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**Article — Published Version**

## A Western Dietary Pattern Is Associated with Poor Academic Performance in Australian Adolescents

Nutrients

**Provided in Cooperation with:**

WZB Berlin Social Science Center

*Suggested Citation:* Nyaradi, Anett et al. (2015) : A Western Dietary Pattern Is Associated with Poor Academic Performance in Australian Adolescents, *Nutrients*, ISSN 2072-6643, MDPI, Basel, Vol. 7, Iss. 4, pp. 2961-2982,  
<https://doi.org/10.3390/nu7042961>

This Version is available at:

<https://hdl.handle.net/10419/231743>

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## Supplementary Information

**Table S1.** Dietary patterns and their factor loadings in the Western Australian Pregnancy (Raine) Cohort at 14 years [1] \*.

Food Group	Factor Loadings	
	'Healthy' Pattern	'Western' Pattern
Takeaway foods	-0.20	0.53
Confectionery	-0.14	0.46
Red meat	0.14	0.46
Refined grains	0.03	0.42
Processed meats	-0.02	0.41
Potato, fried e.g., french fries	-0.25	0.39
Crisps (potato chips)	-0.22	0.39
Soft drinks	-0.18	0.37
Cakes, biscuits	0.10	0.34
Potato, not fried	0.21	0.34
Sauces and dressings	0.13	0.34
Full fat dairy products	0.00	0.30
Yellow, red veg	0.56	0.12
Leafy green veg	0.49	0.00
Tomato	0.49	0.00
Cruciferous veg	0.48	0.27
Other vegetables	0.66	0.22
Fresh fruit	0.48	-0.02
Legumes	0.43	0.19
Wholegrains	0.39	-0.12
Fish, steamed, grilled or tinned	0.33	0.05
Poultry	0.01	0.29
Soups	0.26	0.26
Eggs	0.20	0.24
Fish, fried or battered	0.02	0.23
Added sugar	0.13	0.21
Milk dishes	0.13	0.20
Meat dishes	0.26	0.15
Canned fruit	0.26	0.11
Dried fruit	0.23	0.00
Juices	0.19	-0.02
Nuts	0.17	-0.02
Mineral water	0.23	-0.05
Low fat dairy products	0.22	-0.10
<i>Variance</i>	4.28	2.89
<i>% common variance</i>	50	34
<i>Mean</i>	0	0
<i>Standard deviation</i>	0.89	0.87
<i>Min</i>	-2.12	-2.07
<i>Median</i>	-0.1	-0.13
<i>Max</i>	5.01	4.74

Foods having a factor loading of  $\geq 0.30$  are highlighted in bold. \* Table reproduced here from Ambrosini *et al.* [1].

## Reference

1. Ambrosini, G.L.; Oddy, W.H.; Robinson, M.; O'Sullivan, T.A.; Hands, B.P.; de Klerk, N.H.; Silburn, S.R.; Zubrick, S.R.; Kendall, G.E.; Stanley, F.J.; *et al.* Adolescent dietary patterns are associated with lifestyle and family psycho-social factors. *Public Health Nutr.* **2009**, *12*, 1807–1815.

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