

**Table S1.** Scoring of the DASH index score.

<b>Score Component</b>	<b>Maximum Score</b>	<b>Requirement for Maximum Score</b>	<b>Requirement for Minimum Score (0)</b>
Fruit <sup>1</sup>	10	≥4 servings/day	0 servings/day
Vegetables <sup>2</sup>	10	≥4 servings/day	0 servings/day
Total Grains	5	≥6 servings/day	0 servings/day
High-fiber grains	5	≥50% daily grains servings	0% daily grains servings
Total Dairy	5	≥2 servings/day	0 servings/day
Low-fat Dairy	5	≥75% daily dairy servings	0% daily dairy servings
Meat, poultry, fish, and eggs	10	≤2 servings/day	≥4 servings/day
Nuts, seeds, legumes, and beans	10	≥4 servings/week	0 servings/week
Fats and oils	10	≤3 servings/day	≥6 servings/day
Sweets	10	≤5 servings/week	≥10 servings/week
<b>Maximum total score</b>	<b>80</b>		

Data are for 2000 kcal/day. Intakes between minimum and maximum levels were scored proportionally. <sup>1</sup> Fruit includes fruit juice. <sup>2</sup> Vegetables include potatoes.