

Supplementary Table 2. Healthy Eating Index-2020 (HEI-2020) component scores for patients with gastrointestinal (GI) cancer and caregivers

HEI 2020 Total and Component Scores	Maximum Possible Score	Patients (N=27) Median (Range)	Caregivers (N=27) Median (Range)
Total Fruits	5	1.0 (0.0, 4.0)	1.00 (0.0, 4.0)
Whole Fruits	5	1.0 (0.0, 5.0)	1.0 (0.0, 5.0)
Total Vegetables	5	2.0 (0.0, 5.0)	2.0 (0.0, 4.0)
Greens & Beans	5	2.0 (0.0, 5.0)	2.0 (0.0, 5.0)
Whole Grains	10	1.0 (0.0, 10.0)	2.0 (0.0, 10.0)
Dairy	10	6.0 (2.0, 10.0)	5.0 (1.0, 10.0)
Total Protein Foods	5	3.0 (1.0, 5.0)	4.0 (2.0, 5.0)
Seafood & Plant Proteins	5	3.0 (0.0, 5.0)	3.0 (0.0, 5.0)
Unsaturated Fatty Acids	10	0.0 (0.0, 9.0)	0.0 (0.0, 10.0)
Refined grains	10	9.0 (0.0, 10.0)	7.0 (0.0, 10.0)
Sodium	10	3.0 (0.0, 9.0)	4.0 (0.0, 10.0)
Added Sugars	10	7.0 (0.0, 10.0)	7.0 (0.0, 10.0)
Saturated Fats	10	5.0 (0.0, 10)	6.0 (0.0, 10.0)
Total HEI Score	100	43.0 (26.0, 81.0)	42.0 (33.0, 73.0)

Note: The HEI-2020 score has 13 components – foods to have adequate consumption of: total fruit, whole fruit, total vegetables, green vegetables and beans, whole grains, milk/dairy, total protein foods, seafood and plant proteins and unsaturated fatty acids; and moderate consumption of refined grains, sodium, added sugars and saturated fats.³⁰ Higher scores for refined grains, sodium, added sugars and saturated fats reflect lower intakes. Each participants' HEI-2020 score was calculated from the mean intake values of the three dietary recalls; score range from 0 to 100.