

# Assessment of dietary pattern and serum levels of vitamins A, C, and E in patients with head and neck squamous cell carcinoma (HNSCC): A case-control study

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## Supplemental file 1: Food groups used for factor analysis in determination of dietary patterns

Food group	Items
Refined grains	Some kinds of bread (Taftoon, lavash, Barbari), some kinds of Iranian dishes with rice, white toasted bread, baguette, lasagna, macaroni, pasta
Whole grains	Some kinds of bread (Sangak, barley), dark toasted bread
Junk food (snacks)	All kinds of cake, muffins, pastries, chocolates, chips, biscuits, popcorn, cheese puffs, pastilles
Dairy products	High- and low-fat milk, cheese, curds, yogurt, dough, spinach borani
Butter and cream	Butter, cream, high fat cheese
Sugar	Candy, Noghhl, white sugar, brown sugar, some kinds of Iranian sweets (Gaz, Sohan, Zulbia)
Carbonated beverages	Regular drink, diet drink All soft and sweet drinks, non-alcoholic malt beverage, syrup, and canned fruit juices
Tea	All kinds of tea

Coffee	Bitter coffee or instant coffee, sweet coffee or instant coffee
Vegetables	Raw and cooked lettuce, spinach, celery, green pea, tomato, cucumber, mushroom, squash, eggplant, onion, garlic, , green pepper, turnip, green chilies, green beans, pumpkin, cruciferous vegetables, mixed aromatic herbs, cabbage, carrot
Fruits	Pear, apricot, peach, cherry, apple, nectarine, yellow and black plums, green plum, grapes, grapefruit, fig, orange, persimmon, pomegranate, tangerine, dates, prunes, sour cherry, sweet lemon, lemon, lime, mulberry, watermelon, cantaloupe, Persian melon, strawberry, pineapple, kiwi, banana, quince, all kinds of fruit juice
Seafood	Tuna fish, fried fish, grilled fish, all kinds of fishes
Honey	Honey
Potato	Fried potatoes, mashed potatoes, potatoes in kuku potatoes with yogurt
Soup	Barley soup, noodle soup, other soups, noodle Aash (a type of Iranian soup), wheat Aash, other Aash
Egg	Boiled egg, fried eggs, omelet, fluffy eggs
Beans	Lentils, baked beans
Prepared Foods and Fast Foods	Fried chicken, roast chicken, Pachin, Pizza (vegetable, meat,...), roast beef, Turkish Kebab, hamburger, kielbasa and sausage sandwich, sausage with potato, sausage with egg, Indian dish, strudel or samosas
Red meat	All kinds of Iranian Kebabs, fried meat, cutlet, Syrian (Shami), goulash,  Tahchin with meat (Iranian dish), some kinds of Iranian stew (e.g. Ghormesabzi, Gheyme, celery stew,...), meat roll, Abgoosht (Dizi)
Viscera meat (offal)	Brain, tongue, feet, head, liver, kidney, heart, rumen, gut, trotters, abomasum
Poultry	Chicken stew, Fesenjan stew (a type of Iranian stew), Tahchin with chicken (Iranian dish), chicken kebab (chicken Barbecue).
Nuts	All kinds of nuts (walnut, almond, pistachio, peanut,...) and dried fruits
Pickles	Pickles, cucumber pickles, olives
Salads	Season salad, Shirazi Salad, other salads
Desserts	Mayonnaise (low- and high-fat), mustard sauce, soy sauce, salad dressing, ketchup, jelly, caramel, chocolate dessert, ice cream, other desserts

