

Supplemental Table 4. Dietary habits over the last 6 months

	Once per month / Never	1-2 times per week	3-5 times per week	7 times per week (daily)	2 or more times daily
Vegetables (e.g. carrots, spinach, tomatoes)					
Legumes (e.g. beans, split peas, or lentils)					
Fruits (e.g. oranges, apples, bananas)					
Nuts or nut butters (e.g. peanuts, almonds, cashews)					
Cheese or fermented dairy (e.g. yogurt)					
Red and processed meat (e.g. hamburgers, steak, hotdogs)					
Non-fried fish or seafood (e.g. canned, baked, grilled)					
Whole grains (e.g. whole wheat bread or pasta, oats, brown rice, corn tortilla)					
Monounsaturated fats (e.g. olive oil, avocado, canola oil).					
1 alcohol serving (1 can of 12 oz. beer = 1 glass of wine = 1 shot of spirits)					
Baked products (e.g. muffins, doughnuts, pastries)					
Calorie-containing beverages (e.g. coke/soda, non-black coffee drinks, energy drinks)					
Saturated fats (e.g. butter, 2% or whole milk, margarine)					