**Supplementary material**

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| ***Supplemental Table 1.*** *Mean (SD) scores of the DHD15-index components based on FFQ data in 885 Dutch men and women aged 20-75 years.* |
|  | Total | Men | Women | P-value between sex\* |
| DHD15-index† | 89.2 | (15.4) | 84.8 | (15.4) | 94.3 | (13.8) | <0.001 |
| 1. Vegetables
 | 6.8 | (2.7) | 6.4 | (2.7) | 7.2 | (2.6) | <0.001 |
| 1. Fruit
 | 7.1 | (3.4) | 6.6 | (3.6) | 7.7 | (3.2) | <0.001 |
| 1. Wholegrain products
 | 5.8 | (2.0) | 5.8 | (2.0) | 5.7 | (2.0) |  0.463 |
| 1. Legumes
 | 5.8 | (4.5) | 6.0 | (4.5) | 5.5 | (4.4) |  0.046 |
| 1. Nuts
 | 3.9 | (3.6) | 3.7 | (3.6) | 4.1 | (3.7) |  0.083 |
| 1. Dairy
 | 6.5 | (3.1) | 6.3 | (3.1) | 6.6 | (3.0) |  0.097 |
| 1. Fish
 | 6.1 | (3.1) | 6.2 | (3.0) | 5.9 | (3.2) |  0.107 |
| 1. Tea
 | 3.6 | (3.5) | 2.8 | (3.2) | 4.4 | (3.7) | <0.001 |
| 1. Fats and oils
 | 6.8 | (4.0) | 6.9 | (4.0) | 6.8 | (4.0) |  0.843 |
| 1. Red meat
 | 9.1 | (2.1) | 8.8 | (2.3) | 9.4 | (1.7) | <0.001 |
| 1. Processed meat
 | 6.0 | (3.2) | 5.1 | (3.3) | 6.9 | (2.7) | <0.001 |
| 1. Sweetened beverages and fruit juices
 | 6.4 | (3.4) | 5.9 | (3.4) | 7.0 | (3.2) |  <0.001 |
| 1. Alcohol
 | 7.7 | (3.6) | 7.1 | (3.7) | 8.4 | (3.3) | <0.001 |
| 1. Salt
 | 7.9 | (2.7) | 7.1 | (3.0) | 8.7 | (2.0) | <0.001 |
| \* Independent t-test comparing men and women for total DHD15-index score and Mann-Whitney U test comparing men and women for the individual component scores.† DHD15-index score ranging from zero to 140 points. |

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| ***Supplemental Table 2.*** *Distribution of characteristics, macronutrient intake and selected micronutrient intakes (means (SD)) across sex-specific quintiles of the DHD15-index based on FFQ data in 885 Dutch men and women.* |
|  | Sex-specific quintiles DHD15-index based on FFQ data |  |
|  | Q1N=178 | Q2N=176 | Q3N=178 | Q4N=177 | Q5N=176 | P for trend |
| DHD15-index score\* | 68.8 | 81.2 | 89.6 | 97.0 | 109.7 |  |
| Mean DHD-index score† | 50.3 | (9.1) | 53.1 | (10.7) | 56.0 | (9.4) | 58.4 | (9.4) | 61.2 | (8.7) | <0.001 |
| Age (y) | 50.5 | (12.6) | 52.8 | (12.6) | 55.9 | (10.7) | 55.0 | (10.8) | 56.0 | (10.7) | <0.001 |
| BMI (kg/m2) | 26.4 | (4.3) | 26.3 | (4.7) | 25.9 | (3.8) | 25.8 | (3.7) | 25.1 | (3.3) | <0.001 |
| Supplements (%) | 34.3 |  | 44.9 |  | 36.0 |  | 44.1 |  | 54.0 |  | 0.001 |
| Education (%)ǂ |  |  |  |  |  |  |  |  |  |  |  |
| Low | 8.0 |  | 9.0 |  | 5.7 |  | 4.6 |  | 3.4 |  | 0.070 |
| Middle | 30.1 |  | 27.8 |  | 30.0 |  | 27.8 |  | 30.7 |  |  |
| High | 61.9 |  | 63.1 |  | 64.4 |  | 67.6 |  | 65.9 |  |  |
| Smoking (%) | 16.9 |  | 8.5 |  | 9.6 |  | 8.5 |  | 3.3 |  | <0.001 |
|  |  |  |  |  |  |  |  |  |  |  |  |
| Macronutrient intake |  |  |  |  |  |  |  |  |  |  |  |
| Energy intake (MJ/day) | 9.1 | (3.1) | 8.9 | (2.7) | 8.5 | (2.3) | 8.4 | (2.2) | 8.4 | (1.9) | 0.001 |
| Protein intake (g/day) | 76.5 | (22.4) | 77.6 | (22.4) | 73.8 | (18.4) | 73.0 | (17.2) | 75.1 | (16.2) | 0.116 |
| Protein intake (E%) | 14.6 | (2.8) | 15.2 | (2.4) | 15.0 | (2.4) | 15.0 | (2.2) | 15.3 | (2.1) | 0.028 |
| Vegetable protein intake (g/day) | 32.3 | (11.7) | 33.6 | (11.0) | 33.0 | (11.0) | 35.7 | (10.9) | 37.9 | (10.7) | <0.001 |
| Animal protein intake (g/day) | 44.3 | (15.2) | 44.0 | (15.3) | 40.9 | (13.1) | 37.5 | (11.7) | 37.3 | (11.5) | <0.001 |
| Carbohydrate intake (g/day) | 228 | (86) | 224 | (74) | 218 | (67) | 220 | (65) | 223 | (54) | 0.367 |
| Carbohydrate intake (E%) | 42.6 | (6.5) | 42.9 | (5.9) | 43.4 | (6.0) | 44.4 | (5.5) | 45.1 | (5.1) | <0.001 |
| Mono-and disaccharides (g/day) | 97 | (43) | 96 | (38) | 98 | (35) | 96 | (29) | 100 | (26) | 0.649 |
| Fibre (g/day) | 21.0 | (7.5) | 22.7 | (7.0) | 23.4 | (6.5) | 25.8 | (7.1) | 27.8 | (6.9) | <0.001 |
| Total fat intake (g/day) | 89.4 | (36.4) | 86.5 | (30.2) | 79.4 | (26.1) | 78.6 | (26.8) | 78.0 | (23.9) | <0.001 |
| Total fat intake (E%) | 35.8 | (5.8) | 35.8 | (5.3) | 34.4 | (5.2) | 34.2 | (5.5) | 34.0 | (5.0) | <0.001 |
| Saturated fat intake (g/day) | 32.3 | (13.4) | 30.7 | (11.9) | 27.4 | (9.7) | 26.6 | (9.8) | 24.6 | (9.2) | <0.001 |
| Saturated fat intake (E%) | 13.0 | (2.8) | 12.7 | (2.7) | 11.8 | (2.1) | 11.5 | (2.5) | 10.7 | (2.3) | <0.001 |
|  |  |  |  |  |  |  |  |  |  |  |  |
| Micronutrient intake per 4.2 MJ (day) |  |  |  |  |  |  |  |  |  |  |  |
| Calcium (mg)  | 435 | (149) | 467 | (140) | 487 | (134) | 487 | (128) | 500 | (127) | <0.001 |
| Folate (mcg)  | 114 | (35) | 128 | (39) | 139 | (44) | 151 | (43) | 165 | (52) | <0.001 |
| Potassium (mg)  | 1516 | (280) | 1594 | (286) | 1699 | (316) | 1706 | (309) | 1753 | (293) | <0.001 |
| Riboflavin (mg) | 0.68 | (0.19) | 0.72 | (0.18) | 0.75 | (0.20) | 0.73 | (0.16) | 0.74 | (0.18) | 0.002 |
| Thiamin (mg)  | 0.49 | (0.10) | 0.50 | (0.11) | 0.50 | (0.10) | 0.51 | (0.1) | 0.50 | (0.09) | 0.052 |
| Vitamin A (RE) | 604 | (360) | 680 | (444) | 636 | (349) | 714 | (401) | 717 | (361) | 0.005 |
| Vitamin B6 (mcg) | 751 | (17) | 764 | (16) | 800 | (17) | 820 | (17) | 853 | (17) | <0.001 |
| Vitamin B12 (mcg)  | 2.1 | (1.0) | 2.3 | (1.2) | 2.2 | (0.9) | 2.0 | (0.8) | 2.1 | (0.9) | 0.398 |
| Vitamin C (mg)  | 35 | (16) | 40 | (21) | 46 | (21) | 49 | (23) | 51 | (21) | <0.001 |
| Vitamin E (mg) | 5.8 | (1.4) | 6.1 | (1.3) | 6.6 | (1.7) | 6.6 | (1.5) | 7.0 | (1.6) | <0.001 |
| RE, retinol equivalents\* DHD15-index score ranging from zero to 140 points.† Dutch Healthy Diet (index) score based on 8 components without components physical activity and acidic foods and drinks, with a total score ranging from zero (no adherence to Dutch dietary guidelines 2006) to 80 (maximum adherence). ǂ low education=primary school, vocational and lower general secondary education. Moderate=higher secondary education and intermediate vocational training. High=higher vocational education and university. |