

Supplementary Table 1. Classification of food groups included in the food frequency questionnaire

Food group	Food frequency questionnaire items
Rice	Steamed rice, steamed multigrain rice, bibimbap/fried rice, kimbap, curry with rice, rice cake soup, rice cake (baekseolgi, sirutteok, injeolmi, jeolpyeon), tteokbokki
Flour	Ramen/cup ramen, noodles/kalguksu/udon, black bean noodles/jjamppong, cold noodles, bread, pizza, hamburger/sandwich, pancake (chives, kimchi, etc.)
Meat	Dumplings (steamed, fried), beef bone soup (seolleongtang/gomtang/beef bone soup), pork back bone stew, beef soup (beef soup/yukgaejang/radish soup with beef), spicy sausage stew, roasted pork, boiled pork (suyuk, bossam), stir-fried pork/pork bulgogi/steamed pork ribs, deep fried pork (sweet and sour pork, cutlet), roasted beef, beef bulgogi, ham, soondae, chicken soup (samgyetang), stir fried chicken/braised chicken, deep fried chicken, roasted duck
Fish and shellfish	Loach soup, pollack/spicy seafood soup, dried pollack soup, mackerel/mackerel pike (roasted, braised), hairtail/croaker (roasted, braised), anchovy, squid (raw, boiled, stir fried, seasoned, dried), raw crabs marinated in soy sauce, salted shrimp/squid/clam, fish cake (fried, soup)
Eggs	Fried/rolled eggs, boiled/steamed eggs
Beans	Soybean paste soup, soybean paste/cheonggukjang stew, tofu/soft tofu stew, tofu/braised/fried tofu, braised beans, soy milk
Vegetables	Cereal, kimchi (stew, stir-fried), bean sprouts (seasoned, soup), seasoned spinach, balloon flower roots (raw, seasoned), zucchini (seasoned, pancake), other seasoned greens, cucumber (raw, seasoned), radish (raw, pickled, dried), vegetable salad, seasoned green onion/chives, leafy vegetables (lettuce, perilla leaves, cabbage, pumpkin leaves)/green pepper, boiled broccoli/cabbage, garlic, cabbage kimchi, other kimchi, red pepper/garlic/perilla leaf/onion/radish marinated in soy sauce/pickled cucumber, braised lotus root/burdock, stir-fried vegetables, stir-fried/braised potato, steamed/grilled sweet potato, steamed/grilled potato, steamed/grilled corn
Starchy vegetables	Cereal, stir-fried/braised potato, steamed/grilled potato, steamed/grilled sweet potato, steamed/grilled corn,
Leafy vegetables	Kimchi (stew, stir-fried), seasoned spinach, vegetable salad, leafy vegetables (lettuce, perilla leaves, cabbage, pumpkin

	leaves)/green pepper, boiled broccoli/cabbage, cabbage kimchi
Other vegetables	Bean sprouts (seasoned, soup), balloon flower roots (raw, seasoned), zucchini (seasoned, pancake), other seasoned greens, cucumber (raw, seasoned), radish (raw, pickled, dried), seasoned green onion/chives, garlic, other kimchi, red pepper/garlic/perilla leaf/onion/radish marinated in soy sauce/pickled cucumber, braised lotus root/burdock, stir-fried vegetables
Mushrooms	Stir-fried mushroom
Seaweed	Seaweed soup, laver (raw, grilled, seasoned), seasoned green laver/seaweed, stir-fried stem of seaweed
Fruits	Strawberry, tomato/cherry tomato, oriental melon, watermelon, peach, grape, apple, pear, persimmon (raw, dried), tangerine, banana, orange, kiwi, fruit juice
Dairy products	Milk (normal, low fat), yogurt drink, yogurt
Nuts and seeds	Chestnut, peanut
Oils and sweets	Butter/margarine, jam, sweet bean bread/hoppang/cream bread, castella/cake/chocolate pie, creamer, sugar, soda (coke, cider, fruit soda), snacks, cookie/crackers, chocolate, ice cream, powder made of mixed grains/sweet rice drink
Salty foods	Soybean paste soup, soybean paste/cheonggukjang stew, kimchi (stew, stir-fried), tofu/soft tofu stew, raw crabs marinated in soy sauce, salted shrimp/squid/clam, paste (red pepper paste, soybean paste, mixed paste)/red pepper paste with vinegar, cabbage kimchi, other kimchi, red pepper/garlic/perilla leaf/onion/radish marinated in soy sauce/cucumber pickle
Fermented foods	Soybean paste soup, soybean paste/cheonggukjang stew, kimchi (stew, stir-fried), tofu/soft tofu stew, salted shrimp/squid/clam, paste (red pepper paste, soybean paste, mixed paste)/red pepper paste with vinegar, cabbage kimchi, other kimchi, yogurt drink, yogurt
Coffee	Coffee
Alcohol	Soju, beer, rice wine