**Supplemental Table. Components of the diet quality indices included in this analysis**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Diet index | Recommended Food Score (RFS) | Healthy Eating Index 2015 (HEI-2015) | Alternate Healthy Eating Index 2010 (AHEI-2010) | Alternate Mediterranean Diet Score (aMED) | Healthful Plant-Based Diet Index (HPDI) |
| Adequacy components | Specific healthful foods consumed at least once a week, including fruits, vegetables, whole grains, low-fat dairy, and lean meats | Total fruit  Whole fruit  Total vegetables  Greens and beans  Whole grains  Total protein foods  Seafood and plant foods  Total dairy  Fatty acid ratio | Whole fruit  Vegetables (excluding potato)  Whole grains  Nuts and legumes  Long-chain fats (EPA&DHA)  Polyunsaturated fatty acids | Vegetables (excluding potato)  Fruit  Whole grains  Nuts  Legumes  Fish  MUFA:SFA ratio | Whole grains  Fruits  Vegetables  Nuts  Legumes  Vegetable oils  Tea & coffee |
| Moderation components |  | Sodium  Refined grains  Added sugars  Saturated fats | Red and processed meat  Trans fat  Sugar-sweetened beverages and fruit juice  Sodium  Alcohol | Red and processed meat  Alcohol | Fruit juices  Refined grains  Potatoes  Sugar-sweetened beverages  Sweets and desserts  Animal fat  Dairy  Egg  Fish or seafood  Meat  Misc. animal-based foods |
| Score range | 0 (worst) to 51 (best) | 0 (worst) to 100 (best) | 0 (worst) to 110 (best) | 9 (worst) to 45 (best) | 18 (worst) to 90 (best) |

Abbreviations: EPA - eicosapentaenoic acid; DHA - docosahexaenoic acid; MUFA - monounsaturated fatty acid; SFA - saturated fatty acid