

Table S1. Classification of the Components of the DASH Diet Score Based Primarily on Food Items

<b>Food/Nutrient</b>	<b>Description of Food/Nutrient from the ARIC Study</b>	<b>Scoring Criteria<sup>a</sup></b>
Sodium	Sodium content of foods in food frequency questionnaire	Quintile 1: 5 points
Red and processed meat	Hamburgers; hot dogs; processed meats (sausage, salami, bologna, etc.); bacon;	Quintile 2: 4 points
	beef, pork, or lamb	Quintile 3: 3 points
Sweetened beverages	Regular soft drinks (Coke, Pepsi, 7-Up, ginger ale); fruit-flavored punch or	Quintile 4: 2 points
	non-carbonated beverages (lemonade, Kool-Aid, Hawaiian Punch)	Quintile 5: 1 point
Fruits	Fresh apples or pears; oranges; orange or grapefruit juice; peaches, apricots, or plums; bananas; other fruits	
Vegetables	Broccoli; cabbage, cauliflower, brussels sprouts; carrots; corn; spinach,	Quintile 1: 1 point
	collards, or other greens; dark yellow, winter, squash (acorn, butternut); sweet	Quintile 2: 2 points
	potatoes; tomatoes	Quintile 3: 3 points
Nuts and legumes	Nuts; peanut butter; beans (string beans, green beans); peas or lima beans;	Quintile 4: 4 points
	beans or lentils	Quintile 5: 5 points
Whole grains	Cooked cereals (oatmeal, grits, cream of wheat); dark or whole grain bread	
Low-fat dairy	Skim or low-fat milk, yogurt, cottage cheese or ricotta cheese	

<sup>a</sup> Participants received higher scores for lower intake of: 1) sodium, 2) red and processed meats, and 3) sweetened beverages. Participants received higher scores for higher intake of: 4) fruits, 5) vegetables, 6) nuts and legumes, 7) whole grains, and 8) low-fat dairy.