

Table S2. Classification^a of the Components of the DASH Diet Score Based on Nutrients

Nutrient ^b	Target Level	Intermediate Level	Neither Target nor Intermediate Level
	(1 point)	(0.5 points)	(0 points)
Saturated fat (%kcal)	≤6	>6-11	>11
Total fat (%kcal)	≤27	>27-32	>32
Cholesterol (mg/1,000 kcal)	≤71.4	>71.4-107.1	>107.1
Sodium (mg/1,000 kcal)	≤1,143	>1,143-1,286	>1,286
Protein (%kcal)	≥18	16.5-<18	<16.5
Fiber (g/1,000 kcal)	≥14.8	9.5-<14.8	<9.5
Magnesium (mg/1,000 kcal)	≥238	158-<238	<158
Calcium (mg/1,000 kcal)	≥590	402-<590	<402
Potassium (mg/1,000 kcal)	≥2,238	1,534-<2,238	<1,534

^a Nutrients were indexed to total caloric intake and then classified as target level (1 point), intermediate level (0.5 points), or neither target nor intermediate level (0 points) based on pre-determined thresholds.

^b Reliability coefficients¹: saturated fat: 0.43-0.63; total fat: 0.48-0.62; cholesterol: 0.41-0.61; protein: 0.45-0.64; fiber: 0.41-0.63; calcium: 0.26-0.69; potassium: 0.42-0.66

1. Stevens J, Metcalf PA, Dennis BH, Tell GS, Shimakawa T, Folsom AR. Reliability of a food frequency questionnaire by ethnicity, gender, age and education. *Nutrition Research*. 1996;16(5):735-745.