

Online Supporting Material

Supplemental TABLE 1. Multivariate HRs¹ and 95% CIs for all-cause mortality for each component of the HEI-2010, AHEI-2010, aMED, and DASH Score among men²

Component	HEI-2010	AHEI-2010	aMED	DASH
Whole Grains	0.977 (0.973-0.980)	0.958 (0.952-0.964)	0.896 (0.880-0.912)	0.951 (0.945-0.957)
Total Vegetables	0.993 (0.986-1.001)	—	—	—
Vegetables	—	0.993 (0.989-0.996)	0.973 (0.955-0.991)	0.976 (0.970-0.983)
Excluding Potatoes				
Greens and Beans	0.993 (0.987-0.998)	—	—	—
Total Fruit	0.998 (0.992-1.005)	0.992 (0.989-0.994)	0.982 (0.964-0.999)	0.993 (0.986-0.999)
Whole Fruit	0.991 (0.984-0.997)	—	—	—
Nuts and Legumes	—	0.991 (0.988-0.994)	—	0.978 (0.972-0.985)
Nuts	—	—	0.965 (0.948-0.982)	—
Legumes	—	—	0.987 (0.970-1.004)	—
Seafood and Plant Proteins	0.977 (0.970-0.983)	—	—	—
Fish	—	—	0.956 (0.940-0.973)	—
Total Protein Foods	0.997 (0.986-1.008)	—	—	—
Low-Fat Dairy	0.998 (0.995-1.001)	—	—	0.995 (0.989-1.002)
Ratio of Fatty Acids	PUFA + MUFA/SFA: 0.981 (0.976-0.984)	—	MUFA/SFA: 0.940 (0.924- 0.956)	—
Trans Fat	—	0.987 (0.983-0.991)	—	—
EPA + DHA	—	0.984 (0.981-0.988)	—	—
PUFA	—	0.990 (0.986-0.993)	—	—
Alcohol	—	0.980 (0.978-0.983)	0.886 (0.865-0.907)	—
Red & Processed Meat	—	0.990 (0.987-0.993)	0.932 (0.914-0.950)	0.977 (0.969-0.984)
Refined Grains	1.024 (1.020-1.027)	—	—	—
Empty Calories	0.987 (0.985-0.989)	—	—	—
Sugar Sweetened Beverages and Fruit Juices	—	1.004 (1.002-1.006)	—	—
Sugar Sweetened Beverages	—	—	—	1.005 (0.997-1.013)
Sodium	0.991 (0.987-0.994)	1.007 (1.002-1.012)	—	1.014 (1.004-1.024)

¹HR for 1 point increase in component score.

²Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), hormone replacement therapy (women only), and the modified total index score for each index (total score-component *i*). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension.

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Supplemental TABLE 2. Multivariate HRs¹ and 95% CIs for all-cause mortality for each component of the HEI-2010, AHEI-2010, aMED, and DASH Score among women²

Component	HEI-2010	AHEI-2010	aMED	DASH
Whole Grains	0.977 (0.973-0.982)	0.955 (0.947-0.964)	0.886 (0.865-0.907)	0.949 (0.941-0.957)
Total Vegetables	0.988 (0.978-0.9995)	—	—	—
Vegetables	—	0.993 (0.988-0.997)	0.977 (0.953-1.001)	0.976 (0.967-0.985)
Excluding Potatoes				
Greens and Beans	0.974 (0.967-0.981)	—	—	—
Total Fruit	1.004 (0.994-1.014)	0.993 (0.989-0.996)	0.982 (0.959-1.006)	1.001 (0.992-1.010)
Whole Fruit	0.992 (0.982-1.002)	—	—	—
Nuts and Legumes	—	0.987 (0.983-0.991)	—	0.966 (0.958-0.975)
Nuts	—	—	0.943 (0.921-0.965)	—
Legumes	—	—	0.964 (0.942-0.986)	—
Seafood and Plant Proteins	0.971 (0.963-0.979)	—	—	—
Fish	—	—	0.951 (0.929-0.974)	—
Total Protein Foods	0.991 (0.980-1.003)	—	—	—
Low-Fat Dairy	0.992 (0.988-0.996)	—	—	0.981 (0.972-0.989)
Ratio of Fatty Acids	PUFA + MUFA/SF: 0.988 (0.984-0.991)	—	MUFA/SF: 0.963 (0.941- 0.984)	—
Trans Fat	—	0.988 (0.983-0.992)	—	—
EPA + DHA	—	0.987 (0.982-0.992)	—	—
PUFA	—	0.995 (0.991-0.9997)	—	—
Alcohol	—	0.984 (0.980-0.988)	0.873 (0.842-0.905)	—
Red & Processed Meat	—	0.981 (0.976-0.986)	0.916 (0.893-0.939)	0.981 (0.972-0.991)
Refined Grains	1.022 (1.017-1.026)	—	—	—
Empty Calories	0.991 (0.988-0.993)	—	—	—
Sugar Sweetened Beverages and Fruit Juices	—	0.998 (0.996-1.001)	—	—
Sugar Sweetened Beverages	—	—	—	0.980 (0.971-0.989)
Sodium	0.986 (0.982-0.991)	0.998 (0.991-1.004)	—	0.995 (0.982-1.008)

¹HR for 1 point increase in component score.

²Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), hormone replacement therapy (women only), and the modified total index score for each index (total score-component *i*). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension.

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Supplemental TABLE 3. Multivariate HRs¹ and 95% CIs for cardiovascular disease mortality for each component of the HEI-2010, AHEI-2010, aMED, and DASH Score among men²

Component	HEI-2010	AHEI-2010	aMED	DASH
Whole Grains	0.977 (0.971-0.984)	0.961 (0.949-0.972)	0.898 (0.868-0.928)	0.951 (0.940-0.963)
Total Vegetables	0.996 (0.981-1.011)	—	—	—
Vegetables Excluding Potatoes	—	1.001 (0.994-1.008)	0.981 (0.947-1.016)	0.984 (0.972-0.997)
Greens and Beans	0.987 (0.977-0.997)	—	—	—
Total Fruit	1.014 (1.001-1.028)	0.997 (0.992-1.002)	1.028 (0.994-1.063)	1.012 (0.999-1.025)
Whole Fruit	0.994 (0.982-1.006)	—	—	—
Nuts and Legumes	—	0.990 (0.984-0.995)	—	0.968 (0.956-0.980)
Nuts	—	—	0.945 (0.914-0.977)	—
Legumes	—	—	1.010 (0.977-1.045)	—
Seafood and Plant Proteins	0.968 (0.957-0.980)	—	—	—
Fish	—	—	0.945 (0.914-0.977)	—
Total Protein Foods	0.991 (0.972-1.010)	—	—	—
Low-Fat Dairy	1.001 (0.995-1.006)	—	—	0.998 (0.986-1.011)
Ratio of Fatty Acids	PUFA + MUFA/SF: 0.984 (0.978-0.989)	—	MUFA/SF: 0.937 (0.908- 0.968)	—
Trans Fat	—	0.988 (0.981-0.995)	—	—
EPA + DHA	—	0.985 (0.979-0.991)	—	—
PUFA	—	0.989 (0.982-0.996)	—	—
Alcohol	—	0.975 (0.970-0.979)	0.879 (0.840-0.919)	—
Red & Processed Meat	—	0.992 (0.986-0.998)	0.956 (0.92-0.991)	0.983 (0.969-0.997)
Refined Grains	1.033 (1.026-1.039)	—	—	—
Empty Calories	0.991 (0.987-0.994)	—	—	—
Sugar Sweetened Beverages and Fruit Juices	—	0.999 (0.995-1.003)	—	—
Sugar Sweetened Beverages	—	—	—	1.004 (0.989-1.019)
Sodium	0.990 (0.983-0.996)	1.003 (0.994-1.012)	—	1.014 (0.995-1.034)

¹HR for 1 point increase in component score.

²Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), hormone replacement therapy (women only), and the modified total index score for each index (total score-component *i*). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension.

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Supplemental TABLE 4. Multivariate HRs¹ and 95% CIs for cardiovascular disease mortality for each component of the HEI-2010, AHEI-2010, aMED, and DASH Score among women²

Component	HEI-2010	AHEI-2010	aMED	DASH
Whole Grains	0.971 (0.962-0.980)	0.946 (0.930-0.963)	0.878 (0.838-0.921)	0.941 (0.925-0.957)
Total Vegetables	0.995 (0.973-1.017)	—	—	—
Vegetables Excluding Potatoes	—	0.998 (0.988-1.007)	0.985 (0.937-1.034)	0.982 (0.965-1.000)
Greens and Beans	0.970 (0.957-0.984)	—	—	—
Total Fruit	0.996 (0.976-1.017)	0.993 (0.986-1.001)	1.009 (0.962-1.058)	1.013 (0.995-1.032)
Whole Fruit	0.996 (0.976-1.016)	—	—	—
Nuts and Legumes	—	0.986 (0.978-0.993)	—	0.955 (0.938-0.972)
Nuts	—	—	0.908 (0.867-0.952)	—
Legumes	—	—	0.992 (0.947-1.038)	—
Seafood and Plant Proteins	0.962 (0.947-0.978)	—	—	—
Fish	—	—	0.937 (0.895-0.982)	—
Total Protein Foods	0.988 (0.966-1.010)	—	—	—
Low-Fat Dairy	0.993 (0.986-1.0002)	—	—	0.984 (0.968-1.002)
Ratio of Fatty Acids	PUFA + MUFA/SF: 0.992 (0.985-0.9996)	—	MUFA/SF: 1.003 (0.960-1.049)	—
Trans Fat	—	0.986 (0.977-0.996)	—	—
EPA + DHA	—	0.983 (0.974-0.993)	—	—
PUFA	—	0.995 (0.986-1.005)	—	—
Alcohol	—	0.976 (0.968-0.985)	0.842 (0.781-0.909)	—
Red & Processed Meat	—	0.980 (0.970-0.990)	0.912 (0.868-0.958)	0.983 (0.964-1.002)
Refined Grains	1.025 (1.016-1.034)	—	—	—
Empty Calories	0.992 (0.988-0.997)	—	—	—
Sugar Sweetened Beverages and Fruit Juices	—	0.994 (0.989-1.0001)	—	—
Sugar Sweetened Beverages	—	—	—	0.981 (0.963-0.999)
Sodium	0.980 (0.971-0.988)	0.987 (0.973-1.001)	—	0.979 (0.954-1.006)

¹HR for 1 point increase in component score.

²Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), hormone replacement therapy (women only), and the modified total index score for each index (total score-component *i*). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension.

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Supplemental TABLE 5. Multivariate HRs¹ and 95% CIs for cancer mortality for each component of the HEI-2010, AHEI-2010, aMED, and DASH Score among men²

Component	HEI-2010	AHEI-2010	aMED	DASH
Whole Grains	0.981 (0.975-0.987)	0.962 (0.952-0.973)	0.911 (0.884-0.939)	0.964 (0.954-0.975)
Total Vegetables	0.998 (0.984-1.012)	—	—	—
Vegetables Excluding Potatoes	—	0.985 (0.979-0.991)	0.963 (0.933-0.994)	0.974 (0.963-0.986)
Greens and Beans	0.999 (0.990-1.009)	—	—	—
Total Fruit	0.972 (0.961-0.984)	0.983 (0.979-0.988)	0.923 (0.895-0.951)	0.964 (0.953-0.975)
Whole Fruit	0.980 (0.969-0.990)	—	—	—
Nuts and Legumes	—	0.996 (0.991-1.001)	—	0.991 (0.980-1.003)
Nuts	—	—	0.985 (0.956-1.016)	—
Legumes	—	—	1.002 (0.972-1.033)	—
Seafood and Plant Proteins	0.991 (0.980-1.002)	—	—	—
Fish	—	—	0.979 (0.949-1.008)	—
Total Protein Foods	1.014 (0.996-1.033)	—	—	—
Low-Fat Dairy	0.992 (0.987-0.997)	—	—	0.986 (0.975-0.997)
Ratio of Fatty Acids	PUFA + MUFA/SF: 0.982 (0.977-0.988)	—	MUFA/SF: 0.955 (0.927- 0.983)	—
Trans Fat	—	0.993 (0.987-0.9995)	—	—
EPA + DHA	—	0.987 (0.981-0.992)	—	—
PUFA	—	0.988 (0.982-0.994)	—	—
Alcohol	—	0.988 (0.984-0.992)	0.948 (0.912-0.986)	—
Red & Processed Meat	—	0.988 (0.982-0.994)	0.922 (0.892-0.953)	0.971 (0.958-0.984)
Refined Grains	1.010 (1.004-1.016)	—	—	—
Empty Calories	0.988 (0.985-0.992)	—	—	—
Sugar Sweetened Beverages and Fruit Juices	—	1.013 (1.009-1.017)	—	—
Sugar Sweetened Beverages	—	—	—	1.013 (0.999-1.027)
Sodium	0.991 (0.985-0.997)	1.010 (1.002-1.018)	—	1.005 (0.987-1.022)

¹HR for 1 point increase in component score.

²Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), hormone replacement therapy (women only), and the modified total index score for each index (total score-component *i*). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension.

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Supplemental TABLE 6. Multivariate HRs¹ and 95% CIs for cancer mortality for each component of the HEI-2010, AHEI-2010, aMED, and DASH Score among women²

Component	HEI-2010	AHEI-2010	aMED	DASH
Whole Grains	0.982 (0.974-0.990)	0.957 (0.943-0.972)	0.882 (0.847-0.919)	0.956 (0.942-0.970)
Total Vegetables	1.015 (0.996-1.036)	—	—	—
Vegetables Excluding Potatoes	—	0.997 (0.989-1.005)	1.005 (0.964-1.049)	0.992 (0.977-1.007)
Greens and Beans	0.995 (0.983-1.007)	—	—	—
Total Fruit	0.987 (0.970-1.004)	0.989 (0.983-0.996)	0.933 (0.895-0.973)	0.986 (0.971-1.001)
Whole Fruit	0.981 (0.965-0.998)	—	—	—
Nuts and Legumes	—	0.987 (0.981-0.994)	—	0.976 (0.961-0.991)
Nuts	—	—	0.966 (0.928-1.006)	—
Legumes	—	—	0.967 (0.929-1.006)	—
Seafood and Plant Proteins	0.987 (0.974-1.001):	—	—	—
Fish	—	—	0.988 (0.949-1.028)	—
Total Protein Foods	1.016 (0.996-1.036)	—	—	—
Low-Fat Dairy	0.986 (0.979-0.992)	—	—	0.967 (0.952-0.981)
Ratio of Fatty Acids	PUFA + MUFA/SF: 0.990 (0.984-0.996)	—	MUFA/SF: 0.975 (0.939- 1.013)	—
Trans Fat	—	0.996 (0.987-1.004)	—	—
EPA + DHA	—	0.998 (0.990-1.006)	—	—
PUFA	—	1.000 (0.992-1.008)	—	—
Alcohol	—	0.994 (0.987-1.0004)	0.942 (0.888-0.999)	—
Red & Processed Meat	—	0.984 (0.975-0.993)	0.927 (0.889-0.968)	0.983 (0.967-1.001)
Refined Grains	1.013 (1.005-1.020)	—	—	—
Empty Calories	0.996 (0.991-0.9997)	—	—	—
Sugar Sweetened Beverages and Fruit Juices	—	1.007 (1.002-1.012)	—	—
Sugar Sweetened Beverages	—	—	—	0.996 (0.980-1.012)
Sodium	0.991 (0.983-0.999)	1.007 (0.995-1.019)	—	0.990 (0.967-1.013)

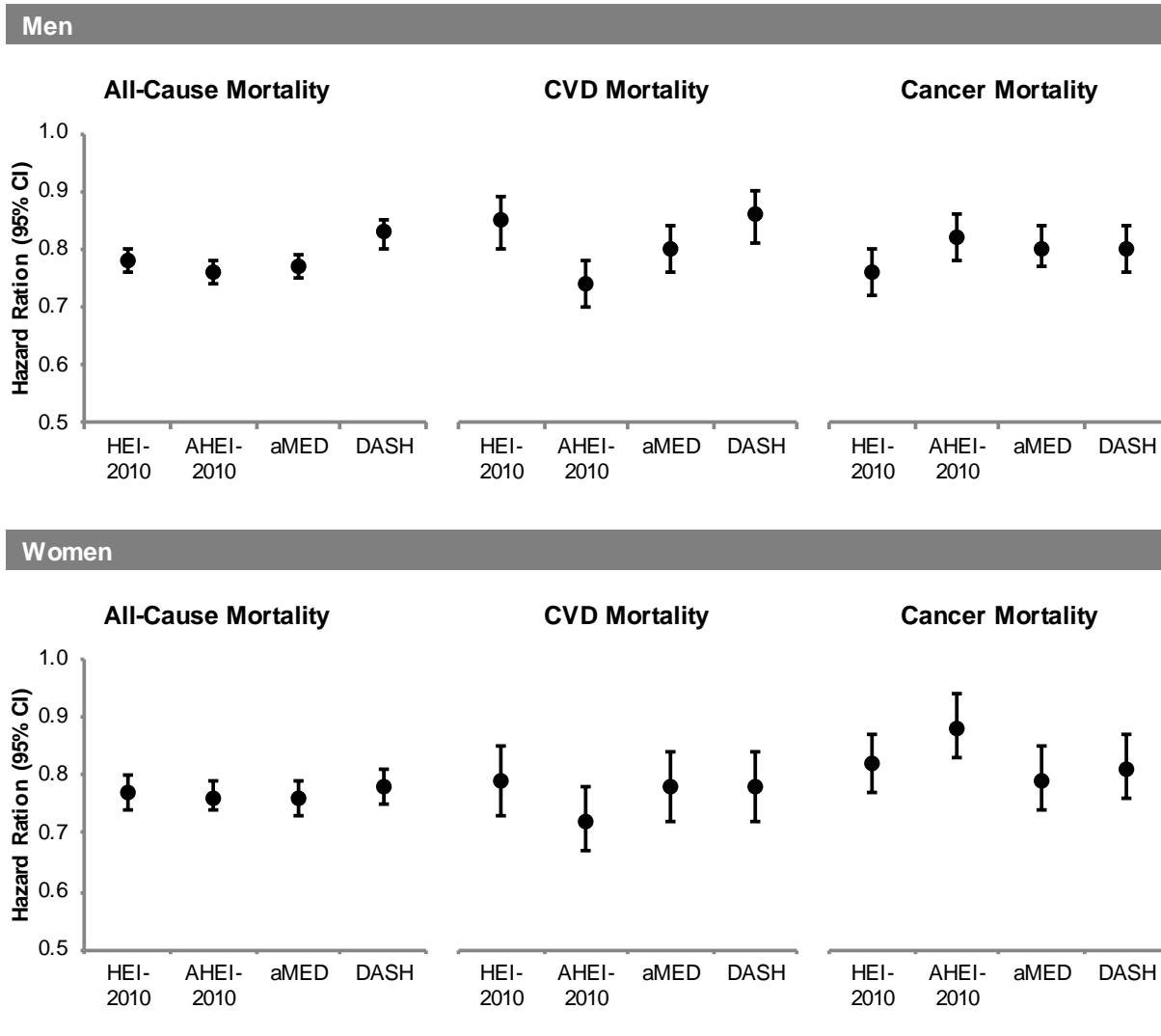
¹HR for 1 point increase in component score.

²Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), hormone replacement therapy (women only), and the modified total index score for each index (total score-component *i*). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension.

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Supplemental Figure 1

Figure 1. Multivariate HRs and 95% CIs for all-cause, CVD, and cancer mortality comparing highest (Q5) to lowest quintile index scores (Q1) for the HEI-2010, AHEI-2010, aMED, and DASH Score among men (n=242,321) and women (n=182,342) in the NIH-AARP Diet and Health Study¹



¹ Adjusted for age, race/ethnicity, education, marital status, physical activity, smoking, energy, body mass index, diabetes, alcohol (HEI-2010 and DASH only), and hormone replacement therapy (women only). HEI-2010, Healthy Eating Index-2010; AHEI-2010, Alternate Healthy Eating Index-2010; aMED, Alternate Healthy Eating Index; DASH, Dietary Approaches to Stop Hypertension; Q1, quintile 1; Q5, quintile 5.