Supplemental Table 1: Age-adjusted mean nutrient intake and Framingham Nutritional Risk Score by cluster of Framingham Offspring-Spouse Nutrition Study women, 1984–1987[1,2]

	Clusters					
	Empty Calorie	**Higher Fat**	**Wine and Moderate Eating**	**Lighter Eating**	**Heart Healthier**	**All**
n	83	247	42	548	226	1146
Selected macronutrients						
Energy[3], *Mcal/d*	17.2 ± 0.07[a]	16.8 ± 0.04[a]	1.73 ± 0.09[a]	1.52 ± 0.02[b]	1.65 ± 0.04[a]	1.6 ± 0.01
Protein, *% Energy*	16.1± 0.6	16.2 ± 0.3	15.9 ± 0.8[b]	17.5 ± 0.2[a]	17.4 ± 0.3	17.1 ± 0.1
MUFA, *% Energy*	13.8 ± 0.4[a]	13.8 ± 0.2[a]	13.7 ± 0.5	13.3 ± 0.1[a]	12.7 ± 0.2[b]	13.3 ± 0.1
PUFA, *% Energy*	7.7 ± 0.4	7.8 ± 0.2	7.5 ± 0.5	7.9 ± 0.1	7.9 ± 0.2	7.8 ± 0.1
Risk-related nutrients						
Total fat, *% Energy*	38.1 ± 1.0[a]	38.2 ± 0.5[a]	36.4 ± 1.3	37.0 ± 0.3[a]	35.5 ± 0.5[b]	37.0 ± 0.2
SFA, *% Energy*	13.6 ± 0.4	13.8 ± 0.2[a]	12.3 ± 0.6	12.9 ± 0.2[b]	12.1 ± 0.2[c]	12.9 ± 0.1
Alcohol, *% Energy*	1.8 ± 0.7[c]	2.1 ± 0.4[c]	10.9 ± 0.9[a]	3.5 ± 0.2[b]	2.7 ± 0.4	3.2 ± 0.2
Cholesterol[4], *mg/1,000 kcal*	268 ± 23	269 ± 13	318 ± 32	248 ± 9	259 ± 14	259 ± 6
Sodium[4], *g/1,000 kcal*	2.04 ± 0.14	2.3 ± 0.08	2.12 ± 0.19	2.15 ± 0.05	2.32 ± 0.08	2.21 ± 0.04
Protective nutrients						

Carbohydrate, *% Energy*	45.3 ± 1.2	45.0 ± 0.7	38.2 ± 1.6[c]	43.5 ± 0.4[b]	46.3 ± 0.7[a]	44.3 ± 0.3
Dietary fiber[4], *g/1,000 kcal*	12.2 ± 0.7[b]	12.6 ± 0.4[b]	12.6 ± 1.0[b]	12.5 ± 0.3[b]	15.2 ± 0.4[a]	13.1 ± 0.2
Calcium[4], mg/1,000 kcal	602 ± 38	653 ± 21	585 ± 51	601 ± 14[b]	707 ± 21[a]	632 ± 10
Selenium[4], *µg/1,000 kcal*	102 ± 4	99 ± 3	107 ± 6	95 ± 2[b]	103 ± 3[a]	98 ± 1
Vitamin C[4], *mg/1,000 kcal*	77.9 ± 8.2[b]	93.0 ± 4.5[b]	85.6 ± 11.0[b]	88.4 ± 2.9[b]	111 ± 5[a]	93.1 ± 2.1
Vitamin B-6[4], *mg/1,000 kcal*	1.34 ± 0.08[b]	1.39 ± 0.04[b]	1.45 ± 0.11	1.36 ± 0.03[b]	1.55 ± 0.04[a]	1.40 ± 0.02
Vitamin B-12[4], µg/1,000 kcal	5.5 ± 1.5	5.5 ± 0.9	11.0 ± 2.1	6.2 ± 0.5	5.7 ± 0.9	6.1 ± 0.4
Folate[4], *µg/1,000 kcal*	188 ± 15[b]	218 ± 9[b]	233 ± 21	219 ± 5[b]	253 ± 9[a]	225 ± 4
Vitamin E[4], *mg/1,000 kcal*	7.6 ± 0.5	8.0 ± 0.3	7.9 ± 0.7	7.7 ± 0.2	8.7 ± 0.3	7.9 ± 0.1
β-carotene[4], *mg/1,000 kcal*	3.12 ± 0.48	3.08 ± 0.27	2.99 ± 0.64	3.4 ± 0.17	3.25 ± 0.27	3.28 ± 0.12
Framingham Nutritional Risk Score[5]	701 ± 19[a]	683 ± 11[a]	697 ± 25[a]	678 ± 7[a]	608 ± 11[b]	667 ± 5

[1]Values are mean ± SE. Age-adjusted ANCOVA was used to calculate least-squares means and to compute pair-wise mean differences between clusters.

[2]In each row, means with different superscript letters are significantly different, $P<0.05$.

[3]To convert kcal to kJ multiply by 4.184.

[4]1,000 kcal = 4,184 kJ.

[5]Overall nutrient risk score based on the consumption of 19 cardiovascular disease risk-related nutrients for each woman.