**Supplemental Table 1.** Eighteen food groups constituting the plant-based diet score

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| --- | --- | --- | --- | --- |
| **Healthy Food Groups** | | **PDI** | **hPDI** | **uPDI** |
| Whole grains | Whole grain breakfast cereal and other cooked breakfast cereal, oatmeal, dark bread and Persian bread such as Sangak, brown rice, other grains, bran, wheat and popcorn | Positive scores | Positive scores | Reverse scores |
| Fruits | Raisins or grapes, prunes, bananas, cantaloupe, watermelon, fresh apples or pears, oranges, grapefruit, strawberries, blueberries, peaches, apricots and plums | Positive scores | Positive scores | Reverse scores |
| Vegetables | Tomatoes, tomato juice, tomato sauce, broccoli, cabbage, cauliflower, brussel sprouts, carrots, mixed vegetables, yellow or winter squash, eggplant or zucchini, yams or sweet potatoes, spinach, lettuce, celery, mushrooms, beets, alfalfa sprouts, garlic and corn | Positive scores | Positive scores | Reverse scores |
| Nuts | Nuts, pistachios, peanuts and peanut butter | Positive scores | Positive scores | Reverse scores |
| Legumes | String beans, soybeans, beans, lentils and peas | Positive scores | Positive scores | Reverse scores |
| Vegetable oils | Oil-based salad dressing, vegetable oil used for cooking, olive oil, corn oil and sunflower oil | Positive scores | Positive scores | Reverse scores |
| Tea & Coffee | Tea and coffee | Positive scores | Positive scores | Reverse scores |
| **Less healthy Food Groups** | |  |  |  |
| Fruit juices | Apple juice, orange juice, grapefruit juice and other fruit juice | Positive scores | Reverse scores | Positive scores |
| Refined grains | Refined grain breakfast cereal, white breads and Persian white breads such as Lavash, Barbari, Taftoon, Baget, , muffins or biscuits, white rice, crackers, pasta | Positive scores | Reverse scores | Positive scores |
| Potatoes | French fries, baked potatoes, potato chips | Positive scores | Reverse scores | Positive scores |
| Sugar-sweetened beverages | Colas with caffeine & sugar, colas without caffeine but with sugar, other carbonated beverages with sugar, non-carbonated fruit drinks with sugar | Positive scores | Reverse scores | Positive scores |
| Sweets and Desserts | Chocolates, candy bars, candy without chocolate, cookies (home-baked & ready-made), brownies, doughnuts, cake (home-baked & ready-made), sweet roll (home-baked & ready-made), pie (home-baked & ready-made), jams, jellies, preserves, syrup and honey | Positive scores | Reverse scores | Positive scores |
| **Animal Food Groups** | |  |  |  |
| Animal fat | Butter added to food, butter and lard used for cooking | Reverse scores | Reverse scores | Reverse scores |
| Dairy | Skim low fat milk, whole milk, cream, sherbet, ice cream, yogurt, cottage cheese, cream cheese, other cheese and Persian dairy beverage (Doogh) | Reverse scores | Reverse scores | Reverse scores |
| Eggs | Eggs | Reverse scores | Reverse scores | Reverse scores |
| Fish or Seafood | Canned tuna and other canned, fresh or frozen fish | Reverse scores | Reverse scores | Reverse scores |
| Meat | Chicken or turkey, processed meats, liver, hamburger and beef or lamb | Reverse scores | Reverse scores | Reverse scores |
| Misc. animal-based foods | Pizza, mayonnaise and other creamy salad dressing | Reverse scores | Reverse scores | Reverse scores |

-Positive scores indicate that participants who are in the highest decile of a food group received a score of 10.

-Reverse scores indicate that participants who are in the lowest decile of a food group received a score of 10.