Table S1: Prevalence of outcomes

Outcome	Age 2		Age 3		Age 4	
	N	(%)	*N*	(%)	*N*	(%)
Wheeze						
Never	1654	76	1660	76	1689	78
1- 3 times	346	16	184	9	199	9
≥ 4 times	174	8	329	15	286	13
Shortness of breath						
Never	1414	65	1618	75	1705	78
1- 3 times	369	17	198	9	164	8
≥ 4 times	390	18	357	16	304	14
Respiratory tract infections						
Never	1097	50	1443	66	1409	65
1-2 times	491	23	388	18	396	18
≥ 3 times	586	27	342	16	367	17

Table S2: Factor loadings of the food items in the "Health conscious" and "Western" dietary pattern in children aged 14 months (r >0.2)

		Factor loading	
		Health conscious dietary pattern	Western dietary pattern
Food group	Mean intake g/d	Pearson's correlation coefficient	Pearson's correlation coefficient
Refined grains	14.9	-	0.57
Whole grains	61.9	-	-
Starchy foods	22.9	0.62	-
Dairy	626.0	-	-
Fruit	162.2	0.32	-
Soy substitutes	4.4	-	-
Vegetables	51.8	0.74	-
Potatoes	34.0	0.61	-
Soups and sauces	9.4	-	0.23
Savoury and snacks	3.9	-	0.59
Confectionary	27.8	-	0.72
Vegetable oils	0.56	0.50	-
Other fats	10.6	-	0.58
Fish	8.2	0.22	-
Shellfish	0.30	-	-
Meat	25.5	0.21	0.27
Eggs	1.9	-	-
Legumes	4.0	0.59	-
Sugar containing beverages	197.5	-	0.59
Non-sugar containing beverages	56.4	-	-
Composite dishes	102.3	-	-

Eigen value*	3.4	1.7
Variance explained (%)	16.3	8.2
Total energy intake	**0.36**	**0.54**

PCA was used as an extraction method in which the Pearson's correlation coefficients represent the relative contribution of that food group to the identified dietary pattern.

* The eigenvalue was used as indicator of the amount of variation explained by each dietary pattern.