

SUPPLEMENTAL MATERIAL

Table S1. Reliability Analysis Using Intraclass Correlation Coefficient

Variable	ICC (95%)
Q1	0.998 (0.997, 0.999)
Q2	0.998 (0.996, 0.998)
Q3	0.995 (0.993, 0.997)
Q4	1
Q5	0.996 (0.994, 0.997)
Q6	1
Q7	0.988 (0.981, 0.992)
Q8	1
Q9	0.996 (0.994, 0.997)
Q10	0.997 (0.995, 0.998)
Q11	0.998 (0.997, 0.999)
Q12	0.992 (0.987, 0.995)
Q13	0.998 (0.997, 0.999)
Q14	0.988 (0.981, 0.992)
Q15	0.997 (0.996, 0.998)
Q16	0.995 (0.993, 0.997)
Q17	0.982 (0.973, 0.989)
Q18	0.994 (0.99, 0.996)
Q19	1
HEI	0.859 (0.788, 0.908)

Table S2. Linear regression model predicting HEI score using all EAT 19 questions

term	Beta95CI	P-value
Question 1/19 How often do you eat fresh fruits?	2.08 (1.63, 2.53)	<0.001
Question 2/19 How often do you eat vegetables?	0.57 (0.02, 1.12)	0.0418
Question 3/19 How often do you eat legumes, nuts and seeds?	0.53 (0.05, 1.02)	0.0312
Question 4/19 How often do you eat whole grains?	1.35 (0.94, 1.75)	<0.001
Question 5/19 How often do you eat refined grains?	-0.99 (-1.39, -0.58)	<0.001
Question 6/19 How often do you eat fish or seafood?	0.73 (0.04, 1.43)	0.0393
Question 7/19 How often do you eat olive oil, canola oil, sunflower oil, or avocado?	0.25 (-0.17, 0.68)	0.2397
Question 8/19 How often do you eat unprocessed red meat?	-0.29 (-0.9, 0.33)	0.3617
Question 9/19 How often do you eat poultry?	0.16 (-0.42, 0.74)	0.5880
Question 10/19 How often do you eat processed meat?	-0.49 (-1.21, 0.22)	0.1770
Question 11/19 How often do you eat low fat dairy?	0.89 (0.55, 1.23)	<0.001
Question 12/19 How often do you eat high fat dairy and saturated fats?	-0.95 (-1.35, -0.54)	<0.001
Question 13/19 How often do you drink sugar-sweetened beverages or fruit juices?	-0.25 (-0.65, 0.15)	0.2177
Question 14/19 How often do you eat sweets and sweet foods?	-0.66 (-1.18, -0.14)	0.0128
Question 15/19 How often do you eat cocoa products?	0.07 (-0.44, 0.58)	0.7793
Question 16/19 How often do you eat salty snacks?	0.05 (-0.43, 0.53)	0.8448
Question 17/19 How many processed meals do you eat in a typical week?	-0.49 (-1.09, 0.1)	0.1054
Question 18/19 How often do you eat fast food restaurant meals?	-0.42 (-1.34, 0.5)	0.3673
Question 19/19 How many drinks of alcohol do you have in a typical week?	0.48 (-0.08, 1.05)	0.0948

Table S3. Linear regression model predicting HEI score using only statistically significant questions from EAT

Question	Beta95CI	P-value
Question 1/19 How often do you eat fresh fruits?	2.12 (1.67, 2.56)	<0.001
Question 2/19 How often do you eat vegetables?	0.85 (0.33, 1.37)	0.0015
Question 3/19 How often do you eat legumes, nuts and seeds?	0.72 (0.25, 1.18)	0.0027
Question 4/19 How often do you eat whole grains?	1.44 (1.05, 1.84)	<0.001
Question 5/19 How often do you eat refined grains?	-1.14 (-1.52, -0.76)	<0.001
Question 6/19 How often do you eat fish or seafood?	0.9 (0.22, 1.57)	0.0094
Question 11/19 How often do you eat low fat dairy?	0.81 (0.48, 1.15)	<0.001
Question 12/19 How often do you eat high fat dairy and saturated fats?	-1.03 (-1.42, -0.63)	<0.001
Question 14/19 How often do you eat sweets and sweet foods?	-0.89 (-1.33, -0.46)	<0.001

Table S4. Distribution of Mini-EAT™ score by HEI score

	<51 (N=93)	51-80 (N=516)	>80 (N=52)	Total (N=661)	p value
Mini-EAT score					< 0.001
Mean (SD)	55.658 (6.498)	64.925 (7.284)	74.836 (5.946)	64.401 (8.342)	
Median (Range)	54.760 (42.273, 85.134)	65.159 (36.822, 88.877)	75.675 (60.238, 86.191)	64.607 (36.822, 88.877)	
Q1, Q3	52.014, 59.426	60.339, 70.012	70.526, 79.133	58.871, 70.198	

Table S5. 5-Fold Cross Validation for Model

Resample	n	Mean residual	Median residual	cor	accuracy
Fold1	132	1.18	2.35	0.73	0.77
Fold2	132	-0.86	-0.72	0.72	0.73
Fold3	133	0.37	1.18	0.73	0.80
Fold4	132	0.17	1.00	0.65	0.86
Fold5	132	-0.80	-0.34	0.70	0.74

Accuracy is defined as the proportion of patients falling into the same category using both HEI and Mini-EAT when scores are divided into <51, 51-80, >80

Table S6. EAT answers by HEI total score

Question	HEI<51 (N=93)	HEI=51-80 (N=516)	HEI>80 (N=52)	Total (N=661)	p value
Question 1/19 How often do you eat fresh fruits? ¹					< 0.001
- Less than 1 serving per week	17 (39.5%)	26 (60.5%)	0 (0.0%)	43 (6.5%)	
- 1-2 servings per week	33 (31.7%)	71 (68.3%)	0 (0.0%)	104 (15.7%)	
- 3-4 servings per week	23 (21.1%)	83 (76.1%)	3 (2.8%)	109 (16.5%)	
- 5-6 servings per week	10 (14.9%)	53 (79.1%)	4 (6.0%)	67 (10.1%)	
- 1 serving per day	5 (5.0%)	90 (90.0%)	5 (5.0%)	100 (15.1%)	
- 2-3 servings per day	3 (1.5%)	172 (86.0%)	25 (12.5%)	200 (30.3%)	
- 4 or more servings per day	2 (5.3%)	21 (55.3%)	15 (39.5%)	38 (5.7%)	
Question 2/19 How often do you eat vegetables?					< 0.001
- Less than 2 serving per week	37 (43.0%)	49 (57.0%)	0 (0.0%)	86 (13.0%)	
- 3-4 servings per week	17 (18.1%)	76 (80.9%)	1 (1.1%)	94 (14.2%)	
- 5-6 servings per week	17 (20.5%)	64 (77.1%)	2 (2.4%)	83 (12.6%)	
- 1 serving per day	10 (9.9%)	84 (83.2%)	7 (6.9%)	101 (15.3%)	
- 2-3 servings per day	8 (3.4%)	200 (85.1%)	27 (11.5%)	235 (35.6%)	
- 4 or more servings per day	4 (6.5%)	43 (69.4%)	15 (24.2%)	62 (9.4%)	
Question 3/19 How often do you eat legumes, nuts and seeds?					< 0.001
- Less than 1 serving per week	38 (27.5%)	97 (70.3%)	3 (2.2%)	138 (20.9%)	
- 1-2 servings per week	29 (18.1%)	124 (77.5%)	7 (4.4%)	160 (24.2%)	
- 3-4 servings per week	14 (11.5%)	102 (83.6%)	6 (4.9%)	122 (18.5%)	
- 5-6 servings per week	4 (6.9%)	48 (82.8%)	6 (10.3%)	58 (8.8%)	
- 1 serving per day	4 (3.3%)	99 (82.5%)	17 (14.2%)	120 (18.2%)	
- 2 or more servings per day	4 (6.3%)	46 (73.0%)	13 (20.6%)	63 (9.5%)	
Question 4/19 How often do you eat whole grains?					< 0.001
- I do not eat it at all	13 (38.2%)	21 (61.8%)	0 (0.0%)	34 (5.1%)	
- Less than 1 serving per week	22 (30.6%)	48 (66.7%)	2 (2.8%)	72 (10.9%)	
- 1-2 servings per week	17 (14.0%)	102 (84.3%)	2 (1.7%)	121 (18.3%)	
- 3-4 servings per week	18 (13.5%)	110 (82.7%)	5 (3.8%)	133 (20.1%)	
- 5-6 servings per week	8 (13.1%)	50 (82.0%)	3 (4.9%)	61 (9.2%)	
- 1 serving per day	10 (8.9%)	87 (77.7%)	15 (13.4%)	112 (16.9%)	
- 2 or more servings per day	5 (3.9%)	98 (76.6%)	25 (19.5%)	128 (19.4%)	
Question 5/19 How often do you eat refined grains?					< 0.001
- I do not eat it at all	4 (12.1%)	27 (81.8%)	2 (6.1%)	33 (5.0%)	
- Less than 1 serving per week	9 (9.8%)	72 (78.3%)	11 (12.0%)	92 (13.9%)	
- 1-2 servings per week	12 (8.0%)	121 (80.7%)	17 (11.3%)	150 (22.7%)	

- 3-4 servings per week	19 (14.3%)	104 (78.2%)	10 (7.5%)	133 (20.1%)	
- 5-6 servings per week	19 (33.9%)	35 (62.5%)	2 (3.6%)	56 (8.5%)	
- 1 serving per day	9 (10.3%)	73 (83.9%)	5 (5.7%)	87 (13.2%)	
- 2 or more servings per day	21 (19.1%)	84 (76.4%)	5 (4.5%)	110 (16.6%)	
Question 6/19 How often do you eat fish or seafood?					< 0.001
- I do not eat it at all	23 (25.6%)	57 (63.3%)	10 (11.1%)	90 (13.6%)	
- Less than 1 serving per week	33 (14.4%)	182 (79.5%)	14 (6.1%)	229 (34.6%)	
- 1 serving per week	31 (14.7%)	165 (78.2%)	15 (7.1%)	211 (31.9%)	
- 2 or more servings per week	6 (4.6%)	112 (85.5%)	13 (9.9%)	131 (19.8%)	
Question 7/19 How often do you eat olive oil, canola oil, sunflower oil or avocado?					< 0.001
- I do not eat it at all	6 (18.8%)	26 (81.2%)	0 (0.0%)	32 (4.8%)	
- Less than 1 serving per week	24 (24.5%)	68 (69.4%)	6 (6.1%)	98 (14.8%)	
- 1-2 servings per week	17 (12.1%)	117 (83.0%)	7 (5.0%)	141 (21.3%)	
- 3-4 servings per week	20 (14.3%)	110 (78.6%)	10 (7.1%)	140 (21.2%)	
- 5-6 servings per week	12 (16.4%)	59 (80.8%)	2 (2.7%)	73 (11.0%)	
- 1 serving per day	7 (7.0%)	82 (82.0%)	11 (11.0%)	100 (15.1%)	
- 2 or more servings per day	7 (9.1%)	54 (70.1%)	16 (20.8%)	77 (11.6%)	
Question 8/19 How often do you eat unprocessed red meat?					0.063
- N-Miss	0	1	0	1	
- I do not eat it at all	12 (17.9%)	45 (67.2%)	10 (14.9%)	67 (10.2%)	
- Less than 1 serving per week	18 (15.0%)	90 (75.0%)	12 (10.0%)	120 (18.2%)	
- 1-2 servings per week	23 (9.8%)	195 (83.0%)	17 (7.2%)	235 (35.6%)	
- 3-4 servings per week	25 (15.4%)	127 (78.4%)	10 (6.2%)	162 (24.5%)	
- 5 or more servings per week	15 (19.7%)	58 (76.3%)	3 (3.9%)	76 (11.5%)	
Question 9/19 How often do you eat poultry?					0.689
- Less than 1 serving per week	13 (19.4%)	46 (68.7%)	8 (11.9%)	67 (10.1%)	
- 1-2 servings per week	31 (15.3%)	159 (78.7%)	12 (5.9%)	202 (30.6%)	
- 3-4 servings per week	31 (13.0%)	191 (80.3%)	16 (6.7%)	238 (36.0%)	
- 5-6 servings per week	10 (11.4%)	69 (78.4%)	9 (10.2%)	88 (13.3%)	
- 1 serving per day	6 (12.2%)	38 (77.6%)	5 (10.2%)	49 (7.4%)	
- 2 or more servings per day	2 (11.8%)	13 (76.5%)	2 (11.8%)	17 (2.6%)	
Question 10/19 How often do you eat processed meat?					< 0.001
- N-Miss	0	1	0	1	
- I do not eat it at all	11 (15.7%)	45 (64.3%)	14 (20.0%)	70 (10.6%)	
- Less than 1 serving per week	11 (6.0%)	153 (83.2%)	20 (10.9%)	184 (27.9%)	
- 1-2 servings per week	29 (11.7%)	203 (82.2%)	15 (6.1%)	247 (37.4%)	
- 3-4 servings per week	29 (25.4%)	82 (71.9%)	3 (2.6%)	114 (17.3%)	
- 5 or more servings per week	13 (28.9%)	32 (71.1%)	0 (0.0%)	45 (6.8%)	

Question 11/19 How often do you eat low fat dairy?					0.008
- I do not eat it at all	16 (19.0%)	64 (76.2%)	4 (4.8%)	84 (12.7%)	
- Less than 1 serving per week	15 (19.2%)	58 (74.4%)	5 (6.4%)	78 (11.8%)	
- 1-2 servings per week	20 (16.8%)	96 (80.7%)	3 (2.5%)	119 (18.0%)	
- 3-4 servings per week	18 (15.0%)	95 (79.2%)	7 (5.8%)	120 (18.2%)	
- 5-6 servings per week	8 (12.1%)	53 (80.3%)	5 (7.6%)	66 (10.0%)	
- 1 serving per day	9 (10.8%)	61 (73.5%)	13 (15.7%)	83 (12.6%)	
- 2 servings per day	7 (6.3%)	89 (80.2%)	15 (13.5%)	111 (16.8%)	
Question 12/19 How often do you eat high fat dairy and saturated fats?					< 0.001
- I do not eat it at all	3 (7.0%)	31 (72.1%)	9 (20.9%)	43 (6.5%)	
- Less than 1 serving per week	10 (9.7%)	75 (72.8%)	18 (17.5%)	103 (15.6%)	
- 1-2 servings per week	19 (11.7%)	133 (81.6%)	11 (6.7%)	163 (24.7%)	
- 3-4 servings per week	28 (18.8%)	114 (76.5%)	7 (4.7%)	149 (22.5%)	
- 5-6 servings per week	15 (21.7%)	54 (78.3%)	0 (0.0%)	69 (10.4%)	
- 1 serving per day	9 (11.8%)	61 (80.3%)	6 (7.9%)	76 (11.5%)	
- 2 or more servings per day	9 (15.5%)	48 (82.8%)	1 (1.7%)	58 (8.8%)	
Question 13/19 How often do you drink sugar-sweetened beverages or fruit juice?					< 0.001
- I do not drink it at all	16 (8.4%)	146 (76.4%)	29 (15.2%)	191 (28.9%)	
- Less than 1 serving per week	18 (10.1%)	148 (82.7%)	13 (7.3%)	179 (27.1%)	
- 1-2 servings per week	16 (16.2%)	75 (75.8%)	8 (8.1%)	99 (15.0%)	
- 3-4 servings per week	11 (15.9%)	56 (81.2%)	2 (2.9%)	69 (10.4%)	
- 5-6 servings per week	8 (25.8%)	23 (74.2%)	0 (0.0%)	31 (4.7%)	
- 1 serving per day	10 (17.5%)	47 (82.5%)	0 (0.0%)	57 (8.6%)	
- 2 or more servings per day	14 (40.0%)	21 (60.0%)	0 (0.0%)	35 (5.3%)	
Question 14/19 How often do you eat sweets and sweet foods?					0.016
- Less than 1 serving per week	13 (10.4%)	98 (78.4%)	14 (11.2%)	125 (18.9%)	
- 1-2 servings per week	17 (9.0%)	150 (79.8%)	21 (11.2%)	188 (28.4%)	
- 3-4 servings per week	19 (14.2%)	106 (79.1%)	9 (6.7%)	134 (20.3%)	
- 5-6 servings per week	11 (21.6%)	39 (76.5%)	1 (2.0%)	51 (7.7%)	
- 1 serving per day	19 (18.3%)	81 (77.9%)	4 (3.8%)	104 (15.7%)	
- 2 or more servings per day	14 (23.7%)	42 (71.2%)	3 (5.1%)	59 (8.9%)	
Question 15/19 How often do you eat cocoa products?					0.204
- I do not eat it at all	12 (16.4%)	57 (78.1%)	4 (5.5%)	73 (11.0%)	
- Less than 1 serving per week	28 (13.9%)	155 (77.1%)	18 (9.0%)	201 (30.4%)	
- 1-2 servings per week	18 (9.8%)	151 (82.1%)	15 (8.2%)	184 (27.8%)	
- 3-4 servings per week	17 (16.2%)	82 (78.1%)	6 (5.7%)	105 (15.9%)	
- 5-6 servings per week	9 (32.1%)	16 (57.1%)	3 (10.7%)	28 (4.2%)	

- 1 or more serving per day	9 (12.9%)	55 (78.6%)	6 (8.6%)	70 (10.6%)	
Question 16/19 How often do you eat salty snacks?					< 0.001
- I do not eat it at all	6 (18.8%)	21 (65.6%)	5 (15.6%)	32 (4.8%)	
- Less than 1 serving per week	13 (9.0%)	121 (84.0%)	10 (6.9%)	144 (21.8%)	
- 1-2 servings per week	24 (14.5%)	123 (74.1%)	19 (11.4%)	166 (25.1%)	
- 3-4 servings per week	17 (11.3%)	126 (83.4%)	8 (5.3%)	151 (22.8%)	
- 5-6 servings per week	17 (24.6%)	45 (65.2%)	7 (10.1%)	69 (10.4%)	
- 1 serving per day	4 (6.3%)	56 (88.9%)	3 (4.8%)	63 (9.5%)	
- 2 or more servings per day	12 (33.3%)	24 (66.7%)	0 (0.0%)	36 (5.4%)	
Question 17/19 How many processed meals do you eat in a typical week?					< 0.001
- I do not eat it at all	12 (10.3%)	86 (73.5%)	19 (16.2%)	117 (17.7%)	
- Less than 1 serving per week	17 (8.4%)	172 (84.7%)	14 (6.9%)	203 (30.7%)	
- 1-2 servings per week	27 (15.1%)	140 (78.2%)	12 (6.7%)	179 (27.1%)	
- 3-4 servings per week	12 (12.8%)	76 (80.9%)	6 (6.4%)	94 (14.2%)	
- 5-6 servings per week	10 (31.2%)	21 (65.6%)	1 (3.1%)	32 (4.8%)	
- 1 or more serving per day	15 (41.7%)	21 (58.3%)	0 (0.0%)	36 (5.4%)	
Question 18/19 How often do you eat fast-food restaurant meals?					< 0.001
- I do not eat it at all	5 (5.9%)	61 (71.8%)	19 (22.4%)	85 (12.9%)	
- Less than 1 meal per week	31 (10.4%)	245 (81.9%)	23 (7.7%)	299 (45.2%)	
- 1-2 meals per week	40 (18.9%)	163 (76.9%)	9 (4.2%)	212 (32.1%)	
- 3 or more meals per week	17 (26.2%)	47 (72.3%)	1 (1.5%)	65 (9.8%)	
Question 19/19 How many drinks of alcohol do you have in a typical week?					0.215
- I do not drink alcohol at all	20 (14.6%)	108 (78.8%)	9 (6.6%)	137 (20.7%)	
- Less than 1 drink per week	36 (18.4%)	149 (76.0%)	11 (5.6%)	196 (29.7%)	
- 1-3 drinks per week	22 (12.0%)	145 (78.8%)	17 (9.2%)	184 (27.8%)	
- 4-6 drinks per week	9 (8.7%)	82 (78.8%)	13 (12.5%)	104 (15.7%)	
- 7 or more drinks per week	6 (15.0%)	32 (80.0%)	2 (5.0%)	40 (6.1%)	
1Categorical variables reported were count (row percent) for subgroups, and count (percent) for overall					

Figure S1. Scatter plot of HEI score from the first and second response

