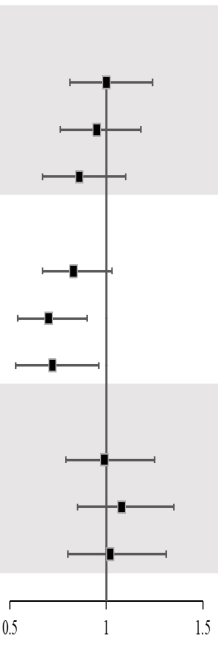
This journal is © The Royal Society of Chemistry 2023

Dietary patterns	Quartiles (n = 26,490)	Cases/ participants	Hazard Ratio (95% CI)
Fruit and sweet foods pattern	Q1	208/6,623	Ref
	Q2	219/6,622	1.00 (0.81, 1.24)
	Q3	197/6,622	0.95 (0.76, 1.18)
	Q4	182/6,623	0.86 (0.67, 1.10)
Balanced pattern	Q1	222/6,623	Ref
	Q2	194/6,622	0.83 (0.67, 1.03)
	Q3	184/6,622	0.70 (0.54, 0.90)
	Q4	206/6,623	0.72 (0.53, 0.96)
Animal foods pattern	Q1	196/6,623	Ref
	Q2	201/6,622	0.99 (0.79, 1.25)
	Q3	202/6,622	1.08 (0.85, 1.35)
	Q4	207/6,623	1.02 (0.80, 1.31)