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| **Supplementary Table 1. Scoring criteria for the DASH-Style diet and mean intake for Q1 (low consumption) and Q5 (high consumption) among South Asians in the MASALA study (n=871).** | | | | |
| **Component** | **Foods** | **Scoring Criteria** | **Q1, Servings/d** | **Q5, Servings/d** |
| Fruit | Apple/Pear; Citrus Fruit; Banana; Grapes; Peach/Nectarine/Plum; Melon; Tropical Fruit | Q1 = 1 point  Q2 = 2 points  Q3 = 3 points  Q4 = 4 points  Q5 = 5 points | 0.6 | 4.1 |
| Vegetables | Bell Peppers; French/String Benas; Broccoli; Cauliflower; Cabbage; Carrots; Celery; Dark Leafy Green Vegetables; Mushrooms; Okra/Bhindi; Onion; Summer Squash/Zucchini; Tomato; Vegetable Kofta; Mixed Vegetable Salad/Stir Fry; Root Vegetables | 1.6 | 7.7 |
| Whole Grains | Whole Wheat Bread/Roll (100%, incl. dark rye; 60% incl light rye); Roti/Chapati; Bran Granola Cereals; Whole Wheat Cereals; Cooked Cereal (i.e. porridge, oatmeal, dalia, bulgar); Brown Rice; Quinoa | 0.6 | 3.5 |
| Low-fat Dairy | Milk (including Skim, 1%, 2%, and lactaid); Part-Skim cheese; Low-Fat Plain Yogurt | 0.1 | 2.9 |
| Nuts and Legumes | Peas/Matar; Lentils; Dal; Sambhar/Rasam; Chickpeas; Other Dried Beans; Nuts; Tofu; Peanut Butter | 0.7 | 3.6 |
| Sodiuma | Sum of sodium content of all foods in FFQ | Q1 = 5 points  Q2 = 4 points  Q3 = 3 points  Q4 = 2 points  Q5 = 1 point | 1,573 mg | 4,285 mg |
| Sugar-Sweetened Beveragesa | Non-Diet Cola; Clear Soft Drinks (i.e. 7-up/Sprite); Orange/Grapefruit Juice; Apple/Pineapple Juice; Fruit Drink; Iced Tea; Lemonade; Yogurt Drink (i.e. Lassi with sugar) | 0.003 | 1.4 |
| Red and Processed Meatsa | Beef; Pork; Goat/Lamb; Pork Sausage; Ham; Salami; Bologna; Bacon; Liver; Fried Chicken Nuggets | 0 | 0.7 |
| a Higher quintiles represent higher intake. In constructing the DASH score, higher intake (higher quintiles) of these components receive lower scores | | | | |