | 0.16 |
| Yogurt | | -0.080 | 0.13 | -0.040 | 0.18 |
| Cheese | | -0.040 | **-0.29** | 0.12 | -0.15 |
| Alcohol | | -0.030 | **0.48** | **0.20** | -0.030 |
| Fruit—Other | | **-0.37** | -0.060 | -0.19 | **0.34** |
| Fruit—Citrus, melons, and berries | | -0.19 | -0.11 | **-0.43** | **0.30** |
| Tomatoes | | -0.12 | **-0.38** | 0.00 | 0.10 |
| Dark-Green Vegetables | | **-0.23** | **-0.23** | 0.18 | **0.32** |
| Dark-Yellow Vegetables | | **-0.36** | **-0.28** | 0.030 | 0.19 |
| Other Vegetables | | **-0.38** | **-0.38** | -0.12 | **0.24** |
| Potatoes | | 0.030 | -0.19 | **0.24** | -0.020 |
| Other Starchy Vegetables | | -0.030 | -0.020 | **-0.28** | 0.020 |
| Legumes | | -0.040 | 0.010 | 0.11 | 0.14 |
| Soy | | -0.12 | -0.010 | 0.15 | 0.12 |
| Refined Grains | | 0.11 | -0.12 | -0.020 | **-0.36** |
| Whole Grains | | **-0.20** | -0.10 | -0.11 | **0.45** |
| Nuts | | **-0.49** | -0.090 | -0.090 | **0.38** |
| Added Sugars | | **0.71** | **0.23** | 0.030 | **-0.40** |
| Food Insecurity (FI)† | | -- |  |  |  |
| Prudent #1‡ | | **0.40** | -- |  |  |
| Prudent #2‡ | | 0.090 | -0.080 | -- |  |
| HEI-2015a | | **-0.64** | -0.19 | **-0.25** | -- |
| † Dietary pattern obtained using penalized logistic regression; ‡ Dietary pattern obtained using principal components analysis.  a Healthy Eating Index 2015  Correlation coefficients (*r*) ≥ |0.20| are bolded to ease the identification of notable food groups characterizing the different patterns.  This correlation analysis was performed on the testing sample described in the main text (*n* = 1745).  Subjects were weighted, and the analysis was performed according to NCHS guidelines. All dietary patterns extraction procedures were performed on the training subsample described in the main text (*n* = 748). | | | | | |
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