

ONLINE SUPPORTING MATERIAL

**Supplemental Table 1: Spearman rank correlation coefficients (rho) among the sub-components of the AHA-DLS in the Boston Puerto Rican Health Study**

AHA-DLS components	AHA-DLS components												
	BMI	Physical activity	Fruit & vegetable intake	Variety in fruit & vegetable intake	Whole grains	Fish	Saturated fat	<i>Trans</i> fat	Dietary cholesterol	% of energy from total fat	Added sugars	Sodium	Alcohol
BMI		0.10*	-0.08	-0.04	-0.03	-0.08	0.05	0.03	0.03	0.04	-0.04	0.05	0.003
Physical activity			0.02	0.05	-0.01	0.04	0.003	0.003	-0.07	-0.01	0.003	-0.05	-0.01
Fruit & vegetable intake				0.30*	0.14*	0.26*	0.05	0.15*	-0.24*	-0.03	-0.14*	-0.18*	0.11*
Variety in fruit & vegetable intake					0.24*	0.28*	-0.05	0.01	-0.10*	0.02	-0.05	-0.02	0.11*
Whole grains						0.10*	0.09*	0.09*	0.13*	0.06	0.04	0.13*	-0.02
Fish							-0.04	-0.01	-0.32*	-0.05	-0.05	-0.17*	0.11*
Saturated fat								0.51*	0.45*	0.39*	0.04	0.21*	-0.06
<i>Trans</i> fat									0.24*	0.19*	-0.02	0.09*	-0.06
Dietary cholesterol										0.20*	0.20*	0.41*	-0.16*
% of energy from total fat											-0.04	0.04	-0.008
Added sugars												0.19*	-0.11*
Sodium													-0.08
Alcohol													

\* $P \leq 0.004$  after Bonferroni adjustment for multiple comparisons