

Supplemental Table S1. Scoring Criteria for Dietary Approaches to Stop Hypertension (DASH) Score [1].

No	Food groups (gm/day)	Food included	Scoring criteria ¹
1	Fruits	All fruits and fruit juices	Quintile 1 = 1 point; Quintile 2 = 2 points; Quintile 3 = 3 points; Quintile 4 = 4 points; Quintile 5 = 1 points
2	Vegetables	All vegetables except potatoes and legumes	
3	Nuts and legumes	Nuts and peanut butter, dried beans, peas, and tofu	
4	Whole grains	Brown rice, whole wheat bread, cooked cereal, whole-grain cereal, other grains, popcorn, wheat germ, and bran	
5	Low-fat dairy ²	Skim milk, yogurt, and cottage cheese	
6	Sodium ³	Sum of sodium content of all foods in FFQ	Quintile 1 = 5 points;
7	Red and processed food	Beef, pork, lamb, deli meats, organ meats, hot dogs, and bacon	Quintile 2 = 4 points; Quintile 3 = 3 points;
8	Sweetened beverages	Carbonated and noncarbonated sweetened beverages	Quintile 4 = 4 points; Quintile 5 = 1 point

¹ Sex- and age-specific quintiles.

² The FFQ did not distinguish between low fat and high fat dairy products, so we included all dairy products in one group

³ Sodium intake was ranked without age or sex stratification.

Supplemental Table S2. Scoring Criteria for Alternate Mediterranean Diet (aMedDiet) Score [2].

No	Food groups (gm/day)	Food included	Scoring criteria for 1 point
1	Fruits	All fruits and juices	Greater than sex- and age-specific median intake
2	Vegetables	All vegetables except potatoes	
3	Legumes	Tofu, string beans, peas, beans	
4	Nuts	Nuts, peanut butter	
5	Whole grains	Whole-grain ready-to-eat cereals, cooked cereals, crackers, dark breads, brown rice, other grains, wheat germ, bran, popcorn	
6	Fish	Fish and shrimp, breaded fish	
7	Ratio of monounsaturated to saturated fatty acids	Sum of monounsaturated fatty acids content of all foods in FFQ/ sum of saturated fatty acids content of all foods in FFQ	Less than or equal to sex- and age-specific median intake
8	Red and processed food	Hot dogs, deli meat, bacon, hamburger, beef	

Supplemental Table S3. Availability of Children’s Dietary Inflammatory Index (C-DII) Sub-components Used in the Current Study [3].

No	C-DII Sub-components	Availability
1	Alcohol (g)	✓
2	Vitamin B12 (mcg)	✓
3	Vitamin B6 (mg)	✓
4	Beta Carotene (mcg)	✓
5	Carbohydrate (g)	✓
6	Cholesterol (mg)	✓
7	Energy (kcal)	✓
8	Fat (g)	✓
9	Fiber (g)	✓
10	Folic Acid (mcg)	✓
11	Iron (mg)	✓
12	Magnesium (mg)	✓
13	Monounsaturated fatty acids (g)	✓
14	Niacin (mg)	✓
15	Protein (g)	✓
16	Polyunsaturated fatty acids (g)	✓
17	Riboflavin (mg)	✓
18	Saturated Fat (g)	✓
19	Selenium (mcg)	✓
20	Thiamin (mg)	✓
21	Vitamin A (RE)	✓
22	Vitamin C (mg)	✓
23	Vitamin D (mcg)	X
24	Vitamin E (mg)	✓
25	Zinc (mg)	✓

References

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2. Fung, T.T.; McCullough, M.L.; Newby, P.K.; Manson, J.E.; Meigs, J.B.; Rifai, N.; Willett, W.C.; Hu, F.B. Diet-quality scores and plasma concentrations of markers of inflammation and endothelial dysfunction. *Am J Clin Nutr* **2005**, *82*, 163-173, doi:10.1093/ajcn.82.1.163.
3. Khan, S.; Wirth, M.D.; Ortaglia, A.; Alvarado, C.R.; Shivappa, N.; Hurley, T.G.; Hebert, J.R. Design, Development and Construct Validation of the Children's Dietary Inflammatory Index. *Nutrients* **2018**, *10*, 993, doi:10.3390/nu10080993.