**Table S1.** Correlation and agreement between *a priori* dietary quality indices scores derived from Diet Screener and a 163-item FFQ, according to ethnicity

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | Correlation, ρ\* |   | Agreement (quintile assignment) |   | Agreement (weighted kappa) |
|  | Chinese (n 59) | Malay (n 46) | Indian (n 56) |  | Chinese (n 59) |  | Malay (n 46) |  | Indian (n 56) |  | Chinese (n 59) |  | Malay (n 46) |  | Indian (n 56) |
|  *A priori* dietary pattern |   |   | % in same quintile |  % in same or adjacent quintile |   | % in same quintile |  % in same or adjacent quintile |   | % in same quintile |  % in same or adjacent quintile |   | κw\* | 95% CI |   | κw\* | 95% CI |  | κw\* | 95% CI |
| *Screener 1* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| AHEI-2010 | 0.50 | 0.30 | 0.54 |  | 36 | 71 |  | 28 | 67 |  | 43 | 73 |  | 0.50 | 0.30, 0.69 |  | 0.35 | 0.09, 0.60 |  | 0.50 | 0.30, 0.70 |
| aMED | 0.43 | 0.33 | 0.62 |  | 22 | 61 |  | 30 | 57 |  | 43 | 75 |  | 0.32 | 0.13, 0.52 |  | 0.40 | 0.17, 0.62 |  | 0.59 | 0.42, 0.76 |
| DASH | 0.49 | 0.62 | 0.60 |  | 25 | 66 |  | 30 | 65 |  | 34 | 73 |  | 0.37 | 0.17, 0.57 |  | 0.43 | 0.21, 0.65 |  | 0.59 | 0.44, 0.75 |
| *Screener 2* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| AHEI-2010 | 0.40 | 0.44 | 0.61 |  | 31 | 73 |  | 35 | 65 |  | 30 | 79 |  | 0.43 | 0.22, 0.64 |  | 0.31 | 0.02, 0.60 |  | 0.59 | 0.43, 0.75 |
| aMED | 0.58 | 0.45 | 0.40 |  | 37 | 81 |  | 30 | 74 |  | 23 | 64 |  | 0.53 | 0.33, 0.74 |  | 0.39 | 0.15, 0.63 |  | 0.38 | 0.18, 0.58 |
| DASH | 0.61 | 0.54 | 0.55 |  | 37 | 76 |  | 28 | 70 |  | 30 | 70 |  | 0.52 | 0.32, 0.72 |  | 0.43 | 0.19, 0.66 |  | 0.44 | 0.24, 0.65 |
| *Screener mean* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| AHEI-2010 | 0.45 | 0.49 | 0.59 |  | 27 | 71 |  | 41 | 87 |  | 43 | 71 |  | 0.48 | 0.31, 0.65 |  | 0.69 | 0.54, 0.84 |  | 0.51 | 0.31, 0.71 |
| aMED | 0.50 | 0.44 | 0.46 |  | 25 | 78 |  | 33 | 78 |  | 38 | 73 |  | 0.56 | 0.42, 0.70 |  | 0.58 | 0.39, 0.76 |  | 0.45 | 0.22, 0.67 |
| DASH | 0.59 | 0.64 | 0.55 |  | 32 | 76 |  | 37 | 87 |  | 36 | 66 |  | 0.59 | 0.45, 0.73 |  | 0.68 | 0.53, 0.83 |  | 0.42 | 0.20, 0.63 |
| ρ, Spearman's rank correlation coefficient; κw, Cohen's weighted kappa; CI, confidence interval; AHEI-2010, Alternative Healthy Eating Index(2); aMed, alternate Mediterranean Diet(3); DASH, Dietary Approaches to Stop Hypertension(4) |
| \* All values are statistically significant, *P* < 0.05 |

**Fig. S1:** Diet Screener questionnaire

**Diet Screener**

**This short questionnaire asks about food eaten over the past year.**

**Participants should tick the appropriate box to indicate their answer (tick one box per line only).**

|  |  |  |
| --- | --- | --- |
| **How often do you consume one serving of:** | **Frequency** | **One serving means** |
| Never or rarely | Once a month | 2-3 a month | Once a week | 2-3 a week | 4-6 a week | Once a day | 2-3 a day | 4-5 a day | 6+ a day |  |
| *Item no.* | *EXAMPLE: Soy milk* |  | **√** |  |  |  |  |  |  |  |  | 1 glass, 1 bottle, 1 pack, 1 cup |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| *1* | **Red or brown rice** *(including porridge)* |   |   |   |   |   |   |   |   |   |   | 1 rice bowl / 1 plate |
| *2* | **White rice** *(including glutinous rice, briyani, basmati and porridge)* |   |   |   |   |   |   |   |   |   |   | 1 rice bowl / 1 plate |
| *3* | **Wholemeal noodles/pasta** *e.g. brown rice beehoon, wholemeal pasta* |   |   |   |   |   |   |   |   |   |   | 1 medium bowl |
| *4* | **Noodles/pasta, not wholemeal***e.g. white rice noodles, wheat noodles* |   |   |   |   |   |   |   |   |   |   | 1 medium bowl |
| *5* | **Wholemeal bread** (including chapati) |   |   |   |   |   |   |   |   |   |   | 2 slices |
| *6* | **White bread** (including roti prata) |   |   |   |   |   |   |   |   |   |   | 2 slices |
| *7* | **Breakfast cereal***PLEASE STATE BRAND AND NAME OF TYPE USUALLY CONSUMED* *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* |   |   |   |   |   |   |   |   |   |   | 1 medium bowl |
| *8* | **Oily/fatty fish (solid texture, darker colour)***e.g. mackerel/kembong, batang, trevally, sardine, salmon, tuna* |  |  |  |  |  |  |  |  |  |  | 1 palm-sized piece |
| *9* | **White fish (dry and flaky)** *e.g. pomfret, bream, catfish, dory, grouper*  |  |  |  |  |  |  |  |  |  |  | 1 palm-sized piece |
|  |  | Never or rarely | Once a month | 2-3 a month | Once a week | 2-3 a week | 4-6 a week | Once a day | 2-3 a day | 4-5 a day | 6+ a day | **One serving means** |
| *10* | **Other seafood** *e.g.**prawns, sotong* |  |  |  |  |  |  |  |  |  |  | 4 medium prawns |
| *11* | **Red meat** *e.g. beef, mutton, pork, lamb* |   |   |   |   |   |   |   |   |   |   | 1 palm-sized piece |
| *12* | **Processed meat** *e.g. bacon, bakkwa, lap cheong, sausage* |  |  |  |  |  |  |  |  |  |  | 1 sausage, 1 piece |
| *13* | **Poultry** *e.g. chicken, duck* |  |  |  |  |  |  |  |  |  |  | 1 palm-sized piece |
| *14* | **Western fast food** *e.g.**french fries, burger, fried chicken* |  |  |  |  |  |  |  |  |  |  | 1 regular french fries, 1 burger |
| *15* | **Other deep fried food/snacks***e.g. chicken, curry puff, goreng pisang, potato chips, prawn crackers, papadam, muruku, keropok, rempeyek, tortilla chips* |  |  |  |  |  |  |  |  |  |  | 1 piece |
| *16* | **Stir-fried food** *e.g. meat, fish, vegetables* |   |   |   |   |   |   |   |   |   |   | 1 scoop |
| *17* | **Gravies containing coconut milk** *(added on top rice or as part of a main dish e.g. curry chicken)* |   |   |   |   |   |   |   |   |   |   | 1 scoop |
| *18* | **Green leafy vegetables** *e.g. kailan, kang kong, cabbage, spinach* |   |   |   |   |   |   |   |   |   |   | 1 scoop |
| *19* | **Carrots** |   |   |   |   |   |   |   |   |   |   | 1 scoop |
| *20* | **Legumes***e.g. long beans, peas, lentils/dhal/sambhar* |  |  |  |  |  |  |  |  |  |  | 1 scoop |
| *21* | **Other vegetables** *e.g. tomato, mushrooms, brinjal, capsicum, ladies fingers* |   |   |   |   |   |   |   |   |   |   | 1 scoop |
| *22* | **Soy products (excluding soy milk)** *e.g. beancurd, tofu, taukwa, taupok, tempeh, tau huay* |   |   |   |   |   |   |   |   |   |   | 2 small blocks |
| *23* | **Sweet cakes, desserts, confectionery** *e.g. kueh-kueh, chendol, chng tng, chocolate, candy* |   |   |   |   |   |   |   |   |   |   | 1 piece, 1 bowl, 1 pack |
| *24* | **Nuts/seeds** *e.g. cashew, peanuts, sesame seeds* |   |   |   |   |   |   |   |   |   |   | 1 tablespoon |
|  |  | Never or rarely | Once a month | 2-3 a month | Once a week | 2-3 a week | 4-6 a week | Once a day | 2-3 a day | 4-5 a day | 6+ a day | **One serving means** |
| *25* | **Citrus fruit (excluding juices)***e.g. orange, pomelo* |   |   |   |   |   |   |   |   |   |   | 1 orange, 1 tangerine, 1 pomelo |
| *26* | **Other fresh fruit (excluding juices)** |   |   |   |   |   |   |   |   |   |   | 1 apple, 1 banana, 1 wedge papaya/ watermelon/ pineapple, 10 grapes |
| *27* | **Low fat dairy (milk, yoghurt or cheese)** |   |   |   |   |   |   |   |   |   |   | 1 glass milk, 1 pot yoghurt, 1 slice cheese |
| *28* | **Full fat dairy (milk, yoghurt or cheese)** |   |   |   |   |   |   |   |   |   |   | 1 glass milk, 1 pot yoghurt, 1 slice cheese |
| *29* | **Soy milk** *including fresh and flavoured* |   |   |   |   |   |   |   |   |   |   | 1 glass, 1 bottle, 1 pack, 1 cup |
| *30* | **Malted drink/hot chocolate** *e.g. Milo®, Ovaltine®* |   |   |   |   |   |   |   |   |   |   | 1 cup, 1 can, 1 pack |
| *31* | **Fruit juice, 100%, no added sugar** *e.g. watermelon juice, orange juice* |  |  |  |  |  |  |  |  |  |  | 1 glass, 1 cup |
| *32* | **Sugar-free sweetened beverages** *e.g. CokeZero®* |  |  |  |  |  |  |  |  |  |  | 1 can, 1 bottle |
| *33* | **Sweetened beverages, including fruit juice drinks with added sugar** *e.g. cola, bubble tea, ribena, waterchestnut drinks, sweetened ice tea,*  |  |  |  |  |  |  |  |  |  |  | 1 can, 1 bottle |
| *34* | **Tea** *e.g. Chinese/oolong tea, black tea, green tea* |   |   |   |   |   |   |   |   |   |   | 1 cup |
| *35* | **Coffee** *e.g. brewed, instant, cappuccino* |   |   |   |   |   |   |   |   |   |   | 1 cup, 1 can |
| *36* | **Alcohol** *e.g. beer, wine, spirits* |   |   |   |   |   |   |   |   |   |   | 1 bottle beer, 1 glass wine, 1 measure (25ml) spirit |
| *37* | **Water** |   |   |   |   |   |   |   |   |   |   | 1 glass |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Dietary Practices Questions** |
| *DP1* | **How often do you eat at hawker centres, foods courts or coffee shops?** |  |  |  |  |  |  |  |  |  |  |  |
| *DP2* | **How often do you eat at workplace or school canteens?** |  |  |  |  |  |  |  |  |  |  |  |
| *DP3* | **How often do you eat at western fast food outlets or quick-service restaurants?** |  |  |  |  |  |  |  |  |  |  |  |
| *DP4* | **How often do you eat at other restaurants?** |  |  |  |  |  |  |  |  |  |  |  |

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| **DP5) How often do you consume chicken with skin?** |
| Never | □ |
| Sometimes | □ |
| Always | □ |
| Do not eat chicken | □ |

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| **DP6) How often do you consume meat with visible fat?** |
| Never | □ |
| Sometimes | □ |
| Always | □ |
| Do not eat meat | □ |

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| **DP7) What type of fat or oil is usually used for cooking at home? (TICK ONE ONLY)** |
| Butter, dripping, ghee, lard or any other animal fat | □ |
| Vanaspati (vegetable ghee) | □ |
|  Vegetable oil/blended oil  | □ |
| Palm oil | □ |
| Coconut oil | □ |
| Hard margarine | □ |
| Soft margarine | □ |
| Corn oil | □ |
| Soya bean oil  | □ |
| Sunflower oil | □ |
| Peanut oil | □ |
| Canola oil | □ |
|  Olive oil | □ |
| Others (please specify ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | □ |
| Do not eat food cooked at home | □ |
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| **DP8) At the table, how often do you add salt or sauces to your food?** e.g. soy sauce, braised gravy |
| Never | □ |
| Sometimes | □ |
| Always | □ |

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| **DP9) What type of milk do you usually add to your coffee?****(TICK ONE ONLY)** | **DP9a) How much sugar do you usually add to your coffee?** |
| Do not drink coffee (go to Q9) | □ |  | Do not add sugar | □ |
| Milk is already added (I drink 3-in-1) | □ |  | Less than 1 tsp | □ |
| Milk is already added (I drink 2-in-1) | □ |  | 1-2tsp | □ |
| Sweetened condensed milk | □ |  | 3-4tsp | □ |
| Evaporated milk  | □ |  | 5+ tsp | □ |
| Whole milk/powder | □ |  |  |  |
| Low-fat milk/powder | □ | **DP9b) How often do you ask for coffee with ‘less sugar’?** |
| Skimmed milk/powder | □ |  | Always | □ |
| Soya milk | □ |  | Most of the time | □ |
| Creamer/whitener | □ |  | Sometimes | □ |
| Do not add milk (I drink black coffee) | □ |  | Never | □ |

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| **DP10) What type of milk do you usually add to your tea? (TICK ONE ONLY)** | **DP10a) How much sugar do you usually add to your tea?** |
| Do not drink tea (go to Q10) | □ |  | Do not add sugar | □ |
| Milk is already added (I drink 3-in-1) | □ |  | Less than 1 tsp | □ |
| Milk is already added (I drink 2-in-1) | □ |  | 1-2tsp | □ |
| Sweetened condensed milk | □ |  | 3-4tsp | □ |
| Evaporated milk  | □ |  | 5+ tsp | □ |
| Whole milk/powder | □ |  |  |  |
| Low-fat milk/powder | □ | **DP10b) How often do you ask for tea with ‘less sugar’?** |
| Skimmed milk/powder | □ |  | Always | □ |
| Soya milk | □ |  | Most of the time | □ |
| Creamer/whitener | □ |  | Sometimes | □ |
| Do not add milk  | □ |  | Never | □ |

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| **DP11) What type of milk do you usually add to your malted beverages? (TICK ONE ONLY)** | **DP11a) How much sugar do you usually add to your malted beverages?** |
| Do not drink malted beverages (go to Q11) | □ |  | Do not add sugar | □ |
| Milk is already added (I drink 3-in-1) | □ |  | Less than 1 tsp | □ |
| Milk is already added (I drink 2-in-1) | □ |  | 1-2tsp | □ |
| Sweetened condensed milk | □ |  | 3-4tsp | □ |
| Evaporated milk  | □ |  | 5+ tsp | □ |
| Whole milk/powder | □ |  |  |  |
| Low-fat milk/powder | □ | **DP11b) How often do you ask for malted beverages with ‘less sugar’?** |
| Skimmed milk/powder | □ |  | Always | □ |
| Soya milk | □ |  | Most of the time | □ |
| Creamer/whitener | □ |  | Sometimes | □ |
| Do not add milk  | □ |  | Never | □ |

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| **DP12) Do you take vitamins or supplements?** |  |
| Yes | □ | → Go to Q 12a) |
| No | □ | → END OF QUESTIONNAIRE |

**DP12a) If yes, please state the name, brand, number, frequency and duration below.**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Type** e.g. Vitamin C, multivitamin |  | **Brand name** |  | **Dose/ Strength** e.g. 500mg (if known) |  | **Number of pills/****capsules** |  | **Frequency** |  | **Length of time taking supplement** |
|  |  |  | **Every day** | **At least once a week** | **Less than once a week** |  | **Less than 1 year** | **Between 1-5 years** | **More than 5 years** |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | \_\_\_\_\_\_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  | □ | □ | □ |  | □ | □ | □ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | \_\_\_\_\_\_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  | □ | □ | □ |  | □ | □ | □ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | \_\_\_\_\_\_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  | □ | □ | □ |  | □ | □ | □ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | \_\_\_\_\_\_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  | □ | □ | □ |  | □ | □ | □ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | \_\_\_\_\_\_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  |  \_\_\_\_\_\_ |  | □ | □ | □ |  | □ | □ | □ |

**[END]**