

**Supplementary Figure 1. Directed Acyclic Graph (DAG) for identification of co-variate selection.** Variables highlighted in pink are confounding the relationship between diet quality and cardiovascular disease. These confounding variables include: Race, Age, Income, SES, education, alcohol and physical activity. All confounding variables have been considered in our multi-variate model, except alcohol as it has been considered already with the use of diet quality scores.

**Table S1. Criteria for calculating the Australian Recommended Food Score (ARFS)**

|  |  |  |  |
| --- | --- | --- | --- |
| ARFSsub-group | DQSE item | Level of Intake | Scoring |
| Vegetables (max score=22) | How many serves of vegetables/d | > 4 serves /d | 1 |
| ≤ 4 serves/d | 0 |
| Potato | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Tomato sauce | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Fresh/tinned tomato | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Capsicum | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Lettuce/salad greens | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Cucumber | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Celery | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Beetroot | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Carrot | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Cabbage/ Brussel sprouts | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Cauliflower | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Broccoli | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Spinach | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Peas | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Green Beans | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Beans/Bean spouts | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Pumpkin | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Onions | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Garlic | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Mushrooms | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Zucchini | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Fruit(max score=14) | How many serves of fruit/d | > 2 serves /d | 1 |
| ≤ 2 serves/d | 0 |
| Fruit Juice | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Tinned/frozen fruit | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Oranges | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Apples | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Pears | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Banana | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Melon | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Pineapple | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Strawberries | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Apricots | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Peaches | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Mango | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Avocado | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Grains(max score=14) | Consume high fiber white bread | Yes | 1 |
| No | 0 |
| Consume wholemeal bread | Yes | 1 |
| No | 0 |
| Consume rye bread | Yes | 1 |
| No | 0 |
| Consume multi-grain bread | Yes | 1 |
| No | 0 |
| How many slices of bread/d | ≥4 slices/d | 1 |
| <4 slices/d | 0 |
| All bran | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Sultana bran | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Weetbix | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Rice | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Pasta/Noodles | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Vegemite | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Cornflakes | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Porridge | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Muesli | >1 serve/wk | 1 |
|  | ≤1 serve/wk | 0 |
| Dairy(max score=7) | Consume reduced fat or skim milk | Yes | 1 |
| No | 0 |
| Consume soy milk | Yes | 1 |
| No | 0 |
| Consume low fat cheese | Yes | 1 |
| No | 0 |
| How much milk/d | >500 ml/d | 1 |
| ≤500 ml/d | 0 |
| Cheese | <1 serve/wk | 1 |
| ≥1 serve/wk | 0 |
| Ice-cream | <1 serve/wk | 1 |
| ≥1 serve/wk | 0 |
| Yoghurt | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Nuts/beans/soy/egg (max score=7) | Nuts | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Peanut Butter | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Baked beans | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Soy/tofu | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Soy milk | Yes | 1 |
| No | 0 |
| Other Beans | >1 serve/wk | 1 |
| ≤1 serve/wk | 0 |
| Eggs | 1-5 eggs/wk | 1 |
| <1 or >5 eggs/wk | 0 |
| Meat(max score=5) | Beef | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Veal | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Lamb | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Pork | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Chicken | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Fish(max score=2) | Fish | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Tinned Fish | 1-4 serves/wk | 1 |
| <1 or >4 serves/wk | 0 |
| Fat(max score=1) | Consume Poly-unsaturated, Mono-unsaturated spread or do not use spread | Yes | 1 |
| No | 0 |
| Alcohol(max score=2) | How often is alcohol consumed | 1-4 days/wk | 1 |
| <1 or >4 days/wk | 0 |
| How many when alcohol is consumed | 1-2 standard drinks | 1 |
| <1 or >2 standard drinks | 0 |

**Table S2. Criteria for calculating the Mediterranean Diet Score (MDS)**

|  |  |  |
| --- | --- | --- |
| **Food Group** | **Level of Intake** | **Scoring** |
| Vegetables | >250 gm/d | 2 |
| 100-250 gm/d | 1 |
| <100 gm/d | 0 |
| Fruit and Nuts | >300 gm/d | 2 |
| 150-300 gm/d | 1 |
| <150 gm/d | 0 |
| Legumes | >140 gm/d | 2 |
| 70-140 gm/d | 1 |
| <70 gm/d | 0 |
| Grains | >195 gm/d | 2 |
| 130-195 gm/d | 1 |
| <130 gm/d | 0 |
| Meat | >120 gm/d | 0 |
| 80-120 gm/d | 1 |
| <80 gm/d | 2 |
| Fish | >250 gm/d | 2 |
| 100-250 gm/d | 1 |
| <100 gm/d | 0 |
| Dairy | >270 gm/d | 1 |
| 180-270 gm/d | 2 |
| <180 gm/d | 0 |
| Alcohol | >24 gm/d | 0 |
| 12-24 gm/d | 2 |
| <12 gm/d | 1 |
| Use Mono-unsaturated fat | Yes | 1 |
| No | 0 |