

Table S1. Healthy Eating Food Index (HEFI)-2019 components, points and scoring system.¹

Component	Measurement	Maximum points	Unit	Standard for minimum score	Standard for maximum score	
1	Vegetables and fruits	Total vegetables and fruits/ Total foods	20	RA/RA	No vegetables and no fruits	≥0.50
2	Whole grain foods	Total whole grain foods / Total foods	5	RA/RA	No whole grain foods	≥0.25
3	Grain foods ratio	Total whole grain foods / Total grain foods	5	RA/RA	No whole grain foods	1.0
4	Protein foods	Total protein foods / Total foods	5	RA/RA	No protein foods	≥0.25
5	Plant-based protein foods	Plant-based protein foods/ Total protein foods	5	RA/RA	No plant-based protein foods	>0.50
6	Beverages	(Plain water including carbonated + unsweetened beverages)/ Total beverages	10	g/g	No water and no unsweetened beverages	1.0
7	Fatty acids ratio	(Mono- + polyunsaturated fat)/ Total saturated fat	5	g/g	≤1.1	≥2.6
8	Saturated fats	Total saturated fat / energy	5	%E (kcal/kcal)	≥15%E	<10%E
9	Free sugars	Total free sugars / energy	10	%E (kcal/kcal)	≥20%E	<10%E
10	Sodium	Total sodium / energy	10	mg/kcal	≥2.0	<0.9
-	Total HEFI-2019	-	80	-	-	-

¹Adapted from Brassard et al. 2022 (1)

Table S2. Methods used to calculate a price for the Bureau of Nutritional Science (BNS) food groups

Method used to compute a price	Bureau of Nutritional Science food groups
Prices obtained from the Nielsen database	01A- Pasta 01B-Rice 02A- White bread 03A- Whole wheat breads 03B- Other whole grain breads 04A- Rolls, bagels, pita bread, croutons, dumplings, matzo, tortilla 04B- Crackers and crispbreads 04C- Muffins and english muffins 04D- Pancakes and waffles 04E- Croissants, piecrusts & phyllo dough 05A- Whole grain, oats and high fiber breakfast cereals 06A- Breakfast cereal (other) 07A- Cookies, commercial 07C- Granola bar 08A- Pies, commercial 08C- Danishes, doughnuts and other pastries, commercial 09A- Ice cream 09B- Ice milk 09C- Frozen yoghurt 10A- Milk, whole 10B- Milk, 2% 10C- Milk, 1% 10D- Milk, skim 10I- Other types of milk (whey, buttermilk) 10J- Plant-based beverage (soy, almond, coconut) 14B- Cheese, less than 10% b.f. 14C- Cheese, 10% b.f. to 25% b.f. 14D- Cheese, more than 25% b.f. 15- Yoghurts, unknown fat % 15A- Yoghurts, less than 2% b.f. 15B- Yoghurts, more than 2.1% b.f. 16A- Egg 22A- Beef, lean only 22B- Beef, lean + fat 22C- Beef, ground 23A- Veal, lean only 23B- Veal, lean + fat (incl ground veal) 25A- Pork, fresh, lean only 25B- Pork, fresh, lean + fat (incl ground pork)

25C- Bacon
25D- Ham, cured, lean only
25E- Ham, cured, lean + fat
27- Poultry, unknown type
27A- Chicken, meat only
27B- Chicken, meat + skin
27C- Turkey, meat only
28A- Liver
28B- Liver pate
30A- Sausage
32A- Luncheon meat
33A- Nuts
33B- Seeds
33C- Peanut butter and other nut spreads
34A- Fish, less than 6% total fat
34B- Fish, superior or equal to 6% total fat
35A- Shellfish
36- Vegetables, unknown type
36A- Beans
36B- Broccoli
36C- Cabbage and kale
36D- Cauliflower
36E- Carrots
36F- Celery
36G- Corn
36H- Lettuces & leafy greens (spinach, mustard greens, etc.)
36I- Mushrooms
36J- Onion, green onions, leeks, garlic
36K- Peas and snow peas
36L- Peppers, red & green
36M- Squashes
36N- Tomatoes
36O- Juices, tomato & vegetable
36P- Other veg (cucumber, immature beans, brussel sprouts, beets, turnips)
37A- Legume
37B- Foods made with vegetable proteins (tofu)
38A- Potato chips
38B- Fried or roasted potatoes
39A- Potato
40A- Citrus fruits (oranges, grapefruits, lemons, etc.)
40B- Apple
40C- Banana
40D- Cherries

40E- Grapes and raisins
40F- Melons (cantaloup, honeydew, watermelon)
40G- Peaches, nectarines
40H- Pears
40I- Pineapple
40J- Plums and prunes
40K- Strawberries
40L- Other fruits (blueberries, dates, kiwis, fruit salads, etc.)
42A- Popcorn, plain & pretzels
42B- Salty and high-fat snacks (incl tortilla chips)
43A- Candies, gums, etc.
43B- Ice pop, sherbert
44A- Chocolate bar
45A- Fruit juice
46A- Soft drinks - regular
46B- Soft drinks – diet
46C- Fruit drinks
46D- Other beverages (malted milk, chocolate beverage)
46E- Energy drink
46F- Vitamin water
50A- Soups with vegetables
50B- Soups without vegetables
50C- Gravies
54A- Energy bar
54B- Protein bar and shake
140C- Other breads, crackers, rolls, dumplings, bannocks, bagels, english muffins
140E- Pancakes & waffles
150A- Cakes, cheesecakes, shortcakes and brownies
150B- Cookie
150C- Danishes, turnovers & pastries
150D- Donuts
150E- Muffins
150F- Pies (including pie shell)
150H- Sweet rolls and breads
202B- Ice milk (recipe sub-group)
203A- Yoghurt (recipe sub-group)
204A- Cheese (recipe sub-group)
210- Meat dishes, unknown type
211A- Chicken (recipe sub-group)
213A- Sausage, with cured and luncheon meat (recipe sub-group)
215A- Chinese (recipe sub-group)

	<p>216A- Mexican dish 217A- Legume dishes without meat 219F- Hotdogs 220B- French fries and hash brown potatoes 220F- Vegetables (mixed with other stuff) 226A- Nuts and seeds (recipe sub-group) 229A- Sweet snacks, sugar, candies (recipe sub-group) 230B- Soup, dehydrated 231D- Milk-based beverage (milk shakes, malted milk, hot cocoa, instant breakfast, etc.) 2223- Beef and veal, lean + fat</p>
Prices obtained using statistical data from the Government of Canada (2)	<p>01C-Cereal grains and flours; 10F-Milk, evaporated, 2%; 10G-Milk, evaporated, skim; 17A-Butter; 18A-Regular tub margarine; 18B-Calorie-reduced tub margarine; 21A-Vegetable oils; 41A-Sugars (white and brown); 50D-Sauces (white, bearnaise, soya, tartar, ketchup, etc.); 51B-Coffee;</p>
Prices obtained using statistical data from the Government of Quebec (3)	<p>41C-Other sugars (syrups, molasses, honey, etc);</p>
Prices of similar foods compared using a supermarket website. Then the missing price was replaced with the price of a comparable food from the Nielsen database, Statistics Canada database, or the Institut de la statistique du Québec database with the application of a factor if necessary	<p>10K-Goat and sheep milk; 13A-Whipping cream; 13B-Table cream; 13C- Half & half cream; 13D-Sour cream; 14A-Cottage cheese; 21B-Animal fats; 21C-Shortening; 24A-Lamb, lean only; 24B-Lamb, lean + fat (incl ground lamb); 25C-Bacon; 27E-Other birds (duck, pheasant, pigeon); 29A-Offal; 41B-Jams, jellies and marmalade; 41D-Sugar substitutes;</p>

	<p>43C-Gelatin, dessert toppings and pudding mixes, commercial;</p> <p>46C-Fruit drinks;</p> <p>46G-Sports drink;</p> <p>50E-Salad dressings (with or without oil);</p> <p>54C-Meal replacements;</p> <p>130F-Rice (recipe sub-group);</p> <p>205A-Milk dessert (recipe sub-group);</p> <p>212A-Fish, with less than 6% fat before cooking (recipe sub-group);</p> <p>212C-Shellfish (recipe sub-group);</p> <p>231J-Protein powder;</p>
Prices obtained from the 2016 annual report of the Société des alcools du Québec (4)	<p>47A-Spirits;</p> <p>47B-Liqueurs;</p> <p>48A-Wine;</p> <p>49A-Beer;</p> <p>231G-Alcoholic beverages;</p>
No price computed	<p>31A-Game meat;</p> <p>50F-Seasonings (salt, vinegar, etc.);</p> <p>51C-Water (well & mineral);</p> <p>52A-Babyfood product;</p> <p>53A-Spices;</p> <p>53B-Others (baking soda, baking powder, yeast, etc.);</p>

Table S3. Non-energy adjusted daily diet cost according to sociodemographic characteristics¹.

	Diet cost \$CAD/day (95%CI)²
All	12.05 (11.80, 12.30)
Sex	
Women	10.66 (10.37, 10.96)
Men	13.45 (13.04, 13.86)
Age	
18-34 y	11.75 (11.30, 12.21)
35-49 y	12.18 (11.71, 12.65)
50-65 y	12.25 (11.87, 12.63)
Education³	
None, high school or trade diploma	11.84 (11.25, 12.43)
CEGEP	11.98 (11.51, 12.45)
University	12.21 (11.85, 12.57)
Household income³	
< 30,000 \$CAD	10.58 (9.88, 11.27)
30,000 to < 60,000 \$CAD	11.95 (11.43, 12.46)
60,000 to < 90,000 \$CAD	12.09 (11.59, 12.60)
≥ 90,000 \$CAD	12.86 (12.45, 13.27)
Administrative region	
Capitale-Nationale/Chaudière-Appalaches	12.41 (11.97, 12.85)
Estrie	11.83 (11.20, 12.46)
Mauricie	12.32 (11.41, 13.23)
Montreal	11.58 (11.19, 11.98)
Saguenay-Lac St-Jean	12.30 (11.45, 13.15)

¹ CAD, Canadian dollars; CEGEP, Collège d'Enseignement Général et Professionnel;

² Because of their descriptive nature, these mean costs are not based on the National Cancer Institute's multivariate method.

³ Missing sociodemographic characteristics have been imputed. See the Methods section for details.

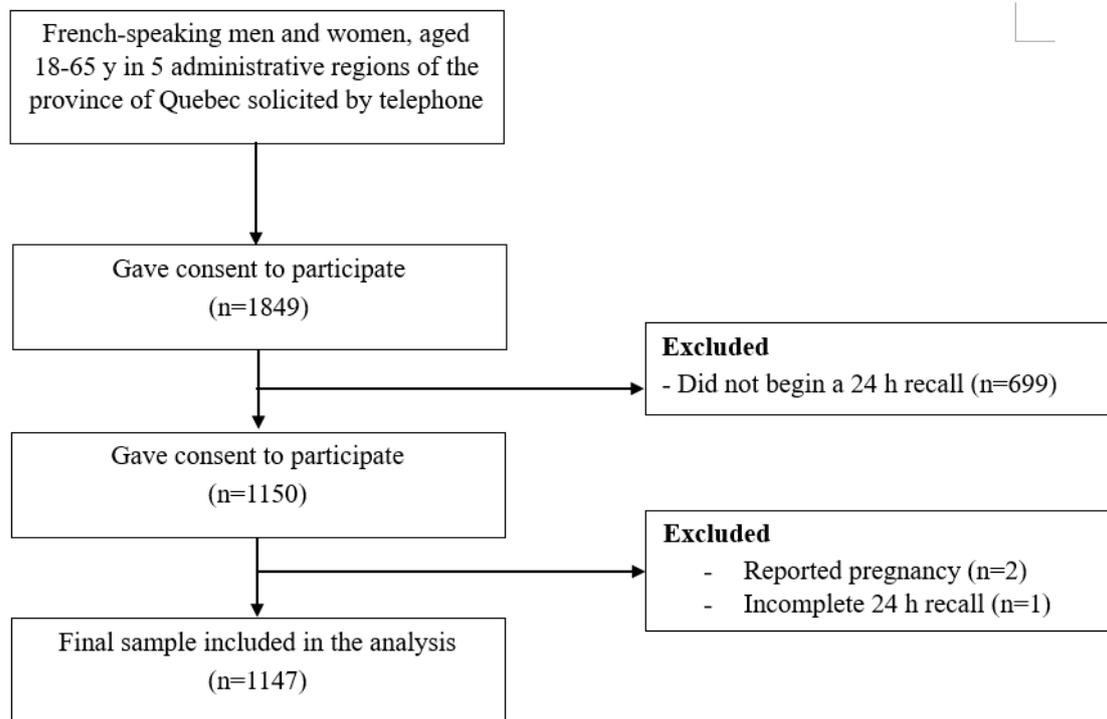


Figure S1. Flow chart of the Predicteurs Individuels, Sociaux et Environnementaux (PREDISE) study participants included in the analytical sample.

References

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4. SAQ. Rapport Annuel 2016. 2016. Available online: <https://saqblobmktg.blob.core.windows.net/documents/rapport-annuel-2015-16-fr.pdf> (accessed on 18 January 2022).