**Supplementary Table 1.** The method of scoring and definition of HEI-2015

|  |  |  |  |
| --- | --- | --- | --- |
| Component | Maximum Scores | Standard for Maximum Scores | Standard for Minimum of zero |
| Adequacy |  |  |  |
| Total fruits | 5 | $\geq $0.8 cup | No fruits |
| Whole fruits | 5 | $\geq $0.4 cup | No Whole fruits |
| Total vegetables | 5 | $\geq $ 1.1 cup | No vegetables |
| Greens & Beans | 5 | $\geq $ 0.2 cup | No Greens & Beans |
| Whole Grains | 10 | $\geq $ 1.5 Oz | No Whole Grains |
| Dairy | 10 | $\geq $ 1.3 cup | No Dairy |
| Total Protein Foods | 5 | $\geq $ 2.5 Oz | No Protein Foods |
| Seafood & plant proteins | 5 | $\geq $ 0.8 cup | No Seafood & plant proteins |
| Fatty Acids Moderation | 10 | $(PUFAs+MUFAs)/SFAs\geq $ 2.5 | $(PUFAs+MUFAs)/SFAs$ $\leq $1.2 |
| Refined Grains | 10 | $\leq $1.8 Oz | $\geq $ 4.3 Oz |
| Sodium | 10 | $\leq $ 1.1 g | $\geq $ 2.0 g |
| Added Sugars | 10 | $\leq $ 6.5% of energy | $\geq $ 26% of energy |
| Saturated Fats | 10 | $\leq $ 8% of energy | $\geq $ 16% of energy |