

With at least a bachelor's degree or above, and the title of associate senior or higher;

Preliminary list of experts was drafted. The experts were contacted by email to obtain their consent and introduce the study objectives, significance, methods, and matters requiring their cooperation.

1.2 Data collection

In the first round, 25 experts were sent an email with the questionnaire which consisted of 3 parts: the introduction of the study, the draft of the RCMDR dietary pattern, and personal information of experts. The experts were required to rate each item on the importance, judgment basis and familiarity. Besides, there was a blank

opinions on the importance of each indicator, expressed as Kendall's τ concordance

which 7 experts proposed modification suggestions, with a suggestion rate of 30.43%.

- (2) Change “Red or orange vegetables” to “Other dark vegetables”;
- (3) Change the intake of foods of animal origin from “60-100 g/day” to “90-150 g/day”;
- (4) Change the intake of fish from “150-250 g/week (at least 2 times)” to “300-

snacks, candy, etc). Eliminating or limiting the consumption of other sugary foods.

(4) Supplement “banning processed meat products” in foods of animal origin,

“fresh meat” in both poultry and livestock meat;

(5) Change the intake of fish from “at least 4 times” to “eating 3-4 times a week”;

(6) Supplement “avoiding animal oils” in cooking oil;

(7) Supplement the definition of NSS;

(8) Supplement “summer or excessive sweating can be increased as needed” in water or tea

After 2 rounds the expert consultation, the final RCMDR dietary pattern was established, including 9 domains, 20 sub-domains, and 5 elements.

Wu Q, *et al. BMJ Open* 2024; 14:e082957. doi: 10.1136/bmjopen-2023-082957

Soy products with nuts						
Soybeans	40-50 g/day	The intake of soy products is calculated based on the same protein content. Individuals with hyperuricemia or gout are not recommended or restricted to their intake of soybeans or soy products	7.17	2.31	0.32	Revise
Nuts	10 g/day		6.74	1.54	0.23	Revise
Cooking oil	15-25 g/day		8.30	1.84	0.22	Revise

Physical activity	150-300 minutes/week.	5 days or more of moderate and higher intensity activities.	5.61	2.31	0.41	Delete
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*Legumes don’t include soybeans.

same protein content.					
Individuals with hyperuricemia or gout are not recommended to increase their intake of soybeans or soy products.					
Nuts	10-20 g/day	7.22	1.31	0.18	Keep
Oil and salt		8.61	1.12	0.13	Keep

Energy distribution of macronutrients (kcal%)	Carbohydrates 56-58%, protein 17-19%, fat 24-26%	7.74	0.69	0.09	Keep
Energy distribution of three meals (Breakfast: Lunch: Dinner)	3: 4: 3	7.48	0.90	0.12	Keep

*Legumes don't include soybeans.