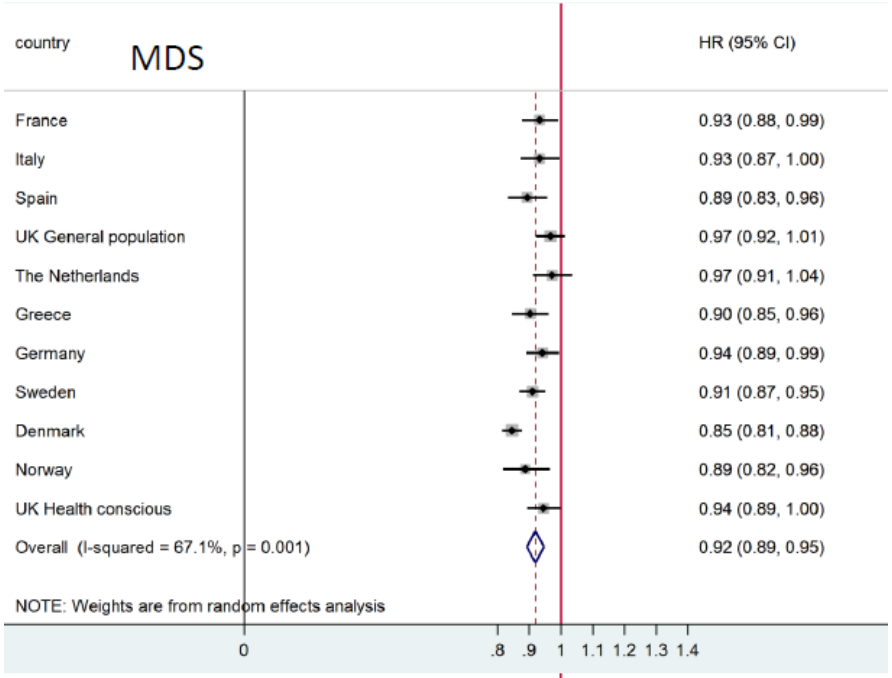
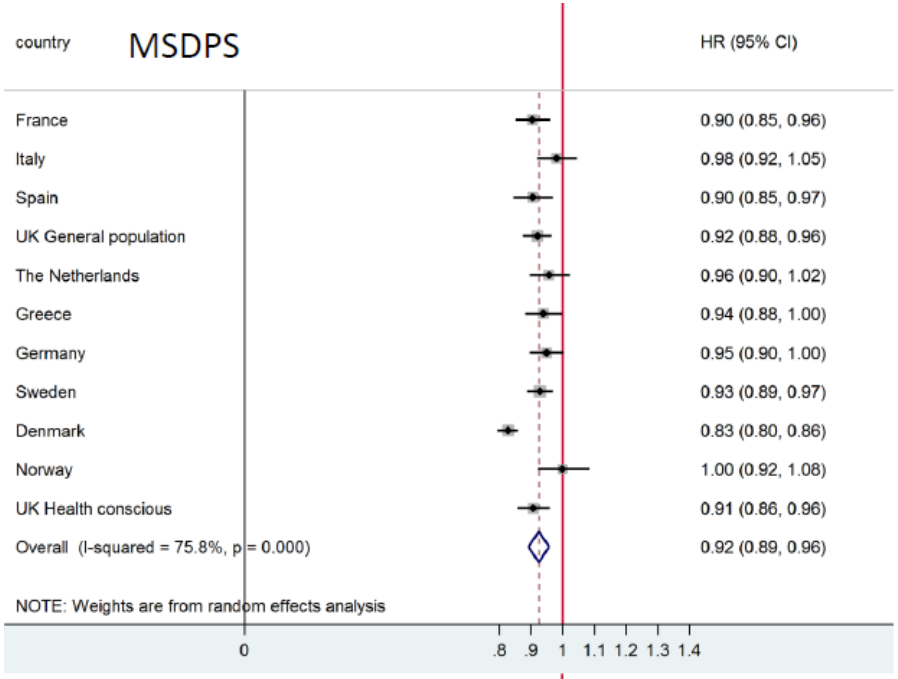
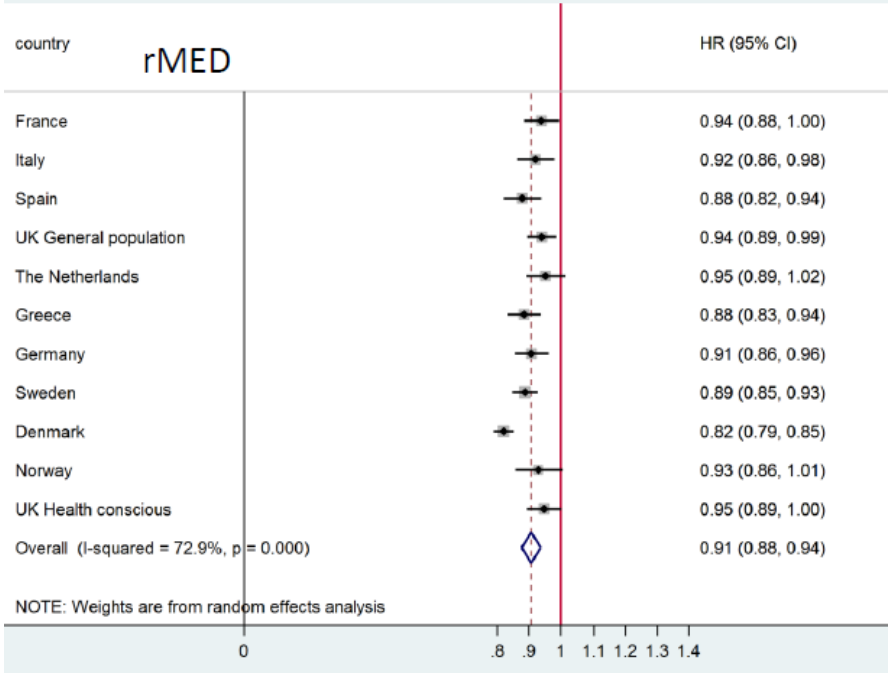
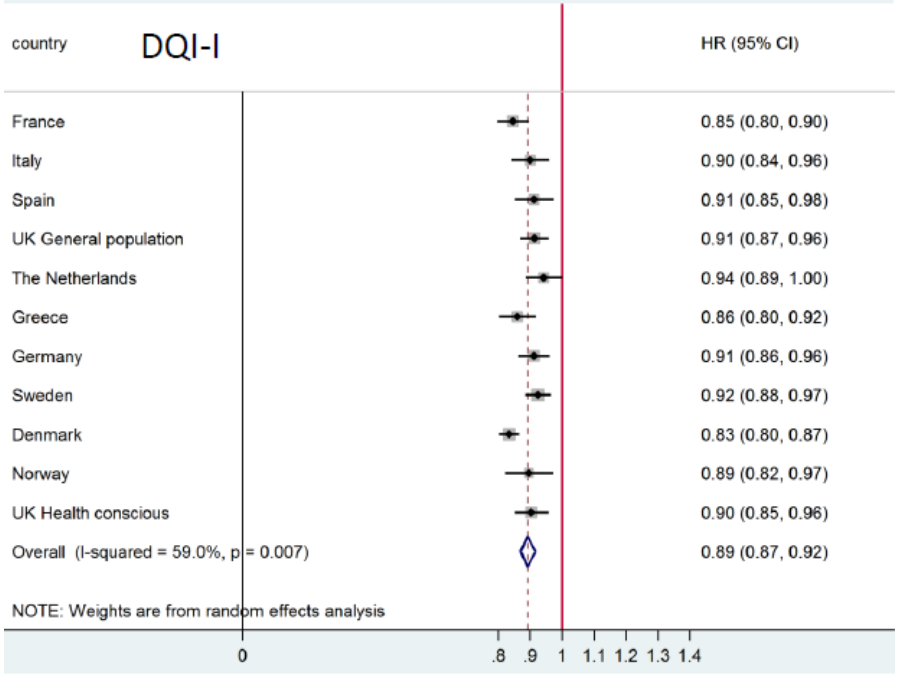
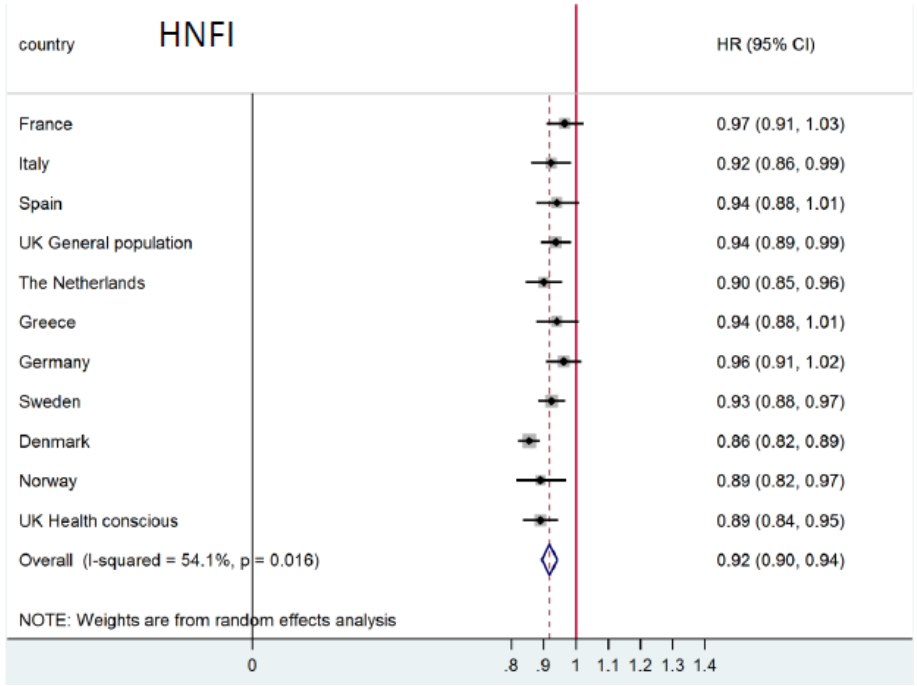
S2a Fig. Multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year all-cause mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study, by country

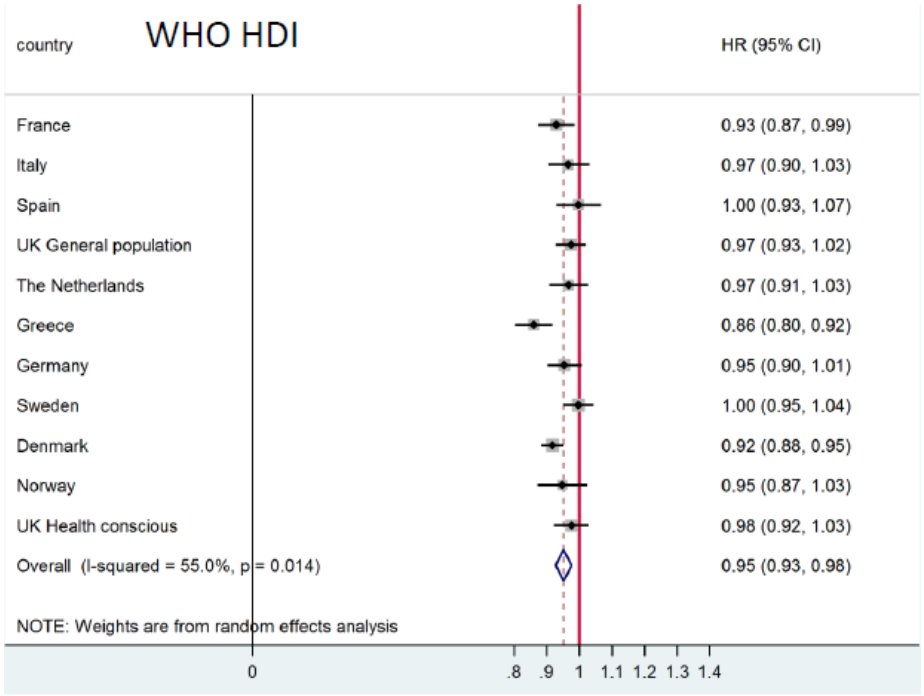


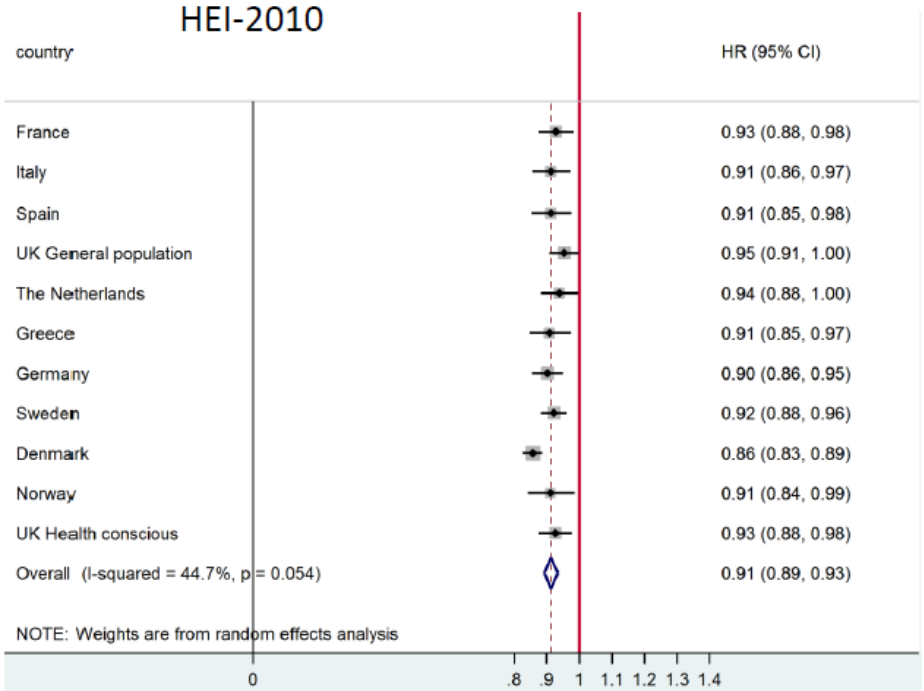


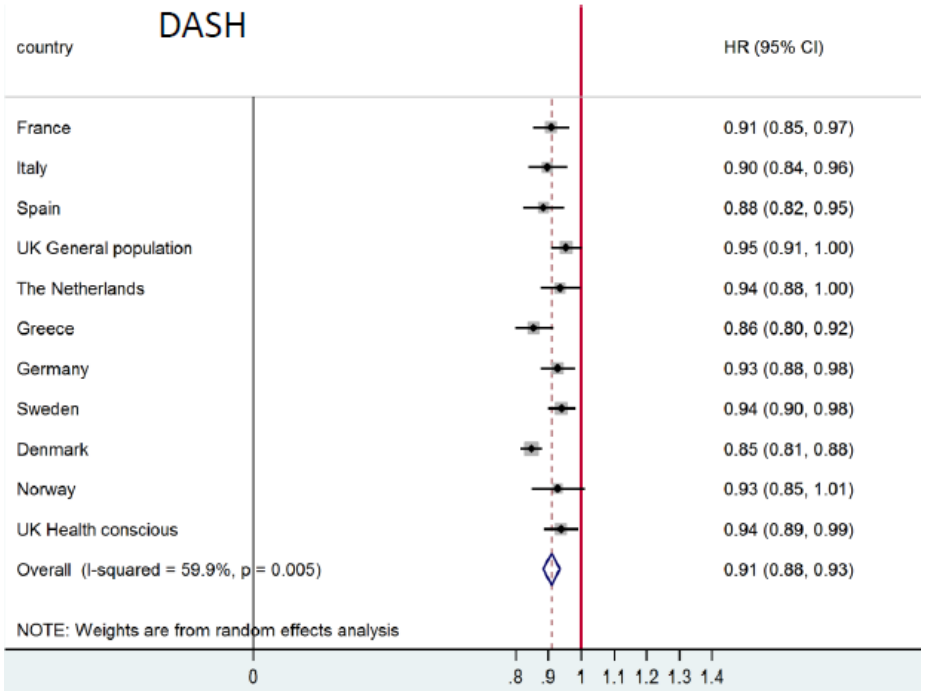


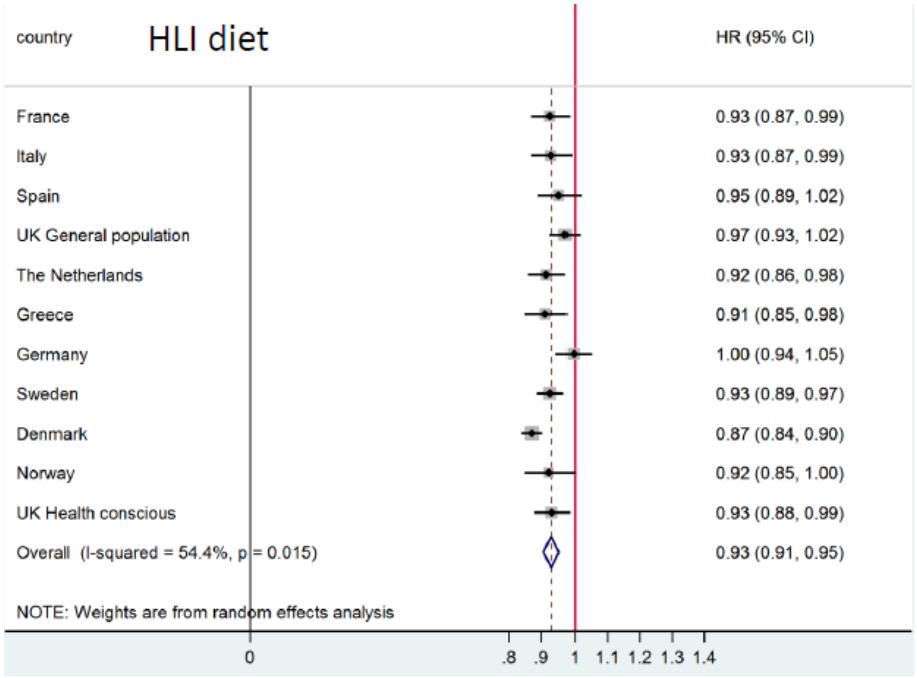


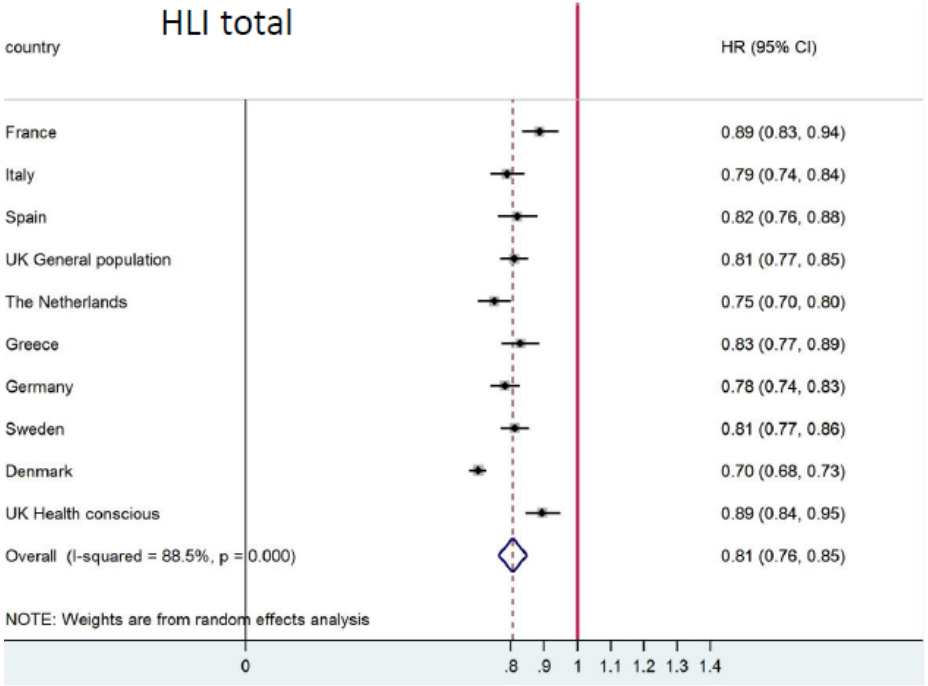

HNFI
country
HR (95% CI)
France
0.97 (0.91, 1.03)
Italy
0.92 (0.86, 0.99)
Spain
0.94 (0.88, 1.01)
UK General population
0.94 (0.89, 0.99)
The Netherlands
0.90 (0.85, 0.96)
Greece
0.94 (0.88, 1.01)
Germany
0.96 (0.91, 1.02)
Sweden
0.93 (0.88, 0.97)
Denmark
0.86 (0.82, 0.89)
Norway
0.89 (0.82, 0.97)
UK Health conscious
0.89 (0.84, 0.95)
Overall (I-squared = 54.1%, p = 0.016)
0.92 (0.90, 0.94)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

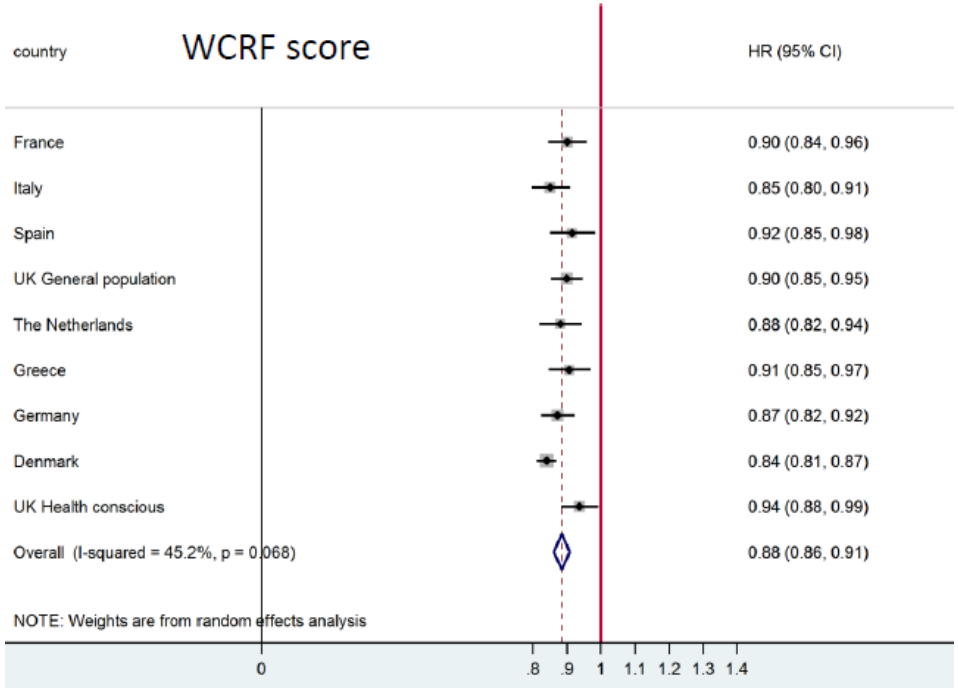

WHO HDI
country
HR (95% CI)
France
0.93 (0.87, 0.99)
Italy
0.97 (0.90, 1.03)
Spain
1.00 (0.93, 1.07)
UK General population
0.97 (0.93, 1.02)
The Netherlands
0.97 (0.91, 1.03)
Greece
0.86 (0.80, 0.92)
Germany
0.95 (0.90, 1.01)
Sweden
1.00 (0.95, 1.04)
Denmark
0.92 (0.88, 0.95)
Norway
0.95 (0.87, 1.03)
UK Health conscious
0.98 (0.92, 1.03)
Overall (I-squared = 55.0%, p = 0.014)
0.95 (0.93, 0.98)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4


HEI-2010
country
HR (95% CI)
France
0.93 (0.88, 0.98)
Italy
0.91 (0.86, 0.97)
Spain
0.91 (0.85, 0.98)
UK General population
0.95 (0.91, 1.00)
The Netherlands
0.94 (0.88, 1.00)
Greece
0.91 (0.85, 0.97)
Germany
0.90 (0.86, 0.95)
Sweden
0.92 (0.88, 0.96)
Denmark
0.86 (0.83, 0.89)
Norway
0.91 (0.84, 0.99)
UK Health conscious
0.93 (0.88, 0.98)
Overall (I-squared = 44.7%, p = 0.054)
0.91 (0.89, 0.93)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

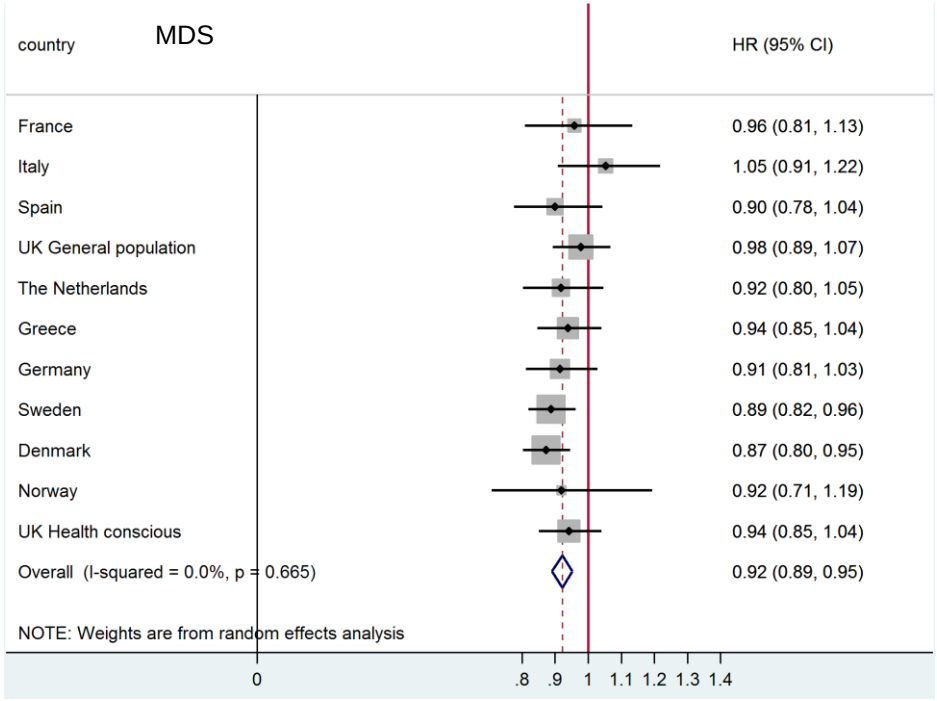

DASH
country
HR (95% CI)
France
0.91 (0.85, 0.97)
Italy
0.90 (0.84, 0.96)
Spain
0.88 (0.82, 0.95)
UK General population
0.95 (0.91, 1.00)
The Netherlands
0.94 (0.88, 1.00)
Greece
0.86 (0.80, 0.92)
Germany
0.93 (0.88, 0.98)
Sweden
0.94 (0.90, 0.98)
Denmark
0.85 (0.81, 0.88)
Norway
0.93 (0.85, 1.01)
UK Health conscious
0.94 (0.89, 0.99)
Overall (I-squared = 59.9%, p = 0.005)
0.91 (0.88, 0.93)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

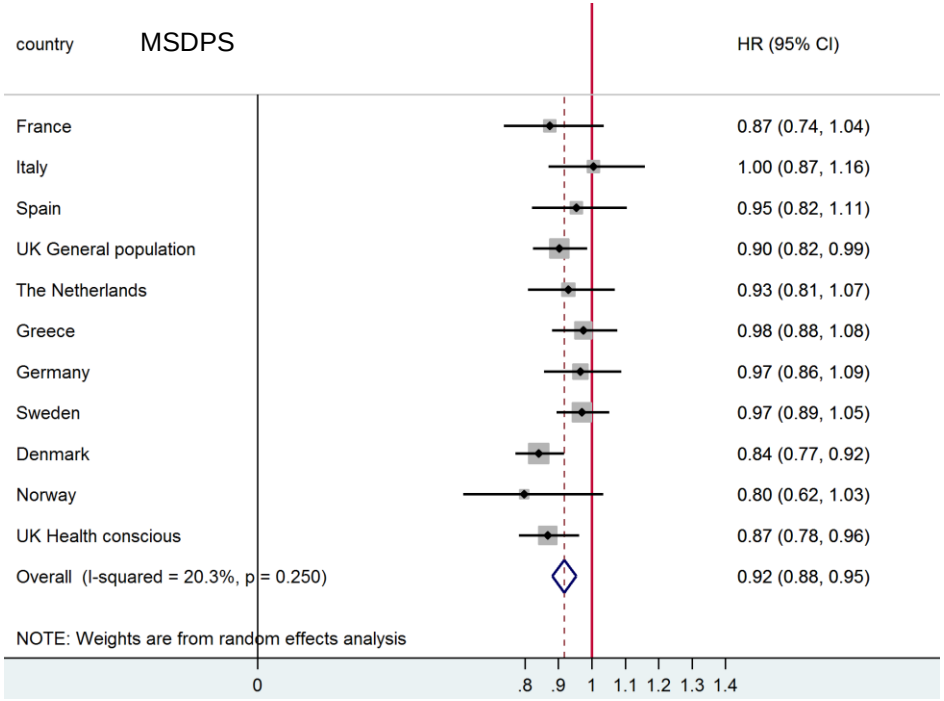

country
HLI diet
HR (95% CI)
France
0.93 (0.87, 0.99)
Italy
0.93 (0.87, 0.99)
Spain
0.95 (0.89, 1.02)
UK General population
0.97 (0.93, 1.02)
The Netherlands
0.92 (0.86, 0.98)
Greece
0.91 (0.85, 0.98)
Germany
1.00 (0.94, 1.05)
Sweden
0.93 (0.89, 0.97)
Denmark
0.87 (0.84, 0.90)
Norway
0.92 (0.85, 1.00)
UK Health conscious
0.93 (0.88, 0.99)
Overall (I-squared = 54.4%, p = 0.015)
0.93 (0.91, 0.95)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

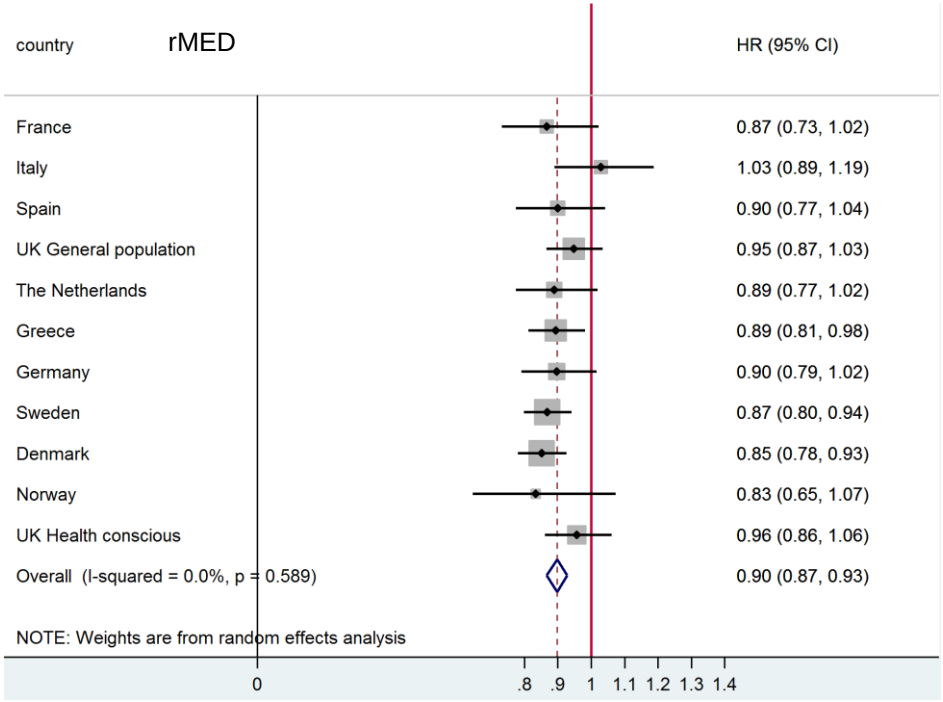

HLI total
country
HR (95% CI)
France
0.89 (0.83, 0.94)
Italy
0.79 (0.74, 0.84)
Spain
0.82 (0.76, 0.88)
UK General population
0.81 (0.77, 0.85)
The Netherlands
0.75 (0.70, 0.80)
Greece
0.83 (0.77, 0.89)
Germany
0.78 (0.74, 0.83)
Sweden
0.81 (0.77, 0.86)
Denmark
0.70 (0.68, 0.73)
UK Health conscious
0.89 (0.84, 0.95)
Overall (I-squared = 88.5%, p = 0.000)
0.81 (0.76, 0.85)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

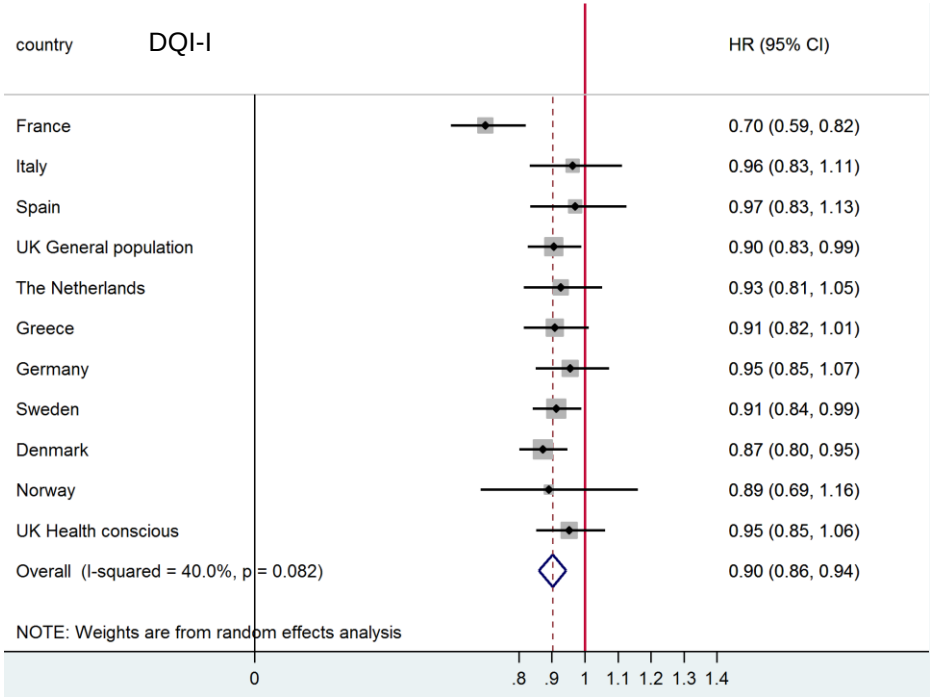

country
WCRF score
HR (95% CI)
France
0.90 (0.84, 0.96)
Italy
0.85 (0.80, 0.91)
Spain
0.92 (0.85, 0.98)
UK General population
0.90 (0.85, 0.95)
The Netherlands
0.88 (0.82, 0.94)
Greece
0.91 (0.85, 0.97)
Germany
0.87 (0.82, 0.92)
Denmark
0.84 (0.81, 0.87)
UK Health conscious
0.94 (0.88, 0.99)
Overall (I-squared = 45.2%, p = 0.068)
0.88 (0.86, 0.91)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

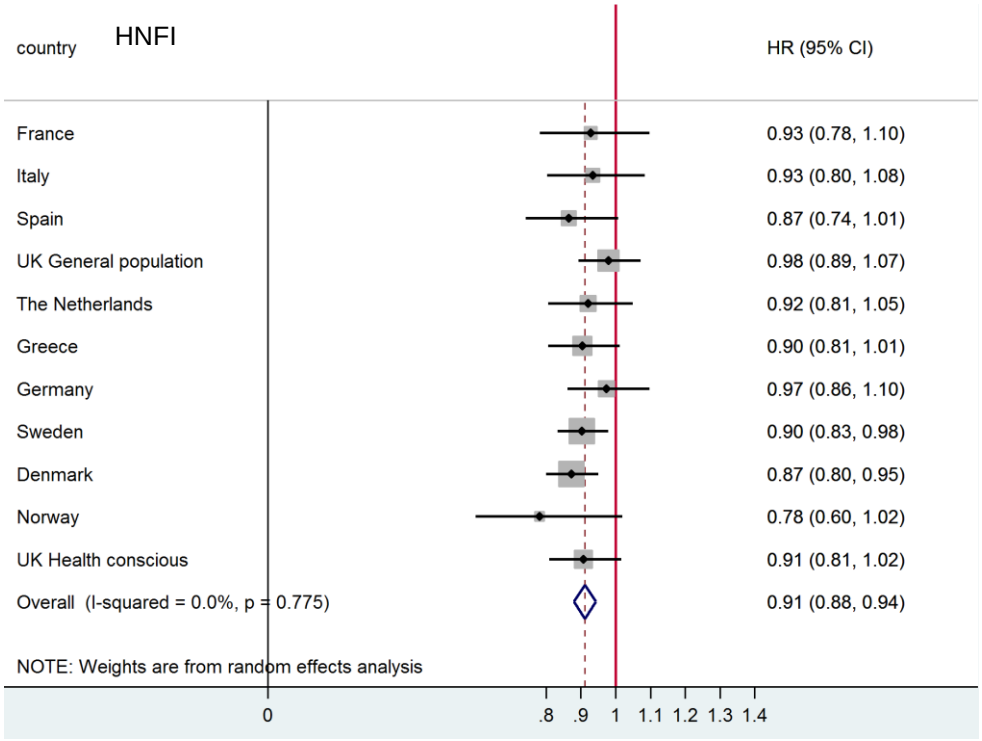
S2b Fig. Multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year CVD mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study, by country.

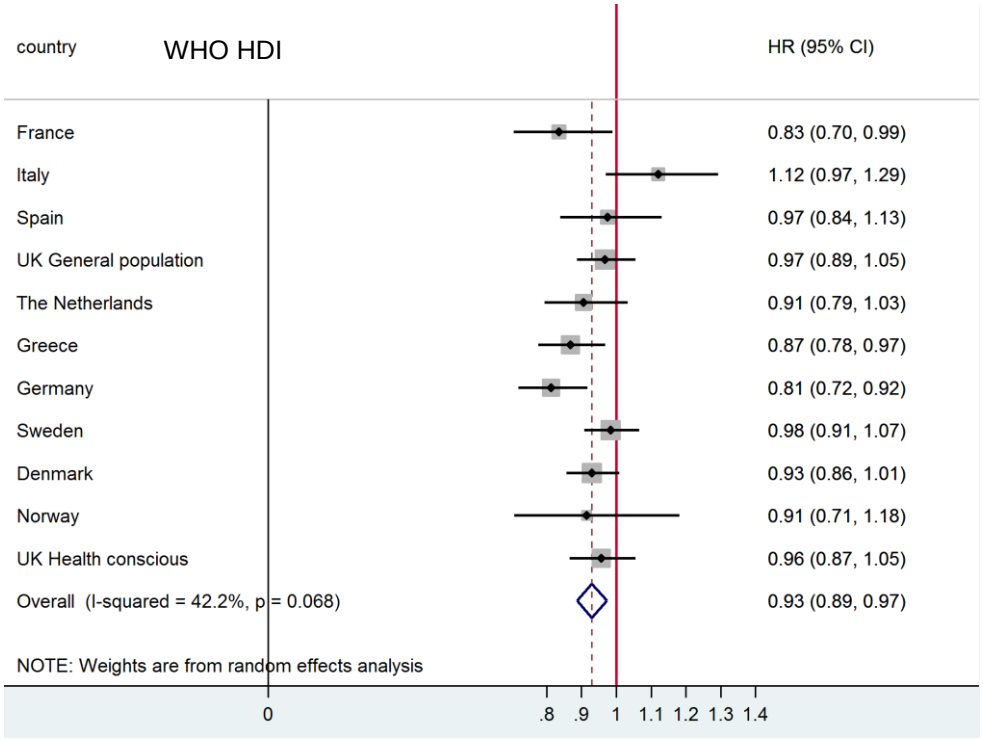


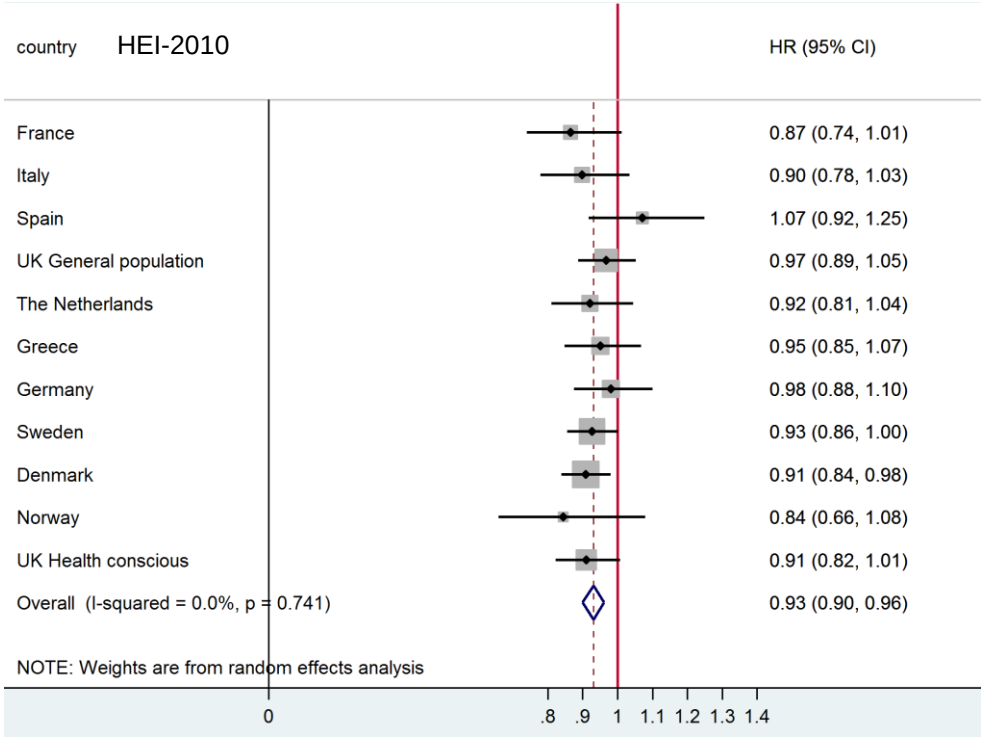


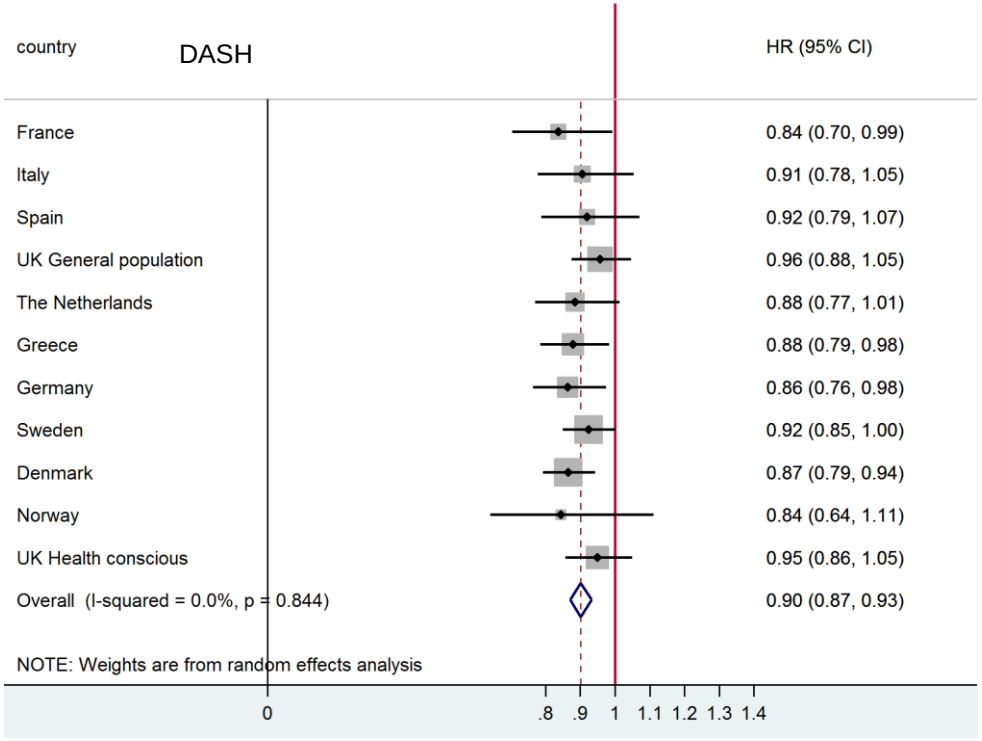


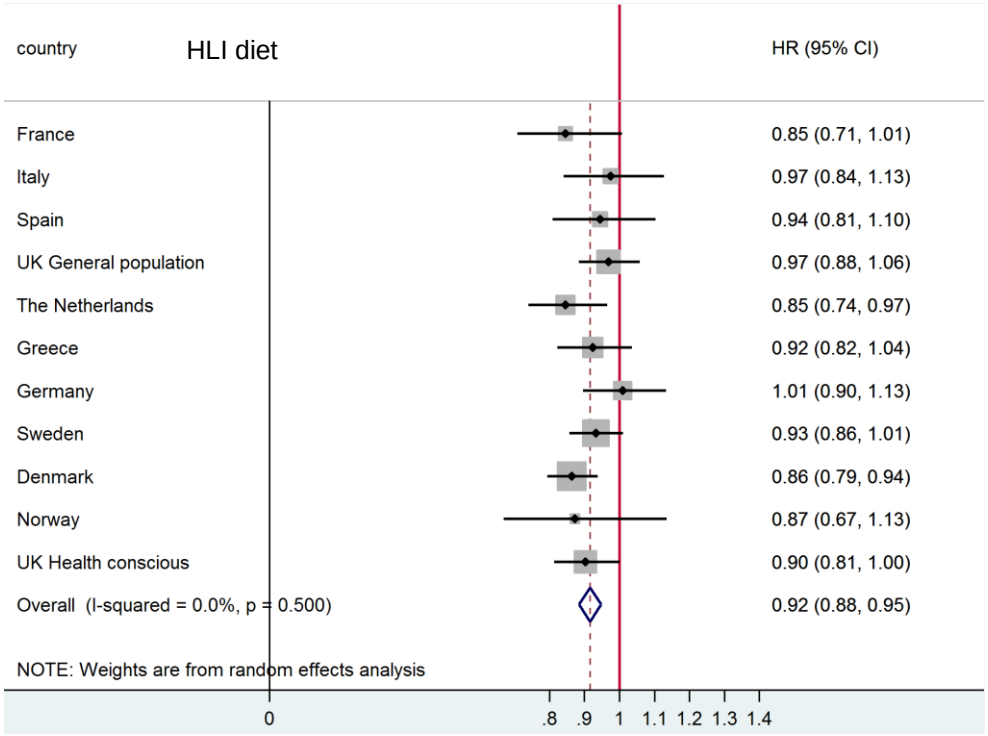


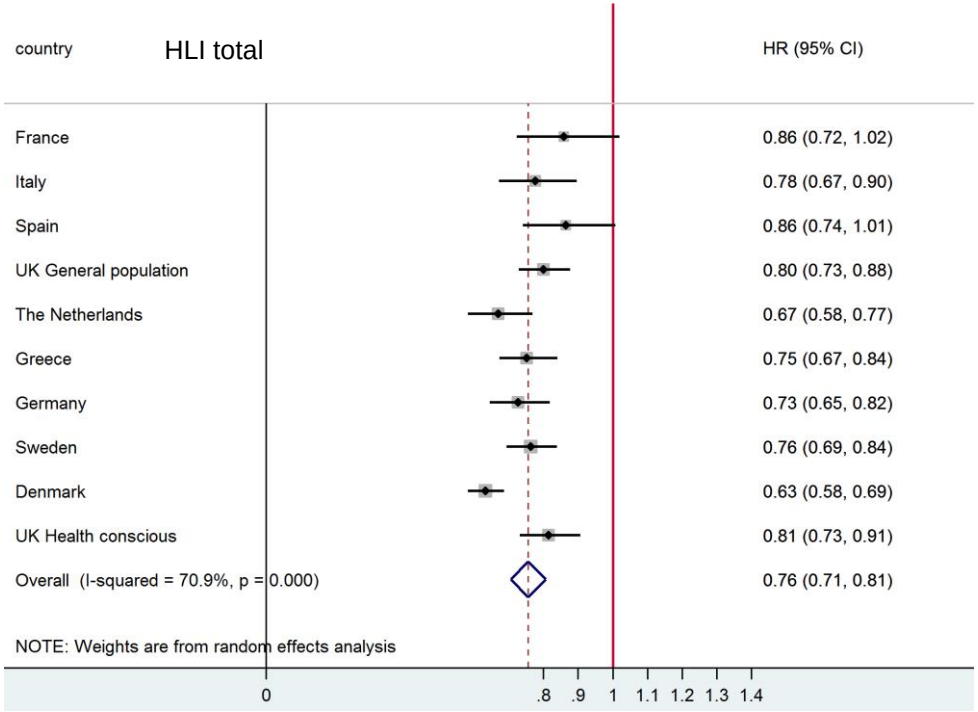

country
HNFI
HR (95% CI)
France
0.93 (0.78, 1.10)
Italy
0.93 (0.80, 1.08)
Spain
0.87 (0.74, 1.01)
UK General population
0.98 (0.89, 1.07)
The Netherlands
0.92 (0.81, 1.05)
Greece
0.90 (0.81, 1.01)
Germany
0.97 (0.86, 1.10)
Sweden
0.90 (0.83, 0.98)
Denmark
0.87 (0.80, 0.95)
Norway
0.78 (0.60, 1.02)
UK Health conscious
0.91 (0.81, 1.02)
Overall (I-squared = 0.0%, p = 0.775)
0.91 (0.88, 0.94)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4

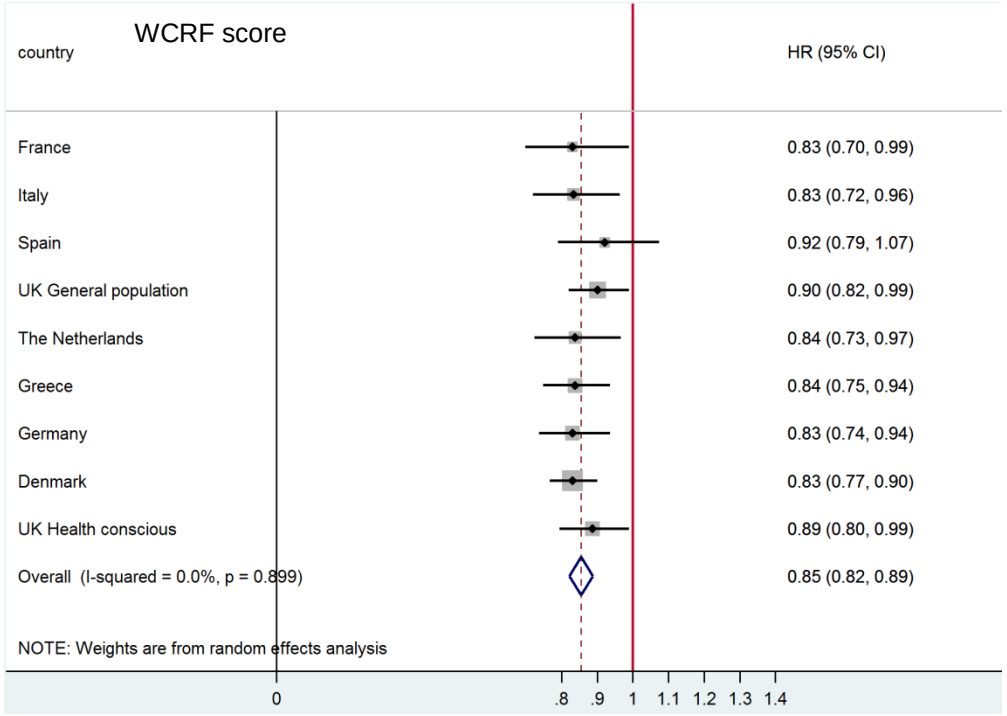

country
WHO HDI
HR (95% CI)
France
0.83 (0.70, 0.99)
Italy
1.12 (0.97, 1.29)
Spain
0.97 (0.84, 1.13)
UK General population
0.97 (0.89, 1.05)
The Netherlands
0.91 (0.79, 1.03)
Greece
0.87 (0.78, 0.97)
Germany
0.81 (0.72, 0.92)
Sweden
0.98 (0.91, 1.07)
Denmark
0.93 (0.86, 1.01)
Norway
0.91 (0.71, 1.18)
UK Health conscious
0.96 (0.87, 1.05)
Overall (I-squared = 42.2%, p = 0.068)
0.93 (0.89, 0.97)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4


country
HEI-2010
HR (95% CI)
France
0.87 (0.74, 1.01)
Italy
0.90 (0.78, 1.03)
Spain
1.07 (0.92, 1.25)
UK General population
0.97 (0.89, 1.05)
The Netherlands
0.92 (0.81, 1.04)
Greece
0.95 (0.85, 1.07)
Germany
0.98 (0.88, 1.10)
Sweden
0.93 (0.86, 1.00)
Denmark
0.91 (0.84, 0.98)
Norway
0.84 (0.66, 1.08)
UK Health conscious
0.91 (0.82, 1.01)
Overall (I-squared = 0.0%, p = 0.741)
0.93 (0.90, 0.96)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4

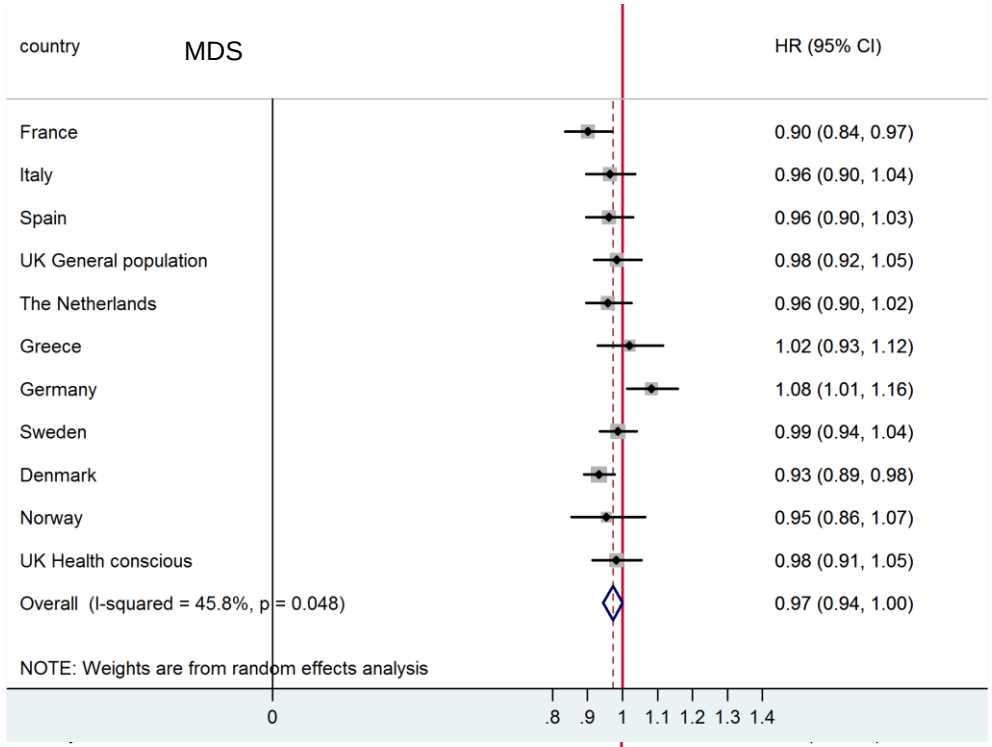

country
DASH
HR (95% CI)
France
0.84 (0.70, 0.99)
Italy
0.91 (0.78, 1.05)
Spain
0.92 (0.79, 1.07)
UK General population
0.96 (0.88, 1.05)
The Netherlands
0.88 (0.77, 1.01)
Greece
0.88 (0.79, 0.98)
Germany
0.86 (0.76, 0.98)
Sweden
0.92 (0.85, 1.00)
Denmark
0.87 (0.79, 0.94)
Norway
0.84 (0.64, 1.11)
UK Health conscious
0.95 (0.86, 1.05)
Overall (I-squared = 0.0%, p = 0.844)
0.90 (0.87, 0.93)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4

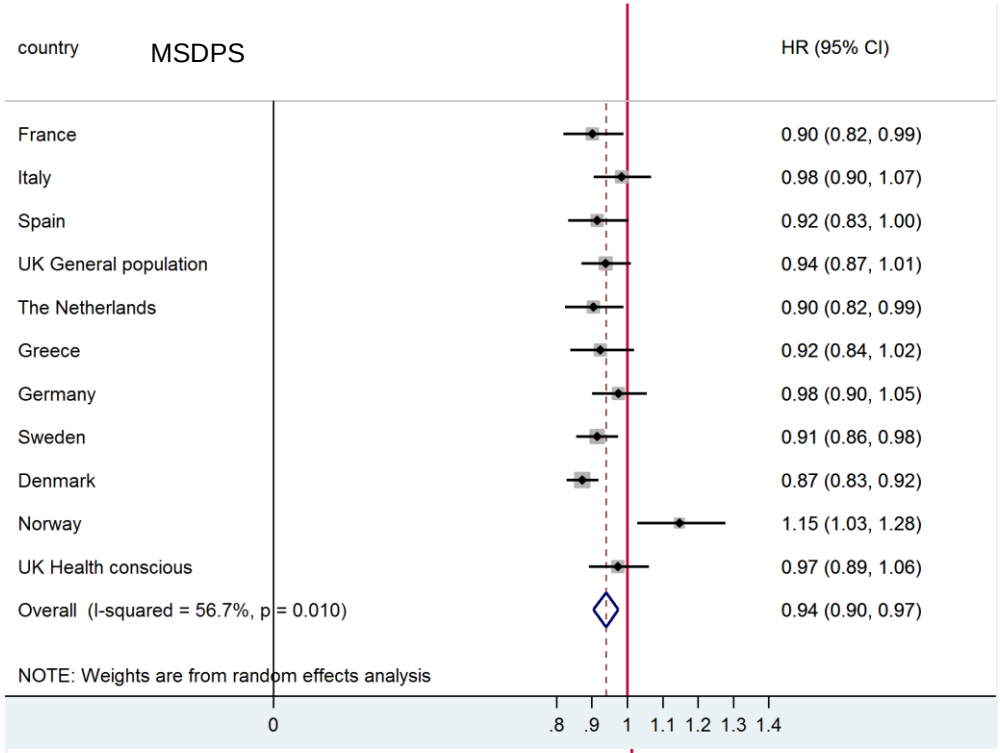

country
HLI diet
HR (95% CI)
France
0.85 (0.71, 1.01)
Italy
0.97 (0.84, 1.13)
Spain
0.94 (0.81, 1.10)
UK General population
0.97 (0.88, 1.06)
The Netherlands
0.85 (0.74, 0.97)
Greece
0.92 (0.82, 1.04)
Germany
1.01 (0.90, 1.13)
Sweden
0.93 (0.86, 1.01)
Denmark
0.86 (0.79, 0.94)
Norway
0.87 (0.67, 1.13)
UK Health conscious
0.90 (0.81, 1.00)
Overall (I-squared = 0.0%, p = 0.500)
0.92 (0.88, 0.95)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4

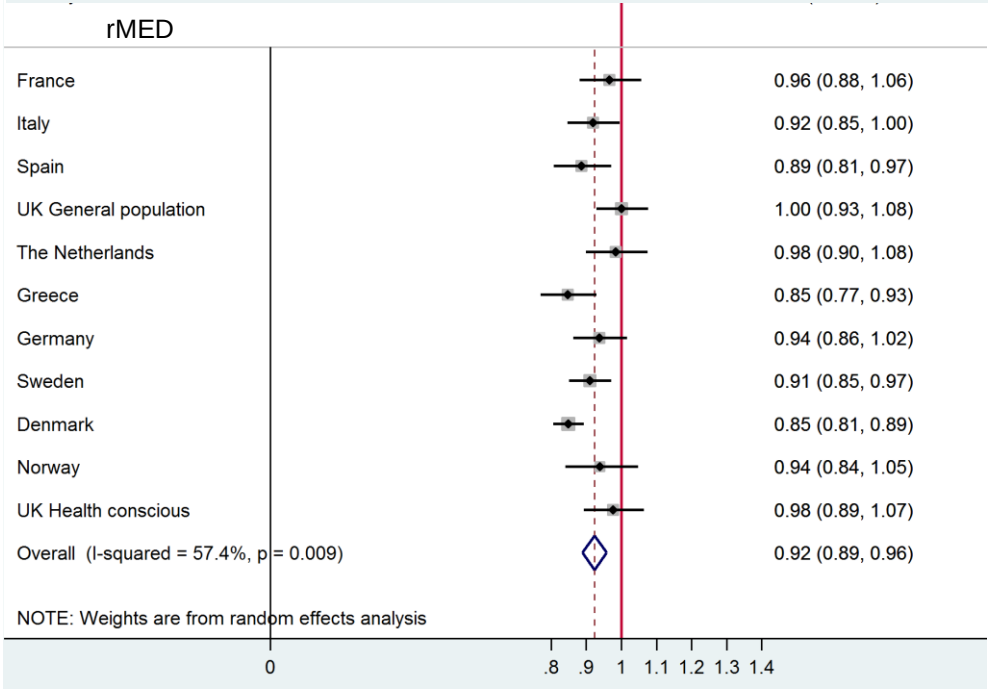

country
HLI total
HR (95% CI)
France
0.86 (0.72, 1.02)
Italy
0.78 (0.67, 0.90)
Spain
0.86 (0.74, 1.01)
UK General population
0.80 (0.73, 0.88)
The Netherlands
0.67 (0.58, 0.77)
Greece
0.75 (0.67, 0.84)
Germany
0.73 (0.65, 0.82)
Sweden
0.76 (0.69, 0.84)
Denmark
0.63 (0.58, 0.69)
UK Health conscious
0.81 (0.73, 0.91)
Overall (I-squared = 70.9%, p = 0.000)
0.76 (0.71, 0.81)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4

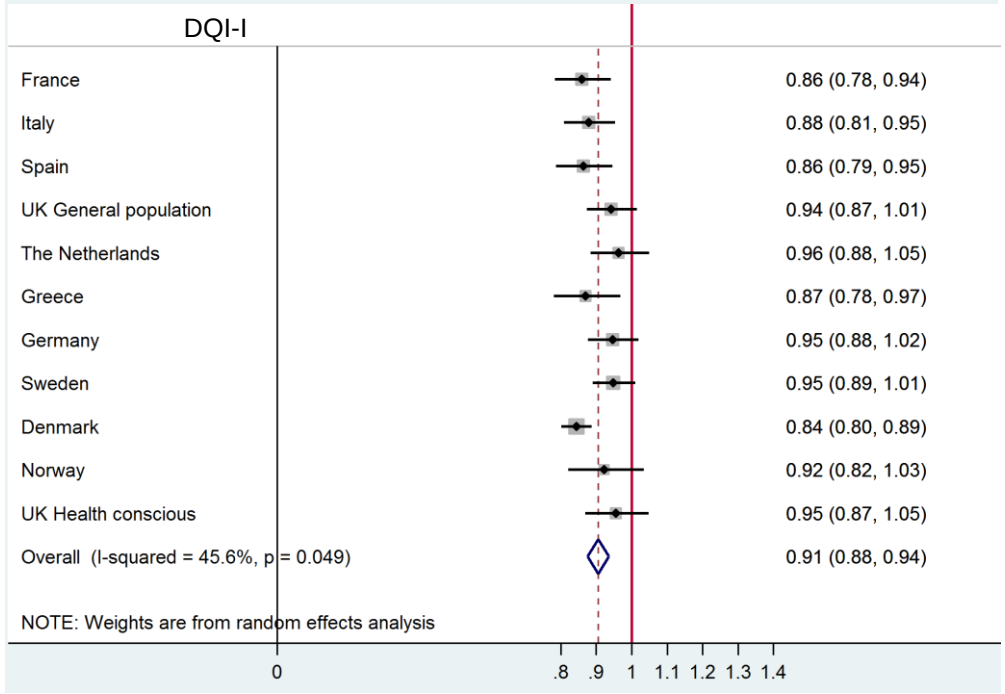

country
WCRF score
HR (95% CI)
France
0.83 (0.70, 0.99)
Italy
0.83 (0.72, 0.96)
Spain
0.92 (0.79, 1.07)
UK General population
0.90 (0.82, 0.99)
The Netherlands
0.84 (0.73, 0.97)
Greece
0.84 (0.75, 0.94)
Germany
0.83 (0.74, 0.94)
Denmark
0.83 (0.77, 0.90)
UK Health conscious
0.89 (0.80, 0.99)
Overall (I-squared = 0.0%, p = 0.899)
0.85 (0.82, 0.89)
NOTE: Weights are from random effects analysis
0
.8
.9
1
1.1
1.2
1.3
1.4

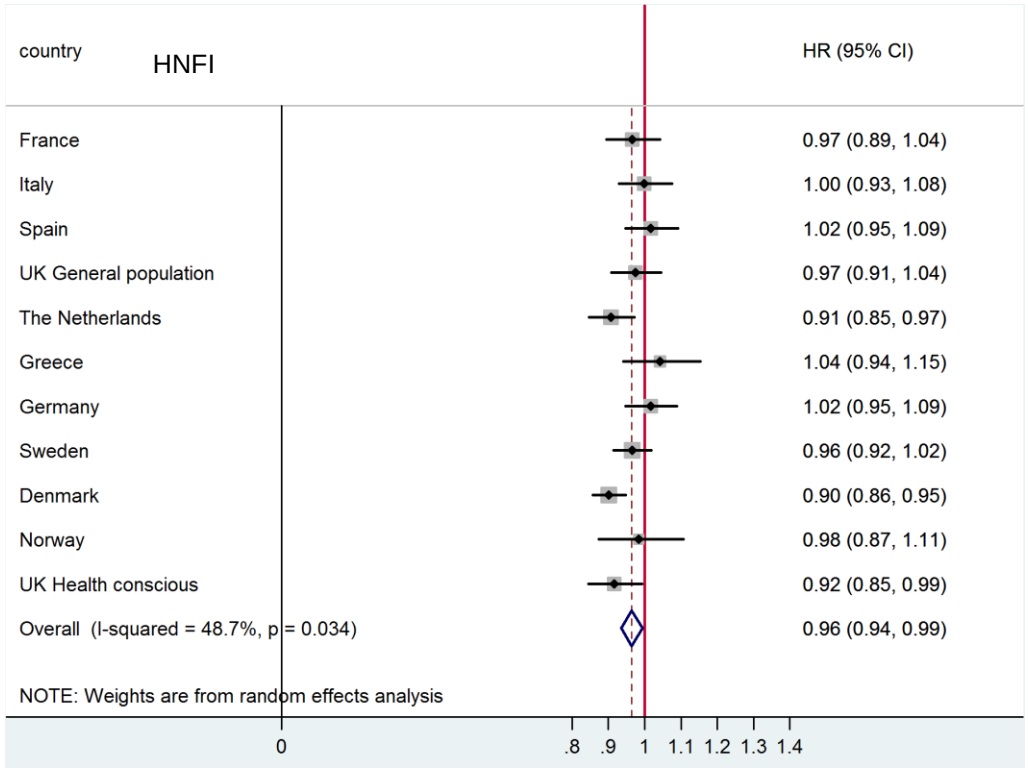
S2c Fig. Multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year cancer mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study, by country.

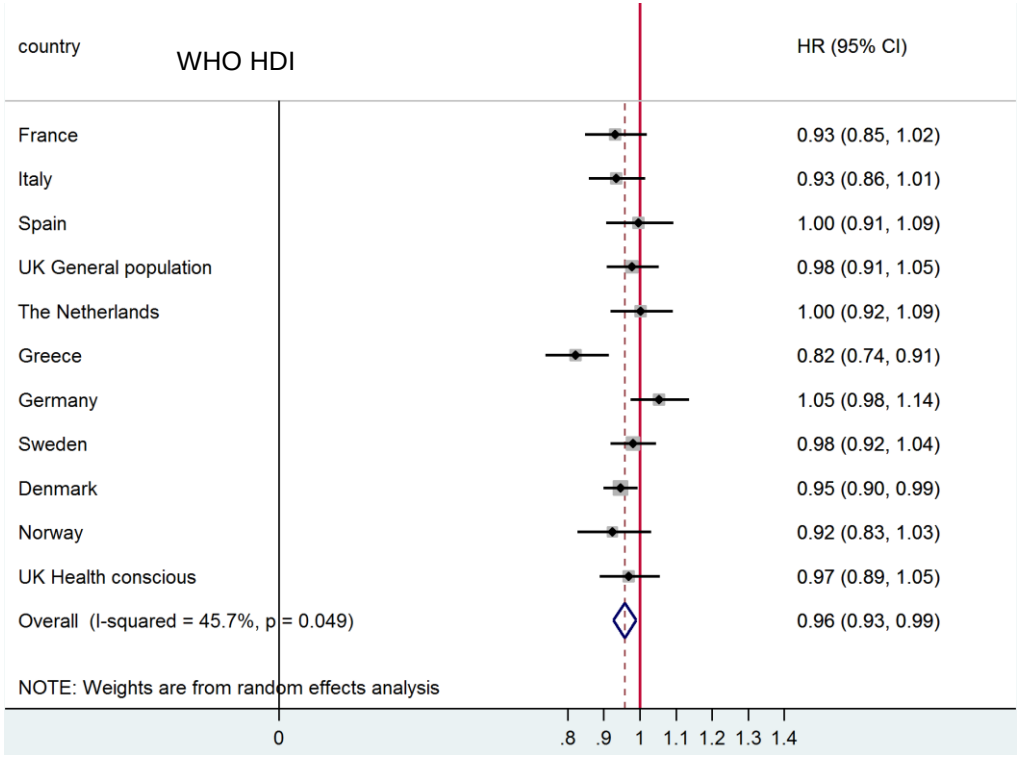


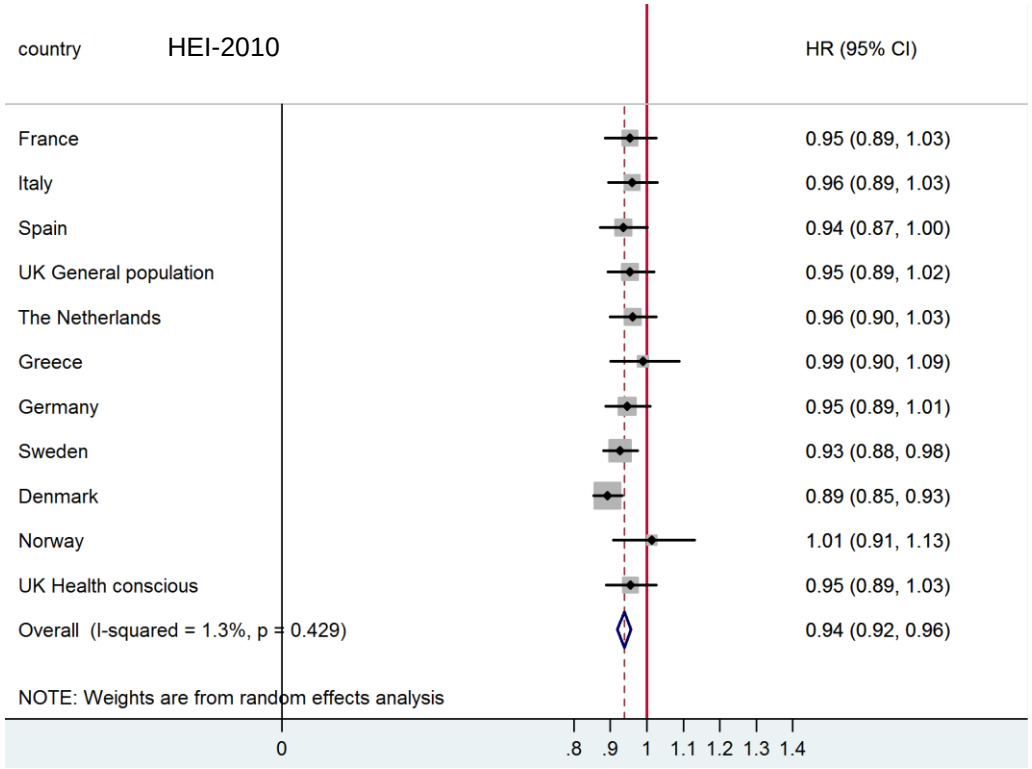


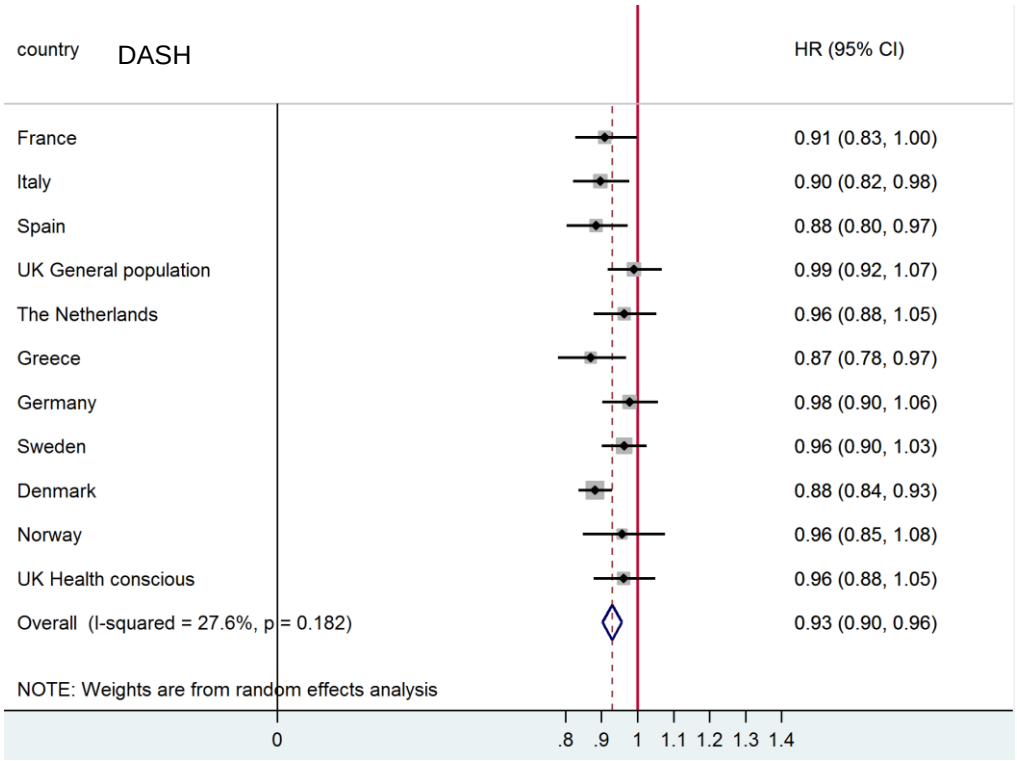


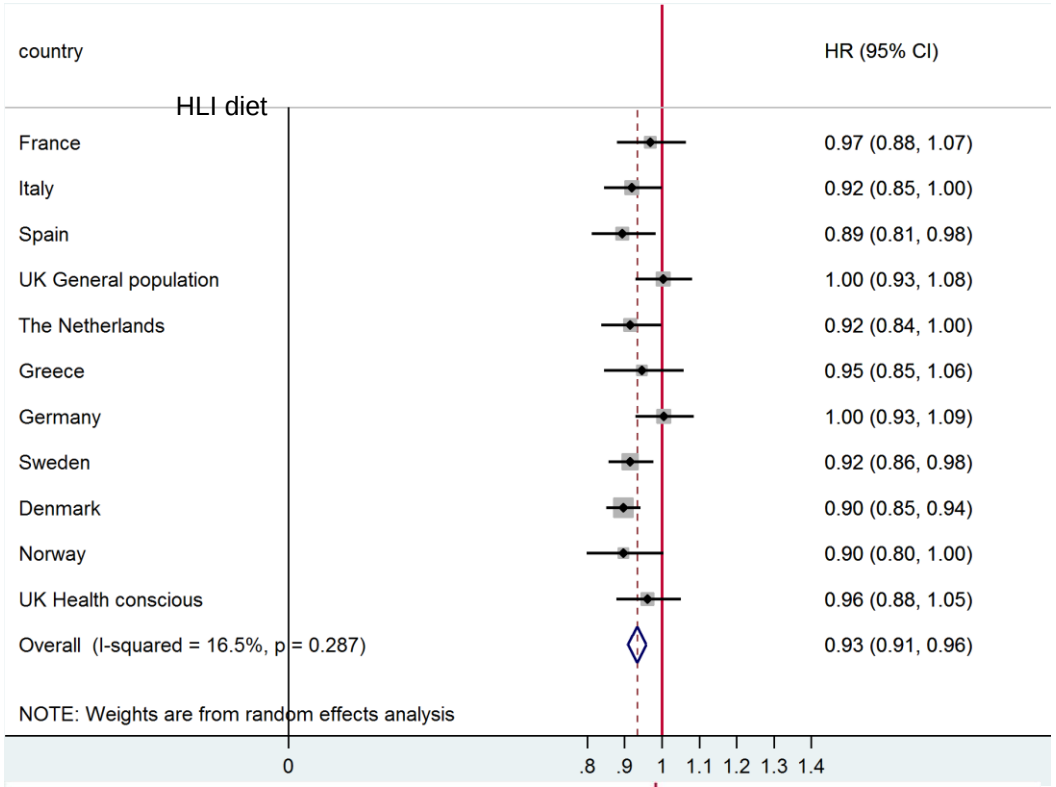


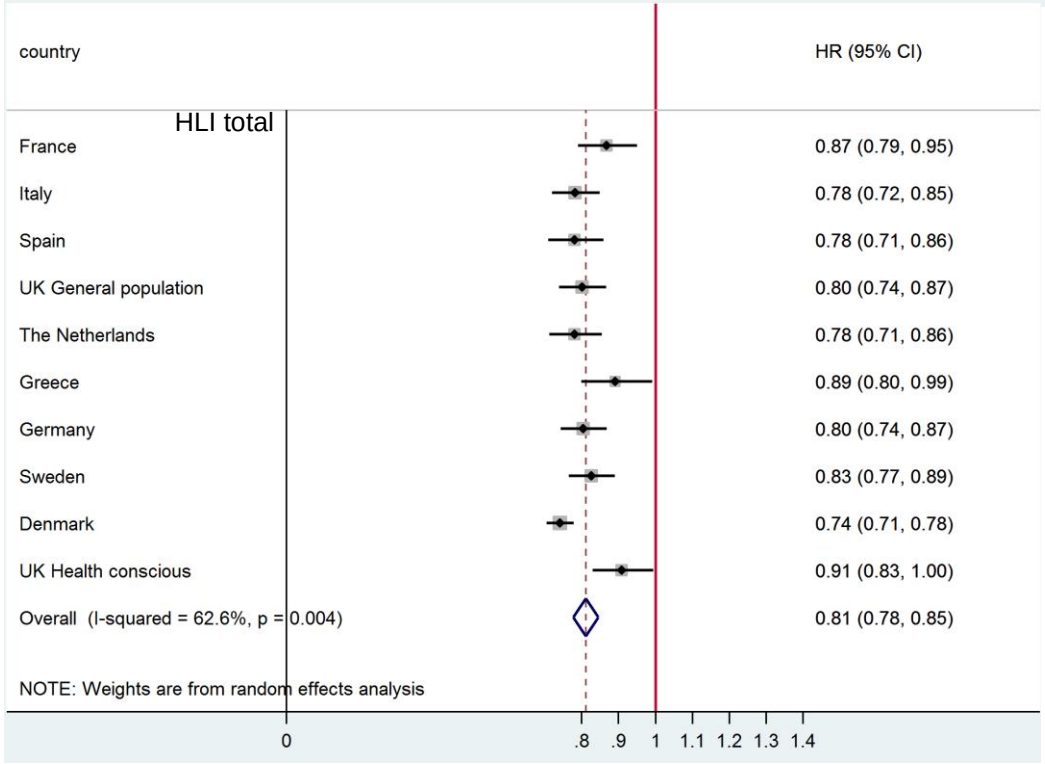

country
HNFI
HR (95% CI)
France 0.97 (0.89, 1.04)
Italy 1.00 (0.93, 1.08)
Spain 1.02 (0.95, 1.09)
UK General population 0.97 (0.91, 1.04)
The Netherlands 0.91 (0.85, 0.97)
Greece 1.04 (0.94, 1.15)
Germany 1.02 (0.95, 1.09)
Sweden 0.96 (0.92, 1.02)
Denmark 0.90 (0.86, 0.95)
Norway 0.98 (0.87, 1.11)
UK Health conscious 0.92 (0.85, 0.99)
Overall (I-squared = 48.7%, p = 0.034) 0.96 (0.94, 0.99)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4

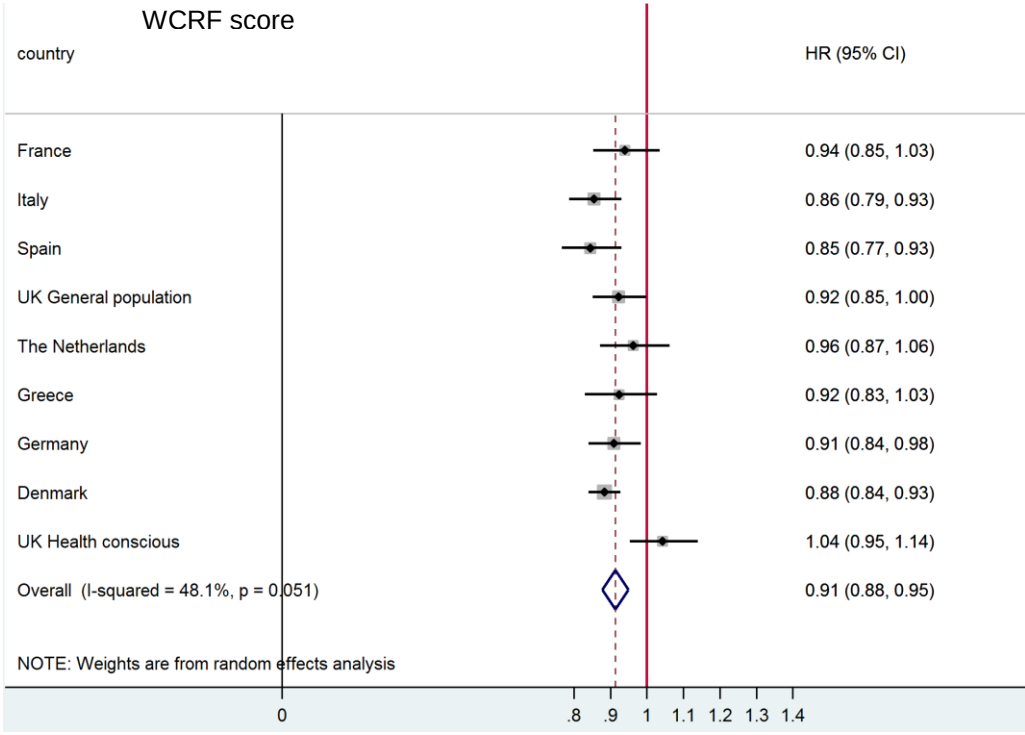

country
WHO HDI
HR (95% CI)
France 0.93 (0.85, 1.02)
Italy 0.93 (0.86, 1.01)
Spain 1.00 (0.91, 1.09)
UK General population 0.98 (0.91, 1.05)
The Netherlands 1.00 (0.92, 1.09)
Greece 0.82 (0.74, 0.91)
Germany 1.05 (0.98, 1.14)
Sweden 0.98 (0.92, 1.04)
Denmark 0.95 (0.90, 0.99)
Norway 0.92 (0.83, 1.03)
UK Health conscious 0.97 (0.89, 1.05)
Overall (I-squared = 45.7%, p = 0.049) 0.96 (0.93, 0.99)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4


country
HEI-2010
HR (95% CI)
France 0.95 (0.89, 1.03)
Italy 0.96 (0.89, 1.03)
Spain 0.94 (0.87, 1.00)
UK General population 0.95 (0.89, 1.02)
The Netherlands 0.96 (0.90, 1.03)
Greece 0.99 (0.90, 1.09)
Germany 0.95 (0.89, 1.01)
Sweden 0.93 (0.88, 0.98)
Denmark 0.89 (0.85, 0.93)
Norway 1.01 (0.91, 1.13)
UK Health conscious 0.95 (0.89, 1.03)
Overall (I-squared = 1.3%, p = 0.429) 0.94 (0.92, 0.96)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4


country
DASH
HR (95% CI)
France 0.91 (0.83, 1.00)
Italy 0.90 (0.82, 0.98)
Spain 0.88 (0.80, 0.97)
UK General population 0.99 (0.92, 1.07)
The Netherlands 0.96 (0.88, 1.05)
Greece 0.87 (0.78, 0.97)
Germany 0.98 (0.90, 1.06)
Sweden 0.96 (0.90, 1.03)
Denmark 0.88 (0.84, 0.93)
Norway 0.96 (0.85, 1.08)
UK Health conscious 0.96 (0.88, 1.05)
Overall (I-squared = 27.6%, p = 0.182) 0.93 (0.90, 0.96)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4


country
HR (95% CI)
HLI diet
France
0.97 (0.88, 1.07)
Italy
0.92 (0.85, 1.00)
Spain
0.89 (0.81, 0.98)
UK General population
1.00 (0.93, 1.08)
The Netherlands
0.92 (0.84, 1.00)
Greece
0.95 (0.85, 1.06)
Germany
1.00 (0.93, 1.09)
Sweden
0.92 (0.86, 0.98)
Denmark
0.90 (0.85, 0.94)
Norway
0.90 (0.80, 1.00)
UK Health conscious
0.96 (0.88, 1.05)
Overall (I-squared = 16.5%, p = 0.287)
0.93 (0.91, 0.96)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4


country
HR (95% CI)
HLI total
France
0.87 (0.79, 0.95)
Italy
0.78 (0.72, 0.85)
Spain
0.78 (0.71, 0.86)
UK General population
0.80 (0.74, 0.87)
The Netherlands
0.78 (0.71, 0.86)
Greece
0.89 (0.80, 0.99)
Germany
0.80 (0.74, 0.87)
Sweden
0.83 (0.77, 0.89)
Denmark
0.74 (0.71, 0.78)
UK Health conscious
0.91 (0.83, 1.00)
Overall (I-squared = 62.6%, p = 0.004)
0.81 (0.78, 0.85)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4


WCRF score
country
HR (95% CI)
France
0.94 (0.85, 1.03)
Italy
0.86 (0.79, 0.93)
Spain
0.85 (0.77, 0.93)
UK General population
0.92 (0.85, 1.00)
The Netherlands
0.96 (0.87, 1.06)
Greece
0.92 (0.83, 1.03)
Germany
0.91 (0.84, 0.98)
Denmark
0.88 (0.84, 0.93)
UK Health conscious
1.04 (0.95, 1.14)
Overall (I-squared = 48.1%, p = 0.051)
0.91 (0.88, 0.95)
NOTE: Weights are from random effects analysis
0
.8 .9 1 1.1 1.2 1.3 1.4