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

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