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| **Supplemental Table 1** Number of servings recommended by food group in adults. Mexican Dietary Guidelines\* | |
| **Food groups** | **Servings per 2 000 kcal/day** |
| Vegetables**†** | 3 |
| Fruit**‡** | 3 |
| Cereals**§** | 8 |
| Legumes | 2 |
| Foods of animal origin (meat products)**||** | 3.5 |
| Dairy\*\* | 2 |
| Tap water | 750–2 000 mL |
| Sugars**††** | 2 |
| Fats**§§** | 5 |
| \*Bonvecchio A et al. Guías alimentarias y de actividad física en contexto de sobrepeso y obesidad en población Mexicana. [Dietary and physical activity guidelines in the context of overweight and obesity in the Mexican population.] Mexico, 2015.33 | |
| **†**Excluding vegetable juices, starchy vegetables such as potato and corn, and salted or pickled vegetables. | |
| **‡**Excluding fruit juices, which are recommended to be consumed in moderation (< 125 mL/day). | |
| **§**Whole grains shall consist of the intact, ground, cracked, or flaked caryopsis whose principal components, the starchy endosperm, germ, and bran, are present in the same relative proportions as they exist in the intact grain. Some examples of whole grains are oats, amaranth, corn, brown rice, wheat germ, and bran. Corn tortilla is also considered a whole-grain cereal. | |
| **||**Less than half of servings should be from meat products with high saturated fat or sodium content, including red and processed meats. | |
| \*\* Only low-fat dairy is recommended. | |
| **††**The consumption of sugars should not exceed 10% of total energy intake. | |
| **§§**Consumption of saturated fat should not exceed 7% of total energy intake, whereas the consumption of polyunsaturated fat should be between 6% and 10% of total energy intake. | |

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| **Supplemental Table 2** Association of total Mexican Diet Quality Index and Mexican Alternate Healthy Eating Index with body mass index and waist circumference in men and women, using different approaches. ENSANUT 2012 (*n* 2 310) | | | | | | | |
|  | Men | | |  | Women | | |
|  | β | 95% CI | P-value |  | β | 95% CI | P-value |
|  |  |  |  |  |  |  |  |
| BMI |  |  |  |  |  |  |  |
| Total MxDQI |  |  |  |  |  |  |  |
| Model 1 | -0.02 | -0.05, 0.003 | 0.09 |  | -0.02 | -0.04, 0.01 | 0.23 |
| Model 2 | -0.02 | -0.05, 0.01 | 0.12 |  | -0.01 | -0.04, 0.01 | 0.34 |
| Model 3 | -0.03 | -0.06, 0.002 | 0.05 |  | -0.03 | -0.05, 0.0002 | 0.05 |
| Model 4 | -0.03 | -0.06, 0.003 | 0.08 |  | -0.02 | -0.05, 0.004 | 0.09 |
| Total MxAHEI |  |  |  |  |  |  |  |
| Model 5 | -0.04 | -0.08, 0.004 | 0.08 |  | -0.03 | -0.07, 0.01 | 0.15 |
| Model 6 | -0.03 | -0.07, 0.01 | 0.18 |  | -0.02 | -0.07, 0.02 | 0.36 |
| Model 7 | -0.04 | -0.08, 0.002 | 0.06 |  | -0.05 | -0.09, -0.003 | **0.03** |
| Model 8 | -0.03 | -0.08, 0.01 | 0.16 |  | -0.04 | -0.08, 0.01 | 0.09 |
| WC |  |  |  |  |  |  |  |
| Total MxDQI |  |  |  |  |  |  |  |
| Model 1 | -0.10 | -0.2, -0.004 | **0.04** |  | -0.02 | -0.08, 0.04 | 0.50 |
| Model 2 | -0.10 | -0.21, 0.01 | 0.06 |  | -0.03 | -0.09, 0.04 | 0.44 |
| Model 3 | -0.10 | -0.2, 0.01 | 0.06 |  | -0.04 | -0.10, 0.02 | 0.23 |
| Model 4 | -0.10 | -0.22, 0.02 | 0.10 |  | -0.05 | -0.11, 0.02 | 0.18 |
| Total MxAHEI |  |  |  |  |  |  |  |
| Model 5 | -0.15 | -0.28, -0.01 | **0.03** |  | -0.07 | -0.16, 0.02 | 0.13 |
| Model 6 | -0.12 | -0.27, 0.02 | 0.09 |  | -0.08 | -0.18, 0.02 | 0.13 |
| Model 7 | -0.14 | -0.29, 0.01 | 0.07 |  | -0.10 | -0.19, -0.01 | **0.04** |
| Model 8 | -0.12 | -0.28, 0.04 | 0.14 |  | -0.11 | -0.21, -0.02 | **0.02** |
|  |  |  |  |  |  |  |  |
| ENSANUT, National Health and Nutrition Survey; MxAHEI, Mexican Alternate Healthy Eating Index; MxDQI, Mexican Diet Quality Index. | | | | | | | |
| Model 1 was adjusted for total energy intake, number of servings of alcohol intake (quadratic), diabetes status (yes/no), age (quadratic), alcohol intake ( smoking status (none/current/former), region (North/Central/South), area (rural/urban), tertiles of assets index (low/medium/high), type of housing (owned/rented/other), number of individuals in a household (1-2/3-4/≥5), and marital status (married or living together/divorced, separated or widowed/single). Tortilla was considered as whole grain, 954 men and 1356 women. | | | | | | | |
| Model 2 was adjusted for total energy intake, number of servings of alcohol intake (quadratic), diabetes status (yes/no), age (quadratic), alcohol intake ( smoking status (none/current/former), region (North/Central/South), area (rural/urban), tertiles of assets index (low/medium/high), type of housing (owned/rented/other), number of individuals in a household (1-2/3-4/≥5), and marital status (married or living together/divorced, separated or widowed/single). Tortilla was considered as refined grain, 954 men and 1356 women. | | | | | | | |
| Model 3 was Model 1 further adjusted for physical activity (inactive/moderately active/active), 902 men and 1281 women. | | | | | | | |
| Model 4 was Model 2 further adjusted for physical activity (inactive/moderately active/active), 902 men and 1281 women. | | | | | | | |
| Model 5 was adjusted for total energy intake, diabetes status (yes/no), age (quadratic), smoking status (none/current/former), region (North/Central/South), area (rural/urban), tertiles of assets index (low/medium/high), type of housing (owned/rented/other), number of individuals in a household (1-2/3-4/≥5), and marital status (married or living together/divorced, separated or widowed/single). Tortilla was considered as whole grain, 954 men and 1356 women. | | | | | | | |
| Model 6 was adjusted for total energy intake, diabetes status (yes/no), age (quadratic), smoking status (none/current/former), region (North/Central/South), area (rural/urban), tertiles of assets index (low/medium/high), type of housing (owned/rented/other), number of individuals in a household (1-2/3-4/≥5), and marital status (married or living together/divorced, separated or widowed/single). Tortilla was considered as refined grain, 954 men and 1356 women. | | | | | | | |
| Model 7 was Model 5 further adjusted for physical activity (inactive/moderately active/active), 902 men and 1281 women | | | | | | | |
| Model 8 was Model 6 further adjusted for physical activity (inactive/moderately active/active), 902 men and 1281 women. | | | | | | | |

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| **Supplemental Table 3** Association of whole-grains cereals and refined grains components with body mass index and waist circumference without considering tortilla as whole-grain in men and women. ENSANUT 2012 (*n* 2 310) | | | | | | | | |
|  |  | Men (*n* 954) | | |  | Women (*n* 1356) | | |
|  | β | 95% CI | P-value |  | β | 95% CI | P-value |
|  |  |  |  |  |  |  |  |  |
| BMI |  |  |  |  |  |  |  |  |
| MxDQI |  |  |  |  |  |  |  |  |
| Whole-grain cereals |  |  |  |  |  |  |  |  |
| Adjusting for other dietary components |  | 0.23 | -0.11, 0.57 | 0.18 |  | 0.20 | -0.31, 0.71 | 0.44 |
| Without adjusting for other dietary components |  | 0.40 | 0.06, 0.74 | **0.02** |  | 0.25 | -0.24, 0.75 | 0.31 |
| Adjusting for total minus the dietary component |  | 0.39 | 0.05, 0.74 | **0.03** |  | 0.26 | -0.24, 0.76 | 0.30 |
| Refined grains |  |  |  |  |  |  |  |  |
| Adjusting for other dietary components |  | 0.33 | -0.15, 0.82 | 0.18 |  | 0.47 | 0.12, 0.82 | **0.01** |
| Without adjusting for other dietary components |  | 0.46 | -0.11, 1.02 | 0.12 |  | 0.47 | 0.14, 0.81 | **0.01** |
| Adjusting for total minus the dietary component |  | 0.48 | -0.07, 1.04 | 0.09 |  | 0.48 | 0.15, 0.81 | **0.01** |
| MxAHEI |  |  |  |  |  |  |  |  |
| Whole-grain cereals |  |  |  |  |  |  |  |  |
| Adjusting for other dietary components |  | -0.06 | -0.17, 0.06 | 0.34 |  | -0.05 | -0.16, 0.06 | 0.39 |
| Without adjusting for other dietary components |  | -0.06 | -0.19, 0.06 | 0.30 |  | -0.05 | -0.17, 0.07 | 0.44 |
| Adjusting for total minus the dietary component |  | -0.06 | -0.18, 0.06 | 0.33 |  | -0.04 | -0.16, 0.08 | 0.49 |
|  |  |  |  |  |  |  |  |  |
| WC |  |  |  |  |  |  |  |  |
| MxDQI |  |  |  |  |  |  |  |  |
| Whole-grain cereals |  |  |  |  |  |  |  |  |
| Adjusting for other dietary components |  | -0.12 | -1.05, 0.81 | 0.80 |  | 0.12 | -0.82, 1.06 | 0.80 |
| Without adjusting for other dietary components |  | 0.49 | -0.33, 1.32 | 0.24 |  | 0.18 | -0.74, 1.09 | 0.70 |
| Adjusting for total minus the dietary component |  | 0.47 | -0.37, 1.32 | 0.27 |  | 0.19 | -0.73, 1.11 | 0.69 |
| Refined grains |  |  |  |  |  |  |  |  |
| Adjusting for other dietary components |  | 0.85 | -0.6, 2.30 | 0.25 |  | 0.40 | -0.53, 1.34 | 0.40 |
| Without adjusting for other dietary components |  | 1.26 | -0.47, 3.00 | 0.15 |  | 0.37 | -0.62, 1.36 | 0.47 |
| Adjusting for total minus the dietary component |  | 1.37 | -0.28, 3.03 | 0.10 |  | 0.38 | -0.60, 1.36 | 0.45 |
| MxAHEI |  |  |  |  |  |  |  |  |
| Whole-grain cereals |  |  |  |  |  |  |  |  |
| Adjusting for other dietary components |  | -0.15 | -0.65, 0.36 | 0.57 |  | -0.17 | -0.42, 0.08 | 0.17 |
| Without adjusting for other dietary components |  | -0.19 | -0.71, 0.32 | 0.46 |  | -0.17 | -0.43, 0.08 | 0.18 |
| Adjusting for total minus the dietary component |  | -0.17 | -0.68, 0.33 | 0.50 |  | -0.15 | -0.41, 0.10 | 0.23 |
|  |  |  |  |  |  |  |  |  |
| ENSANUT, National Health and Nutrition Survey; BMI, body mass index; MxDQI, Mexican Diet Quality Index; MxAHEI, Mexican Alternate Healthy Eating Index; WC, waist circumference. | | | | | | | | |

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| **Supplemental Table 4** Association of total Mexican Diet Quality Index and Alternate Healthy Eating Index with body mass index in men and women, without adjusting for the other dietary components. ENSANUT 2012 (*n* 2310) | | | | | | | |
|  | Men (*n* 954) | | |  | Women (*n* 1356) | | |
|  | β | 95% CI | P-value |  | β | 95% CI | P-value |
|  |  |  |  |  |  |  |  |
| MxDQI |  |  |  |  |  |  |  |
| Vegetables | -0.14 | -0.25, -0.02 | **0.02** |  | 0.03 | -0.08, 0.14 | 0.60 |
| Whole fruit | 0.13 | -0.03, 0.29 | 0.11 |  | 0.04 | -0.08, 0.16 | 0.48 |
| Whole-grain cereals | -0.09 | -0.31, 0.13 | 0.41 |  | -0.04 | -0.25, 0.18 | 0.75 |
| Legumes | -0.05 | -0.14, 0.05 | 0.37 |  | -0.10 | -0.2, 0.003 | 0.06 |
| Seafood, poultry, or eggs | -0.29 | -0.47, -0.11 | **< 0.01** |  | -0.19 | -0.36, -0.01 | **0.03** |
| Low-fat dairy | -0.15 | -0.58, 0.27 | 0.48 |  | 0.53 | 0.10, 0.95 | **0.02** |
| Polyunsaturated fat | -0.06 | -0.14, 0.03 | 0.20 |  | 0.07 | -0.02, 0.16 | 0.11 |
| 100% fruit juices | -0.02 | -0.32, 0.27 | 0.88 |  | 0.02 | -0.29, 0.34 | 0.89 |
| Refined grains | 0.06 | -0.14, 0.27 | 0.55 |  | -0.04 | -0.22, 0.15 | 0.70 |
| Red and processed meat | -0.18 | -0.36, 0.001 | 0.05 |  | -0.22 | -0.40, -0.04 | 0.02 |
| Added sugars | -0.01 | -0.07, 0.05 | 0.72 |  | -0.001 | -0.06, 0.06 | 0.98 |
| Sodium | 0.01 | -0.06, 0.07 | 0.87 |  | -0.03 | -0.10, 0.03 | 0.26 |
| Saturated fat | 0.08 | -0.09, 0.26 | 0.35 |  | -0.24 | -0.43, -0.05 | **0.02** |
| MxAHEI |  |  |  |  |  |  |  |
| Vegetables | -0.14 | -0.32, 0.03 | 0.12 |  | 0.12 | -0.05, 0.29 | 0.18 |
| Whole fruit | 0.19 | -0.05, 0.43 | 0.12 |  | 0.05 | -0.12, 0.22 | 0.60 |
| Whole-grain cereals | -0.06 | -0.18, 0.06 | 0.31 |  | -0.04 | -0.17, 0.08 | 0.52 |
| Legumes | -0.04 | -0.22, 0.14 | 0.64 |  | -0.18 | -0.37, 0.01 | 0.06 |
| Nuts | 0.37 | -0.08, 0.82 | 0.11 |  | 0.30 | -0.52, 1.13 | 0.47 |
| Polyunsaturated fat | -0.15 | -0.31, 0.01 | 0.06 |  | 0.09 | -0.04, 0.22 | 0.19 |
| Long-chain (n-3) fats | -0.06 | -0.23, 0.11 | 0.47 |  | 0.02 | -0.14, 0.18 | 0.81 |
| SSB | 0.13 | -0.07, 0.33 | 0.20 |  | 0.15 | -0.08, 0.39 | 0.20 |
| Red and processed meat | -0.09 | -0.20, 0.02 | 0.09 |  | -0.11 | -0.22, -0.01 | **0.03** |
| Sodium | 0.04 | -0.08, 0.17 | 0.50 |  | -0.11 | -0.21, -0.004 | **0.04** |
| Trans fat | 0.40 | -0.94, 1.74 | 0.56 |  | -0.62 | -2.22, 0.97 | 0.44 |
| Alcohol | -0.01 | -0.17, 0.14 | 0.89 |  | 1.48 | 0.56, 2.41 | **< 0.01** |
|  |  |  |  |  |  |  |  |
| ENSANUT, National Health and Nutrition Survey; MxDQI, Mexican Diet Quality Index; MxAHEI, Mexican Alternate Healthy Eating Index; SSB, sugar-sweetened beverages. | | | | | | | |

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| **Supplemental Table 5** Association of total Mexican Diet Quality Index and Alternate Healthy Eating Index with waist circumference in men and women, without adjusting for the other dietary components. ENSANUT 2012 (*n* 2310) | | | | | | | |
|  | Men (*n* 954) | | |  | Women (*n* 1356) | | |
|  | β | 95% CI | P-value |  | β | 95% CI | P-value |
|  |  |  |  |  |  |  |  |
| MxDQI |  |  |  |  |  |  |  |
| Vegetables | -0.39 | -0.83, 0.06 | 0.09 |  | 0.08 | -0.17, 0.34 | 0.52 |
| Whole fruit | 0.44 | -0.33, 1.22 | 0.26 |  | 0.16 | -0.13, 0.45 | 0.29 |
| Whole-grain cereals | -0.56 | -1.37, 0.24 | 0.17 |  | 0.15 | -0.37, 0.67 | 0.57 |
| Legumes | -0.13 | -0.48, 0.21 | 0.44 |  | -0.16 | -0.40, 0.08 | 0.18 |
| Seafood, poultry, or eggs | -1.08 | -1.81, -0.36 | **< 0.01** |  | -0.36 | -0.74, 0.02 | 0.07 |
| Low-fat dairy | -0.94 | -2.37, 0.50 | 0.20 |  | 1.13 | 0.33, 1.94 | **0.01** |
| Polyunsaturated fat | -0.26 | -0.62, 0.10 | 0.16 |  | 0.13 | -0.08, 0.34 | 0.23 |
| 100% fruit juices | 0.15 | -0.74, 1.05 | 0.74 |  | 0.03 | -0.60, 0.66 | 0.92 |
| Refined grains | 0.07 | -0.65, 0.79 | 0.85 |  | 0.04 | -0.38, 0.45 | 0.87 |
| Red and processed meat | -0.66 | -1.32, 0.004 | 0.05 |  | -0.47 | -0.92, -0.01 | 0.04 |
| Added sugars | -0.07 | -0.27, 0.14 | 0.52 |  | -0.001 | -0.14, 0.14 | 0.99 |
| Sodium | -0.03 | -0.28, 0.22 | 0.84 |  | -0.07 | -0.21, 0.08 | 0.36 |
| Saturated fat | 0.45 | -0.09, 0.99 | 0.11 |  | -0.55 | -0.99, -0.11 | **0.01** |
| MxAHEI |  |  |  |  |  |  |  |
| Vegetables | -0.38 | -1.23, 0.48 | 0.39 |  | 0.20 | -0.19, 0.59 | 0.31 |
| Whole fruit | 0.74 | -0.57, 2.04 | 0.27 |  | 0.19 | -0.26, 0.63 | 0.41 |
| Whole-grain cereals | -0.35 | -0.74, 0.04 | 0.08 |  | 0.03 | -0.27, 0.33 | 0.83 |
| Legumes | -0.26 | -0.96, 0.43 | 0.46 |  | -0.33 | -0.77, 0.10 | 0.13 |
| Nuts | 0.28 | -1.20, 1.76 | 0.71 |  | 0.84 | -1.12, 2.81 | 0.40 |
| Polyunsaturated fat | -0.68 | -1.46, 0.11 | 0.09 |  | 0.15 | -0.18, 0.48 | 0.36 |
| Long-chain (n-3) fats | -0.32 | -0.97, 0.34 | 0.34 |  | -0.13 | -0.57, 0.30 | 0.55 |
| SSB | -0.02 | -0.62, 0.57 | 0.94 |  | 0.09 | -0.4, 0.57 | 0.73 |
| Red and processed meat | -0.32 | -0.67, 0.02 | 0.07 |  | -0.23 | -0.49, 0.04 | 0.09 |
| Sodium | 0.26 | -0.18, 0.70 | 0.24 |  | -0.23 | -0.47, 0.02 | 0.07 |
| Trans fat | 0.92 | -3.14, 4.98 | 0.66 |  | -0.97 | -5.22, 3.27 | 0.65 |
| Alcohol | -0.13 | -0.60, 0.34 | 0.58 |  | 0.85 | 0.17, 1.53 | **0.01** |
|  |  |  |  |  |  |  |  |
| ENSANUT, National Health and Nutrition Survey; MxDQI, Mexican Diet Quality Index; MxAHEI, Mexican Alternate Healthy Eating Index; SSB, sugar-sweetened beverages. | | | | | | | |

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| **Supplemental Table 6** Association of total Mexican Diet Quality Index and Alternate Healthy Eating Index with body mass index in men and women, adjusting for total score minus the dietary component of interest. ENSANUT 2012 (*n* 2310) | | | | | | | |
|  | Men (*n* 954) | | |  | Women (*n* 1356) | | |
|  | β | 95% CI | P-value |  | β | 95% CI | P-value |
|  |  |  |  |  |  |  |  |
| MxDQI |  |  |  |  |  |  |  |
| Vegetables | -0.14 | -0.26, -0.03 | **0.02** |  | 0.03 | -0.08, 0.14 | 0.58 |
| Whole fruit | 0.14 | -0.02, 0.29 | 0.09 |  | 0.05 | -0.07, 0.17 | 0.45 |
| Whole-grain cereals | -0.07 | -0.29, 0.15 | 0.55 |  | -0.01 | -0.24, 0.21 | 0.92 |
| Legumes | -0.04 | -0.13, 0.06 | 0.49 |  | -0.09 | -0.20, 0.01 | 0.08 |
| Seafood, poultry, or eggs | -0.28 | -0.47, -0.10 | **< 0.01** |  | -0.19 | -0.36, -0.01 | **0.04** |
| Low-fat dairy | -0.13 | -0.54, 0.28 | 0.53 |  | 0.54 | 0.12, 0.96 | **0.01** |
| Polyunsaturated fat | -0.05 | -0.13, 0.04 | 0.28 |  | 0.08 | -0.01, 0.16 | 0.08 |
| 100% fruit juices | -0.02 | -0.32, 0.27 | 0.87 |  | 0.02 | -0.29, 0.34 | 0.89 |
| Refined grains | 0.12 | -0.11, 0.34 | 0.30 |  | -0.002 | -0.21, 0.20 | 0.98 |
| Red and processed meat | -0.17 | -0.35, 0.01 | 0.07 |  | -0.22 | -0.40, -0.03 | **0.02** |
| Added sugars | -0.001 | -0.06, 0.06 | 0.98 |  | -0.001 | -0.06, 0.07 | 0.88 |
| Sodium | 0.001 | -0.07, 0.07 | 0.98 |  | -0.04 | -0.10, 0.03 | 0.25 |
| Saturated fat | 0.12 | -0.06, 0.31 | 0.18 |  | -0.23 | -0.42, -0.04 | **0.02** |
| MxAHEI |  |  |  |  |  |  |  |
| Vegetables | -0.14 | -0.32, 0.03 | 0.11 |  | 0.11 | -0.06, 0.28 | 0.20 |
| Whole fruit | 0.18 | -0.05, 0.42 | 0.12 |  | 0.05 | -0.12, 0.23 | 0.54 |
| Whole-grain cereals | -0.06 | -0.18, 0.06 | 0.36 |  | -0.03 | -0.16, 0.09 | 0.59 |
| Legumes | -0.02 | -0.20, 0.16 | 0.82 |  | -0.17 | -0.36, 0.02 | 0.09 |
| Nuts | 0.37 | -0.06, 0.79 | 0.09 |  | 0.29 | -0.53, 1.12 | 0.49 |
| Polyunsaturated fat | -0.14 | -0.31, 0.02 | 0.09 |  | 0.11 | -0.02, 0.24 | 0.11 |
| Long-chain (n-3) fats | -0.06 | -0.23, 0.11 | 0.49 |  | 0.02 | -0.14, 0.18 | 0.81 |
| SSB | 0.11 | -0.08, 0.31 | 0.26 |  | 0.14 | -0.10, 0.37 | 0.25 |
| Red and processed meat | -0.08 | -0.19, 0.02 | 0.12 |  | -0.11 | -0.21, -0.01 | **0.04** |
| Sodium | 0.04 | -0.09, 0.16 | 0.56 |  | -0.11 | -0.21, -0.004 | **0.04** |
| Trans fat | 0.38 | -0.87, 1.63 | 0.55 |  | -0.52 | -2.11, 1.06 | 0.52 |
| Alcohol | -0.01 | -0.16, 0.14 | 0.91 |  | 1.44 | 0.54, 2.34 | **< 0.01** |
|  |  |  |  |  |  |  |  |
| ENSANUT, National Health and Nutrition Survey; MxDQI, Mexican Diet Quality Index; MxAHEI, Mexican Alternate Healthy Eating Index; SSB, sugar-sweetened beverages. | | | | | | | |

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| **Supplemental Table 7** Association of total Mexican Diet Quality Index and Alternate Healthy Eating Index with waist circumference in men and women, adjusting for total score minus the dietary component of interest. ENSANUT 2012 (*n* 2310) | | | | | | | |
|  | Men (*n* 954) | | |  | Women (*n* 1356) | | |
|  | β | 95% CI | P-value |  | β | 95% CI | P-value |
|  |  |  |  |  |  |  |  |
| MxDQI |  |  |  |  |  |  |  |
| Vegetables | -0.40 | -0.84, 0.03 | 0.07 |  | 0.09 | -0.17, 0.35 | 0.51 |
| Whole fruit | 0.47 | -0.31, 1.25 | 0.24 |  | 0.17 | -0.13, 0.46 | 0.27 |
| Whole-grain cereals | -0.46 | -1.24, 0.32 | 0.25 |  | 0.19 | -0.34, 0.72 | 0.48 |
| Legumes | -0.09 | -0.43, 0.26 | 0.63 |  | -0.16 | -0.4, 0.08 | 0.20 |
| Seafood, poultry, or eggs | -1.05 | -1.77, -0.34 | < 0.01 |  | -0.36 | -0.74, 0.03 | 0.07 |
| Low-fat dairy | -0.84 | -2.25, 0.56 | 0.24 |  | 1.15 | 0.36, 1.95 | < 0.01 |
| Polyunsaturated fat | -0.22 | -0.59, 0.14 | 0.23 |  | 0.14 | -0.07, 0.35 | 0.19 |
| 100% fruit juices | 0.15 | -0.75, 1.05 | 0.75 |  | 0.03 | -0.6, 0.66 | 0.92 |
| Refined grains | 0.29 | -0.51, 1.09 | 0.48 |  | 0.09 | -0.36, 0.54 | 0.69 |
| Red and processed meat | -0.60 | -1.26, 0.06 | 0.07 |  | -0.48 | -0.96, -0.001 | 0.05 |
| Added sugars | -0.03 | -0.24, 0.19 | 0.80 |  | -0.001 | -0.14, 0.15 | 0.93 |
| Sodium | -0.04 | -0.30, 0.21 | 0.73 |  | -0.07 | -0.21, 0.08 | 0.36 |
| Saturated fat | 0.63 | 0.10, 1.15 | 0.02 |  | -0.56 | -1.01, -0.12 | 0.01 |
| MxAHEI |  |  |  |  |  |  |  |
| Vegetables | -0.39 | -1.23, 0.46 | 0.37 |  | 0.19 | -0.2, 0.58 | 0.34 |
| Whole fruit | 0.71 | -0.56, 1.99 | 0.27 |  | 0.21 | -0.24, 0.65 | 0.36 |
| Whole-grain cereals | -0.33 | -0.71, 0.05 | 0.09 |  | 0.05 | -0.25, 0.35 | 0.74 |
| Legumes | -0.18 | -0.91, 0.55 | 0.63 |  | -0.30 | -0.74, 0.14 | 0.18 |
| Nuts | 0.28 | -1.12, 1.67 | 0.70 |  | 0.82 | -1.15, 2.79 | 0.41 |
| Polyunsaturated fat | -0.64 | -1.47, 0.19 | 0.13 |  | 0.19 | -0.14, 0.52 | 0.25 |
| Long-chain (n-3) fats | -0.31 | -0.96, 0.35 | 0.36 |  | -0.13 | -0.58, 0.31 | 0.55 |
| SSB | -0.09 | -0.69, 0.51 | 0.78 |  | 0.05 | -0.44, 0.54 | 0.84 |
| Red and processed meat | -0.30 | -0.65, 0.05 | 0.09 |  | -0.22 | -0.49, 0.06 | 0.12 |
| Sodium | 0.24 | -0.20, 0.68 | 0.29 |  | -0.23 | -0.47, 0.02 | 0.07 |
| Trans fat | 0.82 | -2.9, 4.54 | 0.67 |  | -0.73 | -4.98, 3.51 | 0.73 |
| Alcohol | -0.12 | -0.56, 0.32 | 0.59 |  | 0.75 | 0.10, 1.41 | 0.03 |
|  |  |  |  |  |  |  |  |
| ENSANUT, National Health and Nutrition Survey; MxDQI, Mexican Diet Quality Index; MxAHEI, Mexican Alternate Healthy Eating Index; SSB, sugar-sweetened beverages. | | | | | | | |