Online Supporting Material

Supplemental Table 1. Components of each of the diet quality measures

Healthy Diet Score (23, 24) Criteria for scoring			Mediterranean Diet Score (19, 20, 29)		Recommended Foods Score (6, 7, 12)		
							Component
Saturated fatty acids, % energy intake	>10	10 0–10 Vegetables Legumes	Vegetables ² Legumes	Sex-specific medians intakes were used as cutpoints except for alcohol intake (see below), with intakes above the median scoring 1 and intakes below the median. Dairy products and Meat and meat products were scored in the reverse. Alcohol intake used the following cutpoints with moderate intake assigned a score = 1 and low and high intake assigned a score of 0.	Wholemeal bread Wholegrain and high fibre breakfast cereals Semi-skimmed milk Skimmed milk Chicken and turkey dishes Shellfish Other white fish and fish dishes Oily fish (including canned) Raw carrots Salad and other raw vegetables Tomatoes	specific median intakes were used as cutpoints, and	
Polyunsaturated fatty Acids, % energy intake	<6 or >10	6–10	Cereals³ Fish and seafood Monounsaturated/ saturated fats ratio Dairy products Meat and meat products⁴ Alcohol Alcohol Alcohol Alcohol Alcohol intake used t cutpoints with moder assigned a score = 1 a high intake assigned a core = 2 a high				
Protein, % energy intake	<10 or >15	10–15					
Total carbohydrates, <i>% energy intake</i>	<50 or >70	50–70					
Dietary fiber, g/day	<18 or >32	18–32					
Fruit and vegetables ¹ , g/day	<400	≥400					
Pulses and nuts, <i>g/day</i> Total non-milk extrinsic	<30 >10	<u>≥30</u> 0–10			Peas		
Sugars, % energy intake Cholesterol, mg/day	>245	0–245			Green beans Baked beans		
Fish, g/day Red meat and meat products, g/day	<32 >90	≥32 ≤90			Leafy green vegetables (not raw) Carrots (not raw) Tomatoes (not raw)		
Calcium, mg/day	<700	≥700			Vegetable dishes Other vegetables		
				Low: <10 g ethanol /day for men, <5 g ethanol /day for women;	Apples & pears (not canned) Citrus fruit (not canned) Bananas		
					Moderate: men >10 g ethanol /day and <50 g ethanol /day, women >5 g ethanol /day and	Canned fruit in juice Canned fruit in syrup Other fruit Nuts and seeds	
				<25 g ethanol /day;	Drinks - fruit juice		
				High: >50 g ethanol/day for men, >25 g ethanol /day for women	Bottled water, still or carbonated, not sweetened		

¹Includes all vegetables and dishes, but not potatoes, legume or fruit juice. ²Does not include potatoes or legumes. ³Does not include cakes, pastries, biscuits. ⁴Does not include chicken/fish.