Supplemental Table 1. Criteria for scoring HEI-2015, AHEI-2010, aMed, and DASH scores[a].

| Component | HEI-2015 (0-100 points) Minimum | HEI-2015 (0-100 points) Maximum | AHEI-2010 (0-110 points) Minimum | AHEI-2010 (0-110 points) Maximum | aMed[b] (0-9 points) Minimum | aMed[b] (0-9 points) Maximum | DASH (8-40 points) Minimum | DASH (8-40 points) Maximum |
|---|---|---|---|---|---|---|---|---|
| Total vegetables | 0 points 0 cups[c]/1000 kcal | 5 points ≥1.1 cups/1000 kcal | 0 points 0 servings/day | 10 points ≥5 servings/day | 0 points <Median | 1 point ≥Median | 1 point Quintile 1 | 5 points Quintile 5 |
| Greens & beans | 0 points 0 cups/1000 kcal | 5 points ≥0.2 cups/1000 kcal | | | | | | |
| Total fruit | 0 points 0 cups/1000 kcal | 5 points ≥0.8 cups/1000 kcal | 0 points 0 servings/day | 10 points ≥4 servings/day | 0 points <Median | 1 point ≥Median | 1 point Quintile 1 | 5 points Quintile 5 |
| Whole fruit | 0 points 0 cups/1000 kcal | 5 points ≥0.4 cups/1000 kcal | | | | | | |
| Whole grains | 0 points 0 oz[d]/1000 kcal | 10 points ≥1.5 oz/1000 kcal | 0 points 0 g/day | 10 points 75g/day (women) 90g/day (men) | 0 points <Median | 1 point ≥Median | 1 point Quintile 1 | 5 points Quintile 5 |
| Refined grains | 0 points ≥4.3 oz/1000 kcal | 10 points ≤1.8 oz/1000 kcal | | | | | | |
| All dairy | 0 points 0 cups/1000 kcal | 10 points ≥1.3 cups/1000 kcal | | | | | | |
| Low-fat dairy | | | | | | | 1 point Quintile 1 | 5 points Quintile 5 |
| Sugar sweetened beverages[e] | | | 0 points ≥1 servings/day | 10 points 0 servings/day | | | 1 point Quintile 5 | 5 points Quintile 1 |
| Total protein | 0 points 0 oz/1000 kcal | 5 points ≥2.5 oz/1000 kcal | | | | | | |
| Nuts & legumes (2 different categories for Mediterranean) | | | 0 points 0 servings/day | 10 points ≥1 serving/day | 0 points <Median / 0 points <Median | 1 point ≥Median / 1 point ≥Median | 1 point Quintile 1 | 5 points Quintile 5 |
| Red/processed meat | | | 0 points | 10 points | 0 points | 1 point | 1 point | 5 points |

| | | | ≥1.5 servings/day | 0 servings/day | ≥Median | <Median | Quintile 5 | Quintile 1 |
|---|---|---|---|---|---|---|---|---|
| Seafood or plant protein | 0 points 0 oz/1000 kcal | 5 points ≥0.8 oz/1000 kcal | | | | | | |
| Fish | | | | | 0 points <Median | 1 point ≥Median | | |
| Trans fat | | | 0 points ≥4% energy | 10 points ≤0.5% energy | | | | |
| Long-chain fats | | | 0 points 0 mg/day | 10 points 250 mg/day | | | | |
| PUFA | | | 0 points ≤2% energy | 10 points ≥10% energy | | | | |
| MUFA:SFA | | | | | 0 points <Median | 1 point ≥Median | | |
| (MUFA+PUFA)/SFA | 0 points ≤1.2 | 10 points ≥2.5 | | | | | | |
| Saturated fats | 0 points ≥16% energy | 10 points ≤8% energy | | | | | | |
| Sodium | 0 points ≥2.0g/1000 kcal | 10 points ≤1.1g/1000 kcal | 0 points Highest decile | 10 points Lowest decile | | | 1 point Quintile 5 | 5 points Quintile 1 |
| Alcohol[f] | | | 0 points | 10 points | 0 points | 1 point | | |
| Women | | | ≥2.5 drinks/day | 0.5-1.5 drinks/day | <5 or >15 g/day | 5-15 g/day | | |
| Men | | | ≥3.5 drinks/day | 0.5-2.0 drinks/day | <10 or >25 g/day | 10-25 g/day | | |
| Added sugars | 0 points ≥26% energy | 10 points ≤6.5% energy | | | | | | |

[a] AHEI-2010, Alternative Healthy Eating Index-2010; aMed, alternate Mediterranean diet score; DASH; Dietary Approaches to Stop

Hypertension; HEI-2015, Healthy Eating Index-2015; kcal, kilocalorie; MUFA, monounsaturated fatty acids; oz, ounce; PUFA, polyunsaturated

fatty acids; SFA; saturated fatty acids; SSB, sugar-sweetened beverages.

[b] aMed sex-specific median cutoffs for each component for women and men, respectively: vegetables (1.13 & 1.01 servings/d), fruits (0.94 &

0.76 servings/d), whole grains (1.55 & 1.53 servings/d), nuts (0.25 & 0.29 servings/d), legumes (0.09 & 0.08 servings/d), red/processed meat

(1.27 & 1.95 servings/d), fish (0.38 & 0.48 servings/d), MUFA:SFA (1.22 & 1.23), alcohol (5-15 g/d & 10-25 g/d)

[c] 1 cup = 236.6 mL.

[d] 1 ounce = 28.3 g.

[e] For AHEI-2010, sugar-sweetened beverages in addition to fruit juice.

[f] For AHEI-2010, non-drinkers received a score of 2.5.

Supplemental Table 2. Baseline characteristics of ARIC participants by quintile of AHEI-2010 score[1].

| Characteristic | AHEI-2010 Quintile | | | | | P |
| | Q1 n=2,726 | Q2 n=2,726 | Q3 n=2,726 | Q4 n=2,726 | Q5 n=2,726 | |
| --- | --- | --- | --- | --- | --- | --- |
| AHEI-2010 score | 36 ± 5 | 45 ± 2 | 51 ± 2 | 58 ± 2 | 69 ± 6 | <0.001 |
| Age, years | 54 ± 6 | 54 ± 6 | 54 ± 6 | 54 ± 6 | 55 ± 6 | <0.001 |
| Female, % | 50 | 53 | 55 | 57 | 62 | <0.001 |
| Black, % | 30 | 29 | 26 | 25 | 18 | <0.001 |
| College education, % | 28 | 32 | 36 | 39 | 45 | <0.001 |
| Smoking status, % | | | | | | <0.001 |
|   Never smoker | 39 | 42 | 43 | 43 | 43 | |
|   Former smoker | 28 | 31 | 31 | 35 | 37 | |
|   Current smoker | 33 | 27 | 26 | 23 | 21 | |
| Alcohol status, % | | | | | | <0.001 |
|   Never drinker | 27 | 27 | 25 | 24 | 22 | |
|   Former drinker | 22 | 18 | 18 | 17 | 15 | |
|   Current drinker | 50 | 54 | 58 | 59 | 63 | |
| Physical activity index (1-5) | 2.3 ± 0.7 | 2.3 ± 0.8 | 2.4 ± 0.8 | 2.5 ± 0.8 | 2.7 ± 0.8 | <0.001 |
| APOE ε4 (1-2 alleles), % | 31 | 31 | 30 | 30 | 31 | 0.8 |
| BMI, kg/m$^2$ | 28 ± 5 | 28 ± 6 | 28 ± 6 | 28 ± 5 | 27 ± 5 | <0.001 |
| Total cholesterol, mg/dL | 212 ± 42 | 212 ± 42 | 214 ± 41 | 217 ± 41 | 216 ± 42 | <0.001 |
| Diabetes, % | 10 | 11 | 11 | 12 | 12 | 0.2 |
| Systolic blood pressure, mmHg | 122 ± 19 | 122 ± 19 | 121 ± 18 | 122 ± 19 | 119 ± 18 | <0.001 |
| Antihypertensive medication, % | 29 | 30 | 30 | 31 | 28 | 0.2 |
| Coronary heart disease, % | 4 | 4 | 4 | 5 | 5 | 0.01 |
| Average total energy intake, kcal/d | 1,389 ± 493 | 1,430 ± 524 | 1,472 ± 536 | 1,528 ± 528 | 1,623 ± 479 | <0.001 |
| Visit 2 global cognitive z-score | -0.1 ± 1 | -0.1 ± 1 | 0 ± 1 | 0.1 ± 1 | 0.2 ± 0.9 | <0.001 |

<sup>a</sup> Values for categorical variables are given as percentage; for continuous variables, mean ± standard deviation.

<sup>b</sup> Categorical variables were analyzed using chi-square test. Continuous variables were analyzed using analysis of variance (ANOVA) test.

<sup>c</sup> Physical activity index score was calculated based on intensity and time of sport and exercise during leisure time; 1-lowest and 5-highest.

AHEI, Alternative Healthy Eating Index; *APOE*, apolipoprotein E; ARIC, Atherosclerosis Risk in Communities study; BMI, body mass index; CHD, coronary heart disease; mg/dL; milligrams per deciliter; mmHg, millimeters of mercury; Q, quintile.

Supplemental Table 3. Baseline characteristics of ARIC participants by quintile of aMed score[1].

| | aMed Quintile | | | | | |
|---|---|---|---|---|---|---|
| Characteristic | Q1 n=2,545 | Q2 n=2,443 | Q3 n=2,780 | Q4 n=2,524 | Q5 n=3,338 | P |
| aMed score | 2 ± 1 | 3 ± 0 | 4 ± 0 | 5 ± 0 | 7 ± 1 | <0.001 |
| Age, years | 53 ± 6 | 54 ± 6 | 54 ± 6 | 55 ± 6 | 55 ± 6 | <0.001 |
| Female, % | 57 | 57 | 55 | 55 | 55 | 0.3 |
| Black, % | 21 | 26 | 27 | 29 | 26 | <0.001 |
| College education, % | 29 | 31 | 34 | 39 | 45 | <0.001 |
| Smoking status, % | | | | | | <0.001 |
|   Never smoker | 38 | 40 | 42 | 44 | 45 | |
|   Former smoker | 29 | 30 | 32 | 34 | 36 | |
|   Current smoker | 32 | 30 | 26 | 22 | 20 | |
| Alcohol status, % | | | | | | 0.004 |
|   Never drinker | 24 | 26 | 26 | 26 | 24 | |
|   Former drinker | 20 | 19 | 18 | 19 | 16 | |
|   Current drinker | 56 | 56 | 56 | 56 | 59 | |
| Physical activity index (1-5) | 2.3 ± 0.8 | 2.4 ± 0.8 | 2.4 ± 0.8 | 2.5 ± 0.8 | 2.6 ± 0.8 | <0.001 |
| *APOE* ε4 (1-2 alleles), % | 30 | 30 | 31 | 30 | 32 | 0.3 |
| BMI, kg/m$^2$ | 28 ± 6 | 28 ± 5 | 28 ± 5 | 28 ± 5 | 27 ± 5 | 0.1 |
| Total cholesterol, mg/dL | 213 ± 42 | 214 ± 41 | 214 ± 42 | 214 ± 42 | 216 ± 41 | 0.03 |
| Diabetes, % | 9 | 11 | 12 | 12 | 12 | 0.01 |
| Systolic blood pressure, mmHg | 120 ± 19 | 122 ± 19 | 121 ± 19 | 122 ± 19 | 120 ± 18 | <0.001 |
| Antihypertensive medication, % | 25 | 30 | 30 | 32 | 30 | <0.001 |
| Coronary heart disease, % | 3 | 4 | 4 | 5 | 6 | <0.001 |
| Average total energy intake, kcal/d | 1,303 ± 461 | 1,385 ± 493 | 1,473 ± 508 | 1,564 ± 529 | 1,661 ± 513 | <0.001 |
| Visit 2 global cognitive z-score | 0.1 ± 1 | 0 ± 1 | 0 ± 1 | 0 ± 1 | 0.1 ± 1 | <0.001 |

[a] Values for categorical variables are given as percentage; for continuous variables, mean ± standard deviation.

[b] Categorical variables were analyzed using chi-square test. Continuous variables were analyzed using analysis of variance (ANOVA) test.

[c] Physical activity index score was calculated based on intensity and time of sport and exercise during leisure time; 1-lowest and 5-highest.

aMed, alternate Mediterranean; *APOE*, apolipoprotein E; ARIC, Atherosclerosis Risk in Communities study; BMI, body mass index; CHD, coronary heart disease; mg/dL; milligrams per deciliter; mmHg, millimeters of mercury; Q, quintile.

Supplemental Table 4. Baseline characteristics of ARIC participants by quintile of DASH score[1].

| | DASH Quintile | | | | | |
| Characteristic | Q1 n=3,431 | Q2 n=2,710 | Q3 n=2,037 | Q4 n=2,781 | Q5 n=2,671 | P |
|---|---|---|---|---|---|---|
| DASH score | 18 ± 2 | 22 ± 1 | 25 ± 1 | 27 ± 1 | 31 ± 2 | <0.001 |
| Age, years | 53 ± 6 | 54 ± 6 | 54 ± 6 | 55 ± 6 | 55 ± 6 | <0.001 |
| Female, % | 41 | 50 | 55 | 64 | 71 | <0.001 |
| Black, % | 39 | 27 | 23 | 20 | 15 | <0.001 |
| College education, % | 25 | 34 | 37 | 42 | 47 | <0.001 |
| Smoking status, % | | | | | | <0.001 |
| Never smoker | 33 | 39 | 46 | 46 | 49 | |
| Former smoker | 29 | 32 | 31 | 34 | 36 | |
| Current smoker | 38 | 29 | 23 | 20 | 15 | |
| Alcohol status, % | | | | | | <0.001 |
| Never drinker | 25 | 24 | 26 | 25 | 25 | |
| Former drinker | 22 | 18 | 16 | 18 | 17 | |
| Current drinker | 54 | 58 | 59 | 57 | 58 | |
| Physical activity index (1-5) | 2.2 ± 0.7 | 2.4 ± 0.8 | 2.4 ± 0.8 | 2.5 ± 0.8 | 2.7 ± 0.8 | <0.001 |
| *APOE* ε4 (1-2 alleles), % | 32 | 30 | 29 | 30 | 32 | 0.1 |
| BMI, kg/m$^2$ | 28 ± 5 | 28 ± 5 | 29 ± 6 | 28 ± 5 | 27 ± 5 | 0.03 |
| Total cholesterol, mg/dL | 212 ± 42 | 213 ± 41 | 215 ± 42 | 215 ± 40 | 217 ± 44 | 0.001 |
| Diabetes, % | 9 | 11 | 14 | 12 | 13 | <0.001 |
| Systolic blood pressure, mmHg | 123 ± 20 | 121 ± 18 | 122 ± 19 | 120 ± 19 | 119 ± 18 | <0.001 |
| Antihypertensive medication, % | 28 | 29 | 31 | 31 | 30 | 0.02 |
| Coronary heart disease, % | 4 | 4 | 4 | 4 | 6 | 0.001 |
| Average total energy intake, kcal/d | 1,603 ± 549 | 1,508 ± 553 | 1,466 ± 527 | 1,428 ± 497 | 1,401 ± 422 | <0.001 |
| Visit 2 global cognitive z-score | -0.3 ± 1 | 0 ± 1 | 0 ± 1 | 0.2 ± 1 | 0.3 ± 1 | <0.001 |

Values for categorical variables are given as percentage; for continuous variables, mean ± standard deviation.

[b] Categorical variables were analyzed using chi-square test. Continuous variables were analyzed using analysis of variance (ANOVA) test.

[c] Physical activity index score was calculated based on intensity and time of sport and exercise during leisure time; 1-lowest and 5-highest.

*APOE*, apolipoprotein E; ARIC, Atherosclerosis Risk in Communities study; BMI, body mass index; CHD, coronary heart disease; DASH, Dietary Approaches to Stop Hypertension; mg/dL; milligrams per deciliter; mmHg, millimeters of mercury; Q, quintile.