

Supplementary Information

Supplementary Table 1 HEI-2015 Scoring Criteria

Component ¹	Max. points	Standard for max score	Standard for min (0)
Adequacy:			
Total Fruits²	5	≥0.8 cup equiv./1,000 kcal	No Fruit
Whole Fruits³	5	≥0.4 cup equiv./1,000 kcal	No Whole Fruit
Total Vegetables⁴	5	≥1.1 cup equiv. per 1,000 kcal	No Vegetables
Greens and Beans⁴	5	≥0.2 cup equiv./1,000 kcal	No Dark Green Vegetables or Legumes
Whole Grains	10	≥1.5 oz equiv./1,000 kcal	No Whole Grains
Dairy⁵	10	≥1.3 cup equiv./ 1,000 kcal	No Dairy
Total Protein Foods⁶	5	≥2.5 oz equiv./1,000 kcal	No Protein Foods
Seafood and Plant Proteins^{6,7}	5	≥0.8 oz equiv./1,000 kcal	No Seafood or Plant Proteins
Fatty Acids⁸	10	(PUFAs + MUFAs)/SFAs ≥2.5	(PUFAs + MUFAs)/SFAs ≤1.2
Moderation:			
Refined Grains	10	≤1.8 oz equiv./1,000 kcal	≥4.3 oz equiv. per 1,000 kcal
Sodium	10	≤1.1 gram/1,000 kcal	≥2.0 grams per 1,000 kcal
Added Sugars	10	≤6.5% of energy	≥26% of energy
Saturated Fats	10	≤8% of energy	≥16% of energy

1: Intakes between the minimum and maximum standards are scored proportionately. 2: Includes 100% fruit juice. 3: Includes all forms except juice. 4: Includes legumes (beans and peas). 5: Includes all milk products, such as fluid milk, yogurt, and cheese, and fortified soy beverages. 6: Includes legumes (beans and peas). 7: Includes seafood, nuts, seeds, soy products (other than beverages), and legumes (beans and peas). 8: Ratio of poly- and monounsaturated fatty acids (PUFAs and MUFAs) to saturated fatty acids (SFAs). <https://epi.grants.cancer.gov/hei/developing.html>

Supplementary Table 2 Correlations of HEI 2005, 2010, 2015 with DRS

	HEI-2005 Score	HEI-2010 Score	HEI-2015 Score
DRS	-0.47	-0.66	-0.60
	<.0001	<.0001	<.0001

Spearman Correlation Coefficients, N = 126

Supplementary Table 3 HEI-2015 Mean Component Scores

Component	HEI-2015 Component Means (95% CI)
Total Fruits²	3.1 (2.8, 3.4)
Whole Fruits²	3.8 (3.5, 4.1)
Total Vegetables²	4.7 (4.5, 4.8)
Green and Beans²	4.2 (3.9, 4.4)
Whole Grains¹	4.0 (3.5, 4.6)
Dairy¹	6.0 (5.5, 6.6)
Total Protein²	4.4 (4.2, 4.6)
Seafood/Plant Protein²	3.8 (3.5, 4.1)
Fatty Acids¹	4.7 (4.1, 5.3)
Refined Grains¹	8.6 (8.2, 9.0)
Sodium¹	2.3 (1.8, 2.7)
Added Sugars¹	8.5 (8.1, 8.9)
Saturated Fat¹	5.1 (4.4, 5.7)

Data presented as means (95% CI); 1: Scored out of a maximum of 10 points, 2: Scored out of a maximum of 5 points.