

1 Supplement Table 1. Daily HEI components by Latent Classes of the 2007-2010 NHANES
 2 population (age ≥ 19 years, N=11,481) compared to reported U.S. average scores of HEI-2010
 3 components as reported in Guenther, 2014.

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Component	Mean U.S. HEI scores Mean (SE)	Class 1 SAD	Class 2 SAD with low sodium	Class 3 Healthy US	Class 4 Healthy US with high vegetable	Class 5 Healthy US with low sodium
Total vegetable	3.2 (0.0)	1.87(1.42)	2.23 (1.73)	3.33 (1.60)	4.09 (1.14)	3.10 (1.40)
Green/beans	1.6 (0.1)	0.04 (0.18)	0.02 (0.12)	0.04 (0.19)	4.91 (0.28)	2.52 (0.67)
Total fruit	2.7 (0.1)	1.19 (1.72)	2.32 (2.17)	2.76 (2.14)	2.52 (2.13)	2.31 (2.04)
Whole grains	1.9 (0.1)	1.12 (2.10)	2.51 (3.31)	2.78 (3.37)	2.48 (3.24)	2.13 (3.01)
Dairy	6.1 (0.1)	5.00 (3.36)	6.72 (3.35)	4.43 (3.37)	4.66 (3.38)	4.99 (3.25)
Total protein	4.5 (0.0)	4.56 (0.66)	1.68 (0.92)	4.69 (0.61)	4.65 (0.92)	4.55 (1.01)
Seafood	3.1 (0.1)	1.39 (1.99)	0.83 (1.50)	2.27 (2.29)	2.47 (2.25)	2.66 (2.20)
Fatty acid	4.3 (0.1)	3.25 (3.08)	3.37 (3.50)	6.46 (3.33)	5.90 (3.50)	5.29 (3.45)
Sodium *	4.9 (0.1)	5.54 (3.46)	6.17 (3.40)	3.57 (3.41)	3.99 (3.50)	4.26 (3.60)
Refined grains *	5.6 (0.2)	6.42 (3.50)	4.93 (3.95)	5.73 (3.73)	6.12 (3.73)	5.62 (3.64)
SoFAAS *	9.4 (0.2)	6.31 (4.35)	9.31 (6.43)	16.27 (3.61)	14.61 (5.50)	12.56 (5.81)

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SAD (Class1,2) vs Healthy US (Class3,4,5)	Low veg Low seafood Low fatty acid Low sodium	High fatty acid High sodium Low SoFAAS
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7 Note: SAD Standard American Diet

8 * Lower numerical scores indicate higher consumption.

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16 Supplement Table 2. Dinner HEI components by Latent Classes of the 2007-2010 NHANES
 17 population (age ≥ 19 years, N=10,556) compared to reported U.S. average scores of HEI-2010
 18 components as reported in Guenther, 2014.

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Component		Class 1	Class 2	Class 3	Class 4	Class 5	Class 6
	Mean U.S. HEI scores Mean (SE)	SAD dinner	SAD dinner with high sodium	SAD dinner with high seafood	Healthy US dinner with high vegetable	Healthy Mediterranean style dinner	Healthy US dinner with low sodium
Total vegetable	3.2 (0.0)	1.24 (1.65)	3.17 (1.97)	2.82 (2.03)	4.59 (0.88)	4.48 (0.99)	2.82 (2.33)
Green/beans	1.6 (0.1)	0.01 (0.15)	0.03 (0.20)	0.09 (0.38)	4.92 (0.34)	4.89 (0.42)	0.02 (0.20)
Total fruit	2.7 (0.1)	0.62 (1.53)	0.69 (1.59)	0.88 (1.71)	0.79 (1.68)	0.80 (1.63)	1.63 (2.26)
Whole grains	1.9 (0.1)	0.85 (2.60)	0.65 (2.16)	1.07 (2.81)	0.66 (2.22)	0.92 (2.64)	1.80 (3.68)
Dairy	6.1 (0.1)	7.16 (4.05)	3.00 (3.71)	2.67 (3.67)	2.93 (6.64)	2.67 (3.54)	1.81 (3.14)
Total protein	4.5 (0.0)	0.65 (0.88)	4.76 (0.56)	4.59 (0.93)	4.44 (1.40)	4.88 (0.53)	0.36 (0.66)
Seafood	3.1 (0.1)	0.04 (0.27)	0.04 (0.26)	4.83 (0.51)	0.13 (0.44)	4.81 (0.55)	0.04 (0.25)
Fatty acid	4.3 (0.1)	1.14 (2.31)	5.00 (3.88)	7.19 (3.79)	5.71 (3.91)	7.13 (3.75)	8.98 (2.36)
Sodium *	4.9 (0.1)	4.99 (4.23)	3.30 (3.70)	3.55 (3.91)	2.68 (3.55)	3.23 (3.73)	5.37 (4.30)
Refined grains*	5.6 (0.2)	3.94 (4.42)	5.84 (4.10)	5.77 (4.16)	6.36 (4.04)	5.79 (4.19)	5.95 (4.51)
SoFAAS *	9.4 (0.2)	7.55 (7.02)	13.41(6.60)	14.61 (6.46)	15.21 (5.85)	15.89 (5.68)	15.70 (6.73)

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SAD (Class 1,2,3) vs Healthy US or Med Style (Class 4,5,6)	Low veg Low seafood Low fatty acid Low sodium	High fatty acid Low SoFAAS
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22 Note: SAD Standard American Diet

23 * Lower numerical scores indicate higher consumption.

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28 Supplement Table 3. Prevalence of Daily and Dinner Latent Classes by Gender

	n (%)		p value
	Female (n = 5058)	Male (n = 5623)	
Daily latent classes			
Class 1 (SAD)	1296 (22.1)	1612 (28.6)	< .001
Class 2 (SAD with low sodium)	896 (15.3)	672 (12.0)	
Class 3 (Healthy US)	1958 (33.4)	1840 (32.7)	
Class 4 (Healthy US with high vegetable)	1339 (22.9)	1163 (20.7)	
Class 5 (Healthy US with low sodium)	369 (6.3)	336 (6.0)	
Dinner latent classes			
Class 1 (SAD dinner)	762 (14.1)	669 (13.0)	< .001
Class 2 (SAD dinner with high sodium)	2471 (45.7)	2557 (49.6)	
Class 3 (SAD dinner with high seafood)	710 (13.1)	670 (13.0)	
Class 4 (Healthy US dinner with high vegetable)	755 (14.0)	641 (12.4)	
Class 5 (Healthy Mediterranean style dinner)	374 (6.9)	363 (7.0)	
Class 6 (Healthy US dinner with low sodium)	333 (6.2)	251 (5.0)	

29 Note: SAD Standard American Diet

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