

Supplementary Table S1 Definition of scoring system, number of components, total score and components of Alternate Healthy Index (AHEI-2010), relative Mediterranean Diet Score (rMED) and Dietary Approaches to Stop Hypertension (DASH) scores.

	Dietary quality indexes, scoring and criteria		
	AHEI-2010	rMED	DASH
Scoring system	Pre-definite cut points: 1–10	tertiles by 1000 kcal/day: 1–3	Quintiles: 1–5
Number of components	11	9	8
Total score	110 points.	18 points	40 points.
Components			
Vegetables	≥ 5 sv/d: 10 points	Highest tertile sv/d: 3 points	Highest quintile: 5 points
Fruit	≥ 4 sv/d: 10 points	Including nuts; highest tertile sv/d: 3 points	Highest quintile sv/d: 5 points
Nuts and legumes	≥ 1 sv/d: 10 points	Only legumes; highest tertile sv/d: 3 points	Highest quintile sv/d: 5 points
Fish	–	Highest tertile sv/d: 3 points	–
Whole grains	Women ≥ 75 g/d: 10 points; men ≥ 90 g/d: 10 points	Including refined grains; highest tertile sv/d: 3 points	Highest quintile sv/d: 5 points
Dairy products	–	Lowest tertile sv/d: 3 points	Only low-fat; highest quintiles sv/d: 5 points
Red and processed meat	≥ 1.5 sv/d: 0 point	Including white meat; lowest tertile sv/d: 3 points	Lowest quintile sv/d: 5 points
Sugar sweetened beverages	Including fruit juice; ≥ 1 sv/d: 0 point	–	Lowest quintile sv/d: 5 points
Oils/fats	<i>trans</i> Fat: ≤ 0.5% of energy: 10 points and ≥ 4%: 0 points; EPA + DHA ≥ 250 mg: 10 points; PUFA: ≥ 10% of energy: 10 points	Olive oil; highest tertile sv/d: 3 points	–
Sodium	Lowest decile in mg/d: 10 points	–	Lowest quintile in mg/d: 5 points
Alcohol	Women 0.5–1.5 drinks: 10 points, men: 0.5–2.0 drinks: 10 points	5–25 g/d ethanol: 2 points	–

sv, serving