Supplemental Table 1. Description of Daily Sri Lankan Diet Recommendations

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| --- | --- | --- | --- |
| **Food groups** | **Servings (Adolescents)** | **Servings (Adults)** | **Serving Size** |
| Cereals and starchy food | 7-10 | 6-11 | 1 cup (130-140 g) rice,  1 slice (50 g) bread |
| Fruits | 2 | 2-3 | 1 medium size fruit\*,  ½ cup of cut fruit\*,  2 Tbsp (20-30 g) dried fruit |
| Vegetables | 2-3 | 3-5 | 3 Tbsp (1/2 cup) cooked\*,  1 cup raw salads (200 mL) |
| Pulses, fish, meat, eggs, nuts | 2-3 | 3-4 | 30 g of cooked fish/poultry/meat,  3 Tbsp cooked pulses\*,  1 egg,  15 g dried fish |
| Milk or milk products | 2 | 1-2 | 1 cup (200 mL) milk,  1 cup (100 mL) yogurt,  30 g (2 Tbsp milk powder) |
| Nuts and oil seeds | 2-3 | 2-4 | 1 Tbsp (15 g) |

Abbreviations: Tbsp: Tablespoon; mL: Millilitres

Note: The Sri Lankan Diet Recommendations do not specify all serving sizes in terms of grams. We calculated the grams per serving for selected foods using the USDA Food and Nutrient Database (Bodner-Montville J, Ahuja JK, Ingwersen LA, Haggerty ES, Enns CW and Perloff BP. USDA food and nutrient database for dietary studies: released on the web. *Journal of Food Composition and Analysis*. 2006; 19: S100-S7).

Supplemental Table 2. DQI component scores and total DQI score by BMI

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Variety Score** | | **Balance Score** | | **Adequacy Score** | | **Moderation Score** | | **Total Score** | |
|  | **Score** | **SD** | **Score** | **SD** | **Score** | **SD** | **Score** | **SD** | **Score** | **SD** |
| **BMI Status** |  |  |  |  |  |  |  |  |  |  |
| Underweight  (Grade 3) | 12.92 | 4.87 | 1.10 | 2.32 | 19.34 | 9.26 | 25.43 | 4.05 | 58.79 | 12.81 |
| Underweight  (Grade 2) | 14.15 | 4.30 | 1.76 | 2.94 | 19.83 | 8.51 | 25.18 | 3.36 | 60.93 | 11.33 |
| Underweight  (Grade 1) | 13.71 | 4.58 | 1.78 | 2.96 | 19.86 | 9.06 | 24.66 | 4.14 | 60.01 | 11.38 |
| Normal weight | 12.88 | 4.47 | 1.58 | 2.84 | 18.76 | 9.00 | 25.50 | 3.71 | 58.73 | 11.54 |
| Overweight | 12.00 | 4.65 | 1.65 | 2.78 | 18.35 | 8.45 | 25.38 | 3.78 | 57.38 | 11.71 |
| Obese | 12.60 | 3.95 | 1.60 | 3.20 | 21.20 | 7.28 | 25.20 | 3.22 | 60.60 | 7.43 |