

**Table S1.** Daily intake of DASH-related food groups in the study sample. DASH: Dietary Approach to Stop Hypertension.

Food groups	Median (interquartile range)
Fruits (g)	249 (151–352)
Vegetables (g)	135 (98–196)
Nuts and legumes (g)	6.5 (0–25)
Whole grains (g)	31 (20–48)
Low fat dairy (g)	0 (0–150)
Red and processed meats (g)	83 (56–107)
Sweetened beverages (g)	0 (0–42)
Sodium (mg)	2250 (1860–2720)