

**Table S1.** Healthy Eating Food Index (HEFI)-2019 components, points and scoring system.<sup>1</sup>

<b>Component</b>		<b>Measurement</b>	<b>Maximum points</b>	<b>Unit</b>	<b>Standard for minimum score</b>	<b>Standard for maximum score</b>
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	-	-	-

<sup>1</sup>Adapted 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)

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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- Brocoli  
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

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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)

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	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
Prices obtained using statistical data from the Government of Canada (2)	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;
Prices obtained using statistical data from the Government of Quebec (3)	41C-Other sugars (syrups, molasses, honey, etc);
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	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;

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

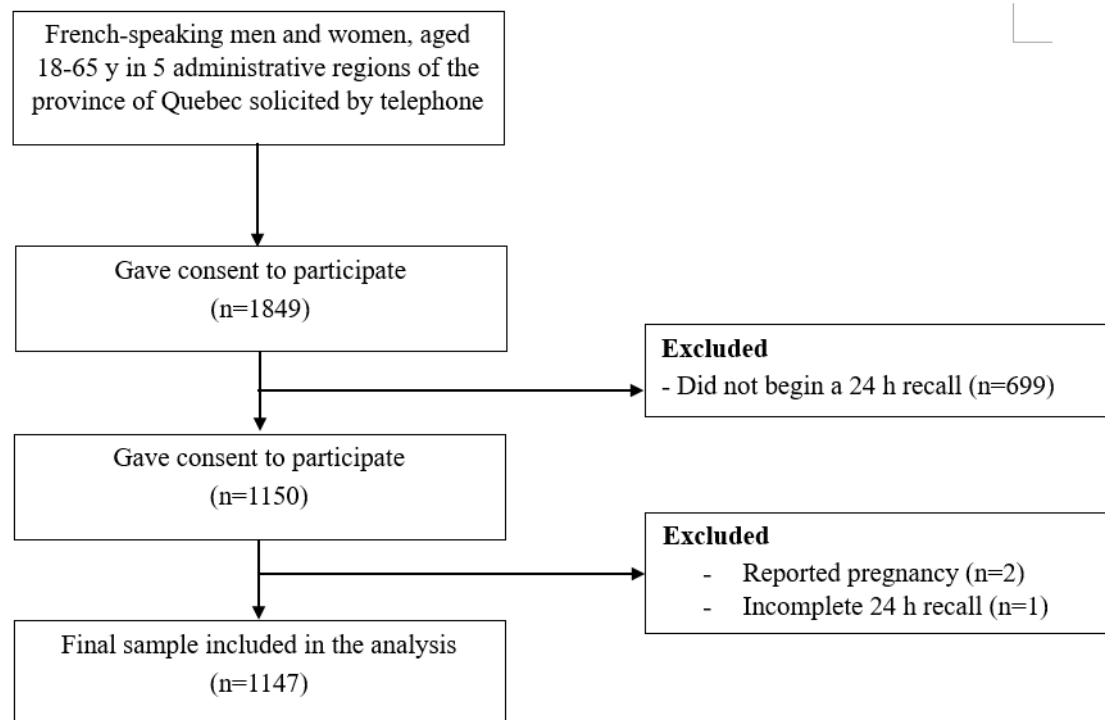
**Table S3.** Non-energy adjusted daily diet cost according to sociodemographic characteristics<sup>1</sup>.

	<b>Diet cost \$CAD/day (95%CI)<sup>2</sup></b>
<b>All</b>	12.05 (11.80, 12.30)
<b>Sex</b>	
Women	10.66 (10.37, 10.96)
Men	13.45 (13.04, 13.86)
<b>Age</b>	
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)
<b>Education<sup>3</sup></b>	
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)
<b>Household income<sup>3</sup></b>	
< 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)
<b>Administrative region</b>	
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)

<sup>1</sup> CAD, Canadian dollars; CEGEP, Collège d'Enseignement Général et Professionnel;

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

<sup>3</sup> 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

1. Brassard, D.; Elvidge Munene, L.-A.; St Pierre, S.; Gonzalez, A.; Guenther, P.M.; Jessri, M.; Vena, J.E.; Olstad, D.L.; Vatanparast, H.; Prowse, R.; et al. Evaluation of the Healthy Eating Food Index (HEFI)-2019 Measuring Adherence to Canada's Food Guide 2019 Recommendations on Healthy Food Choices. *Appl. Physiol. Nutr. Metab.* **2022**, *47*, 582–594. <https://doi.org/10.1139/apnm-2021-0416>.
2. Gouvernement du Canada, S.C. Prix de Détail Moyens Mensuels Pour les Aliments et Autres Produits Sélectionnés. Available online: <https://www150.statcan.gc.ca/t1/tbl1/fr/tv.action?pid=1810000201> (accessed on 18 January 2022).
3. Québec, I. de la statistique du Répartition du Prix Moyen de Vente du Miel Selon le Marché, par Regroupement de Régions Administratives, Québec. Available online: <https://statistique.quebec.ca/fr/produit/tableau/repartition-du-prix-moyen-de-vente-du-miel-selon-le-marche-par-regroupement-de-regions-administratives-quebec> (accessed on 18 January 2022).
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).