**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 fruitWhole fruitTotal vegetablesGreens and beansWhole grainsTotal protein foodsSeafood and plant foodsTotal dairyFatty acid ratio | Whole fruitVegetables (excluding potato)Whole grainsNuts and legumesLong-chain fats (EPA&DHA)Polyunsaturated fatty acids | Vegetables (excluding potato)FruitWhole grainsNutsLegumesFishMUFA:SFA ratio | Whole grainsFruitsVegetablesNutsLegumesVegetable oilsTea & coffee |
| Moderation components |  | SodiumRefined grainsAdded sugarsSaturated fats | Red and processed meatTrans fatSugar-sweetened beverages and fruit juiceSodiumAlcohol | Red and processed meatAlcohol | Fruit juicesRefined grainsPotatoesSugar-sweetened beveragesSweets and dessertsAnimal fatDairyEggFish or seafoodMeatMisc. 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