

Table S1 DBI-16 components and standard for scoring¹

| Component | Score | Subgroup | Score | Intake range by energy intake level | | | | | | | | | | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-----------------|----------------------|-----------------|----------------------|------------|------------|--|--|
| | | | | 1000 kcal | 1200 kcal | 1400 kcal | 1600 kcal | 1800 kcal | 2000 kcal | 2200 kcal | 2400 kcal | 2600 kcal | 2800 kcal | 3000 kcal | | |
| C1-Cereal | (-12)-12 | Cereal | (-12)-12 | 0g=-12 | <15g=-12 | 0g=-12 | <10g=-12 | <35g=-12 | <5g=-12 | <30g=-12 | 0g=-12 | <50g=-12 | <75g=-12 | <100g=-12 | | |
| | | | | 75-95g=0 | 90-110g=0 | 125-175g=0 | 175-225g=0 | 200-250g=0 | 225-275g=0 | 250-300g=0 | 275-325g=0 | 325-375g=0 | 350-400g=0 | 375-425g=0 | | |
| | | | | >170g=12 | >185g=12 | >250g=12 | >390g=12 | >415g=12 | >495g=12 | >520g=12 | >600g=12 | >650g=12 | >675g=12 | >700g=12 | | |
| C2-Vegetable and fruit | (-12)-0 | Vegetable | (-6)-0 | ≥200g=0 | ≥250g=0 | ≥3000g=0 | ≥400g=0 | ≥450g=0 | ≥500g=0 | | | ≥600g=0 | | | | |
| | | | | 160-199g=-1 | 200-249g=-1 | 240-299g=-1 | 320-399g=-1 | 360-449g=-1 | 400-499g=-1 | | 480-599g=-1 | | | | | |
| | | | | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | | | Score decreased | | | | | |
| | | | | 1 with intake amount | 1 with intake amount | amount decreased 60g | 1 with intake amount | amount decreased 90g | decreased 1000g | | | 1 with intake amount | | | | |
| | | | | decreased 40g | decreased 50g | 0g=-6 | amount | 0g=-6 | 0g=-6 | | | amount | | | | |
| | | | | decreased 40g | decreased 50g | | decreased 80g | | | | | decreased 1200g | | | | |
| | | | | 0g=-6 | 0g=-6 | | 0g=-6 | | | | | 0g=-6 | | | | |
| | | Fruit | (-6)-0 | ≥150g=0; 120-149g=-1 | | ≥2000g=0; 160-199g=-1 | | ≥300g=0; 240-299g=-1 | | ≥350g=0; 280-349g=-1 | | ≥400g=0; 320-399g=-1 | | | | |
| Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | Score decreased 1 with intake amount | | | | | | | | | |
| 0g=-6 | 0g=-6 | 0g=-6 | 0g=-6 | 0g=-6 | 0g=-6 | 0g=-6 | 0g=-6 | | | | | | | | | |
| C3-Milk and dairy products | (-12)-0 | Dairy | (-6)-0 | ≥500g=0 | | ≥350g=0 | ≥300g=0 | | | | | | | | | |
| | | | | Score decreased 1 with intake amount | | Score decreased 1 with intake amount | Score decreased 1 with intake amount | | | | | | | | | |
| | | | | decreased 100g | | 1 with intake | 0g=-6 | | | | | | | | | |
| | | | | 0g=-6 | | amount | | | | | | | | | | |
| | | | | | | decreased 70g | | | | | | | | | | |
| | | | | 0g=-6 | | | | | | | | | | | | |
| Soybean and soybean products | Soybean | (-6)-0 | ≥5g=0 | ≥15g=0 | | ≥25g=0 | | | | | | | | | | |

| | | | | Score decreased 1 with intake amount decreased 1g 0g=-6 | Score decreased 1 with intake amount decreased 3g 0g=-6 | | | | Score decreased 1 with intake amount decreased 5g 0g=-6 | |
|-------------------|--------------------|--|-----------|---|--|-----------|-----------|------------|--|--|
| C4-Animal food | (-12)-8 | Red meat and products, Poultry and game | (-4)-4 | 0g=-3 | 0g=-4 | 0g=-4 | 0g=-4 | 0g=-4 | 0g=-4 | |
| | | | | 1-5g=-2 | 1-5g=-3 | 1-10g=-3 | 1-15g=-3 | 1-20g=-3 | 1-25g=-3 | |
| | | | | 6-10g=-1 | 6-10g=-2 | 11-20g=-2 | 16-30g=-2 | 21-40g=-2 | 26-50g=-2 | |
| | | | | 11-20g=0 | 11-15g=-1 | 21-30g=-1 | 31-45g=-1 | 41-60g=-3 | 51-75g=-1 | |
| | | | | 21-25g=1 | 16-35g=0 | 31-50g=0 | 46-55g=0 | 61-90g=0 | 76-125g=0 | |
| | | | | 26-30g=2 | 36-40g=1 | 51-60g=1 | 56-70g=1 | 91-110g=1 | 126-150g=1 | |
| | | | | 31-35g=3 | 41-45g=2 | 61-70g=2 | 71-85g=2 | 111-130g=2 | 151-175g=2 | |
| | | | | >35g=4 | 46-50g=3 | 71-80g=3 | 85-100g=3 | 131-150g=3 | 176-200g=3 | |
| | | | | | >50g =4 | >80g =4 | >100g =4 | >150g=4 | >200g=4 | |
| | Fish and Shrimp | (-4)-0 | 0g=-4 | <5g=-4 | <10g=-4 | <5g=-4 | 0g=-4 | <25g=-4 | <50g=-4 | |
| | | | 1-4g=-3 | 5-9g=-3 | 10-19g=-3 | 5-19g=-3 | 1-24g=-3 | 25-49g=-3 | 50-74g=-3 | |
| | | | 5-9g=-2 | 10-14g=-2 | 20-29g=-2 | 20-34g=-2 | 25-49g=-2 | 50-74g=-2 | 75-99g=-2 | |
| | | | 10-14g=-1 | 15-19g=-1 | 30-39g=-1 | 35-49g=-1 | 50-74g=-1 | 75-99g=-1 | 100-124g=-1 | |
| | | | ≥15g=0 | ≥20g=0 | ≥40g=0 | ≥50g=0 | ≥75g=0 | ≥100g=0 | ≥125g=0 | |
| | Egg | (-4)-4 | 0g=-4 | <5g=-4 | 0g=-4 | 0g=-4 | | | | |
| | | | 1-5g=-3 | 6-10g=-3 | 1-10g=-3 | 1-15g=-3 | | | | |
| | | | 6-10g=-2 | 11-15g=-2 | 11-20g=-2 | 16-30g=-2 | | | | |
| | | | 11-15g=-1 | 16-20g=-1 | 21-30g=-1 | 31-45g=-1 | | | | |
| | | | 16-25g=0 | 21-30g=0 | 31-50g=0 | 46-55g=0 | | | | |
| | | | 26-30g=1 | 31-35g=1 | 51-60g=1 | 56-70g=1 | | | | |

| | | | | | | | | | |
|----------------------|---------|--------------------|---------|--|---|---|---|----------|----------|
| | | | | 31-35g=2 | 36-40g=2 | 61-70g=2 | 71-85g=2 | | |
| | | | | 36-40g=3 | 41-45g=3 | 71-80g=-3 | 85-100g=3 | | |
| | | | | >40g=4 | >45g =4 | >80g =4 | >100g =4 | | |
| C5-Empty energy food | 0-12 | Cooking oil | 0-6 | ≤20g=0 | ≤25g=0 | | | ≤30g=0 | ≤35g=0 |
| | | | | 21-25g=1 | 26-30g=1 | | | 31-35g=1 | 36-40g=1 |
| | | | | >45g=6 | >50g=6 | | | >55g=6 | >60g=6 |
| | | Alcoholic beverage | 0-6 | Male: ≤ 25g=0; 26-40g=1; score increased 1 with intake amount increased 15g; >100g=6 (25g alcohol=750ml beer or 250ml wine or 75g liquor 38° or 50g liquor > 38°) Female: ≤15g=0; 16-25g=1; score increased 1 with intake amount increased 10g; >65g=6 (15g alcohol=450ml beer or 150ml wine or 50g liquor 38° or 30g liquor > 38°) | | | | | |
| C6-Condiments | 0-12 | Addible sugar | 0-6 | ≤25g=0; 26g=1; score increased 1 with intake amount increased 5g; >50g=6 | | | | | |
| | | Salt | 0-6 | <2g=0 | <3g=0 | <4g=0 | <6g=0 | | |
| | | | | 2-3g=1 | 3-4g=1 | 4-5g=1 | 6-7g=1 | | |
| | | | | Score increased 1 with intake amount increased 2g | score increased 1 with intake amount increased 2g | Score increased 1 with intake amount increased 2g | score increased 1 with intake amount increased 2g | | |
| | | | | amount increased 2g | amount increased 2g | amount increased 2g | amount increased 2g | | |
| | | | | >12g=6 | >13g=6 | 14g=6 | | | |
| C7-Diet variety | (-12)-0 | Diet variety | (-12)-0 | ≥12 kinds of food (soybean is 5g) =0; score decreased 1 with decreased 1 kinds of food | | | | | |
| C8-Drinking water | (-12)-0 | Drinking water | (-12)-0 | ≥1200ml=0; score decreased 1 with intake amount decreased 100ml; <100ml=-12 | | | | | |

¹This table has been reproduced from He, Y., et al., Update of the Chinese diet balance index: DBI-16. Acta Nutrimenta Sinica, 2018. 40(06): p. 526-530.