

Supplementary Table S1: Healthy Eating Index-2015 Scoring.

Adequacy Components	Total Possible Points	Standard to Maximize Points	Standard for score of zero
Total Fruits	5	≥0.8 cup equivalents/1,000 kcal	No fruit
Whole Fruits	5	≥0.4 cup equivalents/1,000 kcal	No whole fruit
Total Vegetables	5	≥1.1 cup equivalents/1,000 kcal	No vegetables
Greens and Beans	5	≥0.2 cup equivalents/1,000 kcal	No dark green veg/beans/peas
Whole Grains	10	≥1.5 oz. equivalents/1,000 kcal	No whole grains
Dairy	10	≥1.3 cup equivalents/1,000 kcal	No dairy
Total Protein Foods	5	≥2.5 oz. equivalents/1,000 kcal	No protein foods
Seafood & Plant Protein	5	≥0.8 oz. equivalents/1,000 kcal	No seafood/plant proteins
Fatty Acids	10	(PUFA+MUFA)/SFA ≥ 2.5	(PUFA+MUFA)/SFA ≤ 1.2
<b>Moderation Components</b>			
Refined Grains	10	≤ 1.8 oz. equivalents/1,000 kcal	≥4.3 oz. equivalents/1,000 kcal
Sodium	10	≤ 1.1 g/1,000 kcal	≥ 2.0 g/1,000 kcal
Added Sugars	10	≤ 6.5% energy	≥ 26% of energy
Saturated Fats	10	≤ 8% energy	≥ 16% of energy
<b>Maximum Possible Score</b>	100		

Source: Reedy et al., (2018)<sup>31</sup>; PUFA: polyunsaturated fatty acids; MUFA: monounsaturated fatty acids; SFA: saturated fatty acids.

**Supplementary Table S2: Reference Intakes: Estimated Average Requirement from the Food and Nutrition Board, National Academies of Sciences, Engineering and Medicine.**

		Males		Females	
		19–50 y	> 51 y	19–50 y	>51 years
<b>Vit A</b>	(µg/d) <sup>a</sup>	625	625	500	500
<b>Vit C</b>	(mg/d)	75	75	60	60
<b>Vit D</b>	(µg/d) <sup>b</sup>	10	10	10	10
<b>Vit E</b>	(mg/d) <sup>c</sup>	12	12	12	12
<b>Thiamin</b>	(mg/d)	1	1	0.9	0.9
<b>Riboflavin</b>	(mg/d)	1.1	1.1	0.9	0.9
<b>Niacin</b>	(mg/d) <sup>d</sup>	12	12	11	11
<b>Vit B6</b>	(mg/d)	1.1	1.4	1.1	1.3
<b>Folate</b>	(µg/d) <sup>e</sup>	320	320	320	320
<b>Vit B12</b>	(µg/d)	2	2	2	2

Source: <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t1/?report=objectonly>; The data in this table was taken from the DRI reports (available at [www.nap.edu](http://www.nap.edu)). An Estimated Average Requirement (EAR) is the average daily nutrient intake level estimated to meet the requirements of half of the healthy individuals in a group. EARs have not been established for Vitamin K, pantothenic acid, biotin, choline, chromium, fluoride, manganese, potassium, sodium, or chloride. SOURCES: DRI for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride (1997); DRIs for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline (1998); DRIs for Vitamin C, Vitamin E, Selenium, and Carotenoids (2000); DRIs for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc (2001); DRIs for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (2002/2005); and Water, Potassium, Sodium, Chloride, and Sulfate (2005); and DRIs for Calcium and Vitamin D (2011). These reports may be accessed via [www.nap.edu](http://www.nap.edu). <sup>a</sup> As retinol activity equivalents (RAEs). 1 RAE = 1 µg retinol, 12 µg β-carotene, 24 µg α-carotene, or 24 µg β-cryptoxanthin. The RAE for dietary provitamin A carotenoids is two-fold greater than retinol equivalents (REs), whereas the RAE for preformed vitamin A is the same as RE. <sup>b</sup> As cholecalciferol. 1 µg cholecalciferol = 40 IU vitamin D. Assumes minimal sun exposure. <sup>c</sup> As α-tocopherol. α-tocopherol includes RRR-α-tocopherol, the only form of α-tocopherol that occurs naturally in foods, and the 2R-stereoisomeric forms of α-tocopherol (RRR-, RSR-, RRS-, and RSS-α-tocopherol) that occur in fortified foods and supplements. It does not include the 2S-stereoisomeric forms of α-tocopherol (SRR-, SSR-, SRS-, and SSS-α-tocopherol), also found in fortified foods and supplements. <sup>d</sup> As niacin equivalents (NE). 1 mg of niacin = 60 mg of tryptophan. <sup>e</sup> As dietary folate equivalents (DFE). 1 DFE = 1 µg food folate = 0.6 µg of folic acid from fortified food or as a supplement consumed with food = 0.5 µg of a supplement taken on an empty stomach.

Supplementary Table S3: Mineral Dietary Reference Intake: Estimated Average Requirement, Food and Nutrition Board, National Academies of Sciences, Engineering, and Medicine.

		Males		Females		
		19–70 y	> 70 y	19–30 y	31–50 y	>50
<b>Calcium</b>	(mg/d)	800	1000	800	800	1000
<b>Copper</b>	(µg/d)	700	700	700	700	700
<b>Iodine</b>	(µg/d)	95	95	95	95	95
<b>Iron</b>	(mg/d)	6	6	8.1	8.1	5
<b>Magnesium</b>	(mg/d)	330	330	255	265	265
<b>Phosphorus</b>	(mg/d)	580	580	580	580	580
<b>Potassium<sup>a</sup></b>	(g/d)	4.7	4.7	4.7	4.7	4.7
<b>Selenium</b>	(µg/d)	45	45	45	45	45
<b>Zinc</b>	(mg/d)	9.4	9.4	6.8	6.8	6.8

Source: <https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t1/?report=objectonly>; <sup>a</sup> Potassium has an AI rather than an EAR established. The data in this table was taken from the DRI reports (available at [www.nap.edu](http://www.nap.edu)). An EAR is the average daily nutrient intake level estimated to meet the requirements of half of the healthy individuals in a group. EARs have not been established for vitamin K, pantothenic acid, biotin choline, chromium, fluoride, manganese, potassium, sodium, or chloride. SOURCES: *DRI for Calcium, Phosphorous, Magnesium, Vitamin D, and Fluoride* (1997); *DRI for Thiamin, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Folate, Vitamin B<sub>12</sub>, Pantothenic Acid, Biotin, and Choline* (1998); *DRI for Vitamin C, Vitamin E, Selenium, and Carotenoids* (2000); *DRI for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc* (2001); *DRI for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (2002/2005)*; and *Water, Potassium, Sodium, Chloride, and Sulfate* (2005); and *DRI for Calcium and Vitamin D* (2011). These reports may be accessed via [www.nap.edu](http://www.nap.edu).