

Online Supporting Material

SUPPLEMENTAL TABLE 1 Healthy Diet Indicator components and scoring criteria

Healthy Diet Indicator Scoring		
Component	Score = 0	Score = 1
Saturated fatty acids (% energy)	>10	0-10
Polyunsaturated fatty acids (% energy)	<6 and >10	6-10
Protein (% energy)	<10 and >15	10-15
Total carbohydrates (% energy)	<50 and >70	50-70
Sugar (% energy)	>10	0-10
Dietary Fibre (g/day)	<18 and >32	18-32
Cholesterol (mg/d)	>300	0-300
Fruits and Vegetables ¹	Less frequent than daily consumption of both	Daily consumption of both

¹The weight of fruit and vegetables consumed was not available so this component was modified from the original scoring used (1 = \geq 400g/day; 0 = < 400g/day) to the consumption of both fruit and vegetables daily.

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SUPPLEMENTAL TABLE 2 Elderly Dietary Index components and scoring criteria

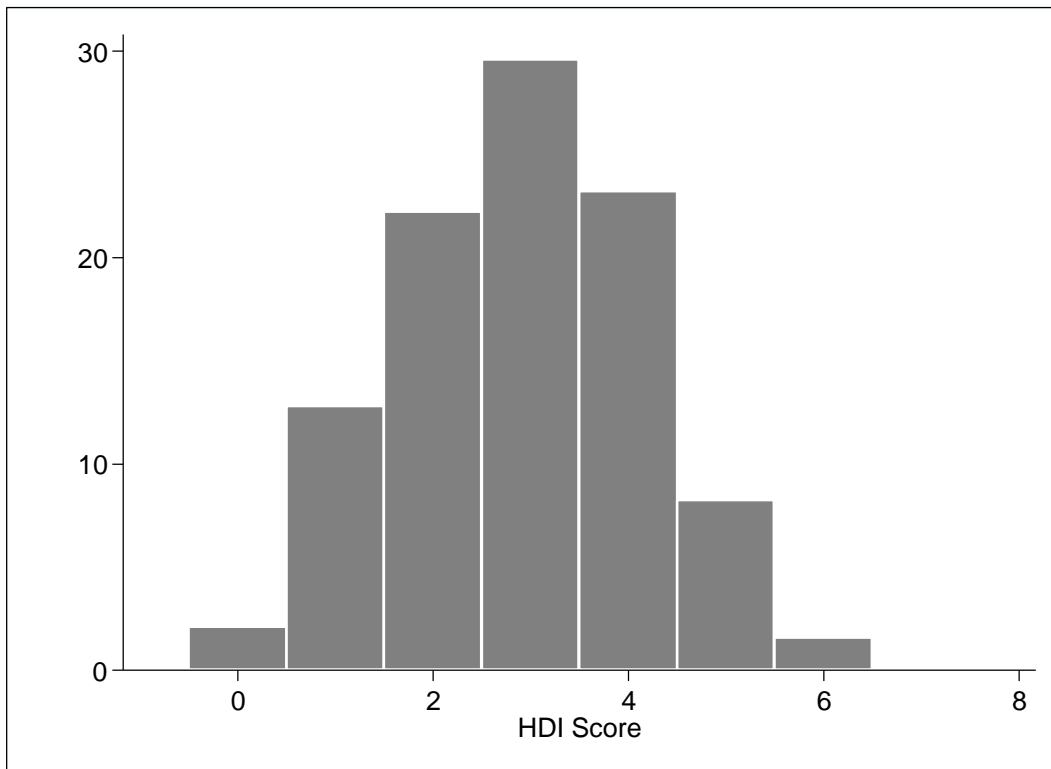
Elderly Dietary Index Scoring				
Component	Score = 1	Score = 2	Score = 3	Score = 4
Meat	≥3 days/week	Never/rarely	<1 day/week	1-2 days/week
Fish/Seafood	Never/rarely	<1 day/week	≥3 days/week	1-2 days/week
Legumes	Never/rarely	<1 day/week	≥3 days/week	1-2 days/week
Fruit	<1 day/week	1-2 days/week	3-6 days/week	Daily
Vegetables	<1 day/week	1-2 days/week	3-6 days/week	Daily
Cereals	<1 day/week	1-2 days/week	3-6 days/week	Daily
Bread	None	White	White and whole grain	Whole grain
Olive oil ¹	Never/Rarely	Tertile 1 of intake	Tertile 2 of intake	Tertile 3 of intake
Dairy	Full-fat milk and full-fat cheese	Semi-skimmed milk and full-fat cheese / full-fat milk and low-fat cheese	Skimmed milk and full-fat cheese	Skimmed/Semi-skimmed milk and low-fat cheese
Alcohol ²	> 4 glasses wine/day	3-4 glasses wine/day	No consumption	>0-2 glasses wine/day

¹The frequency of olive oil consumption was not available so this component was modified from the original score used (1 = <1 day/week; 2 = 1-2 days/week; 3 = 3-6 days/week; 4 = daily) to the quantity of weekly consumption (never/rarely consumed and tertiles of weekly consumption).

²Alcohol included as an additional component of the Elderly Dietary Index in sensitivity analysis only. 1 glass = 175 ml.

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SUPPLEMENTAL FIGURE 1 Distribution of the Healthy Diet Indicator (HDI) scoring in British Regional Heart Study participants (1998/2000), n = 3133



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SUPPLEMENTAL FIGURE 2 Distribution of the Elderly Dietary Index (EDI) scoring in British Regional Heart Study participants (1998/2000), n = 3269

