

Table S1 Distribution of factor-loadings of dietary patterns at 18 years of age. 1993 Pelotas
(Brazil) birth cohort.

Nutrients	Dietary pattern	
	Bone-friendly	Bone-unfriendly
Phytate	0.34	0.25
Oxalate	0.41	0.11
Protein	0.43	-0.09
Calcium	0.42	-0.26
Vitamin D	0.35	-0.41
Sodium	0.43	-0.07
Caffeine	0.23	0.82
Number of items	4.00	2.00
Variance (%)	69.60	12.20
Accumulated variance (%)	69.60	81.80

Note: factorial loads with values greater than 0.40 are in bold.