

Table S1. BALANCE food group composition

Food group	Foods
Green	Vegetables, fruits, beans and legumes, low-fat milk
Yellow	Rice, bread, pasta, oats, couscous, nuts, vegetable oil
Blue	Meat, fish, cheese, eggs
Red	Ultra-processed foods

BALANCE: Brazilian Cardioprotective Nutritional Program.

Table S2. BALANCE caloric ranges and recommended intake of food groups

Caloric range (Kcal)	Recommended intake		
	Green	Yellow	Blue
1,400	9	6	2
1,600	11	7	2
1,800	11	9	3
2,000	12	10	3
2,200	14	11	4
2,400	16	13	4

BALANCE: Brazilian Cardioprotective Nutritional Program. Adapted from Marcadenti et al, 2021 [1].

Table S3. Scoring criteria for the BALANCE DI

Index component (BALANCE food group)	Criteria for 0 point	Criteria for 10 points
Green	0	\geq the recommendation
Yellow	50% $>$ or $<$ the recommendation	= the recommendation
Blue	≥ 2 beyond the recommended	\leq the recommendation
Red	≥ 4	≤ 0
Total score (range)	0	40

BALANCE DI: Brazilian Cardioprotective Nutritional Program Dietary Index; BALANCE: Brazilian Cardioprotective Nutritional Program. Adapted from Tereza da Silva et al, 2018 [2].

Table S4. AHA Dietary Targets and Healthy Diet Score for Defining Cardiovascular Health

AHA Target		Consumption Range for Alternative Healthy Diet Score	Alternative Scoring Range
Primary dietary metrics			
Fruits and vegetables	≥ 4.5 cups/d	0 to ≥ 4.5 cups/d	0–10
Fish and shellfish	2 or more 3.5-oz servings/wk (≥ 200 g/wk)	0 to ≥ 7 oz/wk	0–10
Sodium	≤ 1500 mg/d	≤ 1500 to > 4500 mg/d	10–0
Sugar-sweetened beverages.	≤ 36 fl oz/wk	≤ 36 to > 210 fl oz/wk	10–0
Whole grains	3 or more 1-oz-equivalent servings/d	0 to ≥ 3 oz/d	0–10
Secondary dietary metrics			
Nuts, seeds, and legumes	≥ 4 servings/wk (nuts/seeds: 1 oz; legumes: 1/2 cup)	0 to ≥ 4 servings/d	0–10
Processed meats	2 or fewer 1.75-oz servings/wk (≤ 100 g/wk)	≤ 3.5 to > 17.5 oz/wk	10–0
Saturated fat	$\leq 7\%$ energy	≤ 7 to > 15 (% energy)	10–0
AHA-DS (primary)	Ideal: 4 or 5 dietary targets ($\geq 80\%$)	Sum of scores for primary metrics	0 (worst) to 100 (best)
	Intermediate: 2 or 3 dietary targets (40%–79%)		Ideal: 80–100
	Poor: < 2 dietary targets ($< 40\%$)		Intermediate: 40–79 Poor: < 40
AHA-DS (secondary)	Ideal: 4 or 5 dietary targets ($\geq 80\%$)	Sum of scores for primary and secondary metrics	0 (worst) to 100 (best)
	Intermediate: 2 or 3 dietary targets (40%–79%)		Ideal: 80–100
	Poor: < 2 dietary targets ($< 40\%$)		Intermediate: 40–79 Poor: < 40

AHA-DS: American Heart Association diet score; wk: week; oz: ounces; d: day. Adapted from Virani et al, 2020 [3].

Table S5. Foods items from the FFQ and mean cup for the scoring system for AHA-DS components measured in cups/day.

AHA-DS component	FFQ item	Mean cup**
Nuts, seeds, and legumes	Beans (carioca, purple, black, green) (g)	240
	Lentil, meatless peas (g)	179
	Chickpeas, soybeans (g)	168
	Brazilian black beans stew, bean stew (20% from total consumption)*	246
	(g)	

*Considering a traditional recipe extracted from the Brazilian table TACO⁴ (*Tabela Brasileira de Composição de Alimentos*) we consider 20% of the consumption as legumes; **United States Department of Agriculture (USDA)⁵. FFQ: food frequency questionnaire; AHA-DS: American Heart Association Diet Score.

Table S6. Foods from the FFQ for the scoring system for AHA-DS components measured in g/week, oz/week, and oz-equivalent servings/day

AHA-DS component (measure)	FFQ item
Fish and shellfish (g/week)	Fish (boiled, fried, roasted) and seafood
SSBs (oz/week)	Industrialized juice Soda (common, diet, light) Chocolate-flavored beverage mix (mixed with milk)
Processed meats (g/week)	Jerked meat Bacon and Cold cuts (ham/mortadella/salami/frankfurter) Burger, nuggets, meatball (industrialized) Brazilian black beans stew, bean stew (10% from total consumption)* Sandwich (hot dog, hamburger) (67% from total consumption)**

* Considering a traditional recipe extracted from the Brazilian table TACO⁴ (*Tabela Brasileira de Composição de Alimentos*) we consider 10% of the consumption as processed meats; ** Considering the meat content of hot dogs and hamburger according to USDA⁵ Food Central data. FFQ: food frequency questionnaire; AHA-DS: American Heart Association Diet Score; SSB: sugar sweetened beverages.

Table S7. Pearson correlations and mean differences between the AHA-DS and the BALANCE DI (n=473)

AHA-DS	BALANCE DI		
	Pearson's correlation coefficient	p-value	Mean difference (percent [95% CI])
Primary	0.28	<0.0001	16 (14 - 18)
Total	0.46	<0.0001	8 (7-10)

AHA-DS: American Heart Association Diet Score; BALANCE DI: Brazilian Cardioprotective Nutritional Program Dietary Index.

Table S8. Weighted kappa on quintile rankings of agreement between the BALANCE DI, the primary and the total AHA-DS

AHA-DS		BALANCE DI					Total
		Q1 n(%)	Q2 n(%)	Q3 n(%)	Q4 n(%)	Q5 n(%)	
Primary AHA-DS	Q1 n(%)	28(30)	22(23)	18(19)	13(14)	13(14)	94(100)
	Q2 n(%)	25(26)	22(23)	17(18)	20(21)	11(12)	95(100)
	Q3 n(%)	15(16)	21(22)	17(18)	24(25)	18(19)	95(100)
	Q4 n(%)	15(16)	18(19)	23(24)	15(16)	24(25)	95(100)
	Q5 n(%)	11(12)	12(13)	20(21)	23(24)	28(30)	94(100)
	Total	94(100)	95(100)	95(100)	95(100)	94(100)	
Total AHA-DS	Q1 n(%)	40(43)	23(24)	17(18)	12(13)	2(2)	94(100)
	Q2 n(%)	22(23)	23(24)	21(22)	13(14)	16(17)	95(100)
	Q3 n(%)	17(18)	18(19)	17(18)	25(26)	18(19)	95(100)
	Q4 n(%)	10(11)	24(25)	18(19)	21(22)	22(23)	95(100)
	Q5 n(%)	5(5)	7(8)	22(23)	24(25)	36(38)	94(100)
	Total	94(100)	95(100)	95(100)	95(100)	94(100)	

BALANCE DI: Brazilian Cardioprotective Nutritional Program Dietary Index; AHA-DS: American Heart Association Diet Score.

Table S9. Pearson correlations and mean differences between the AHA-DS and the New BALANCE DI (n=473)

AHA-DS	New BALANCE DI		
	Pearson’s correlation coefficient	p-value	Mean difference (percent [95% CI])
Primary	0.59	<0.0001	16 (14 – 18)
Secondary	0.64	<0.0001	8 (7 – 10)

AHA-DS: American Heart Association Diet Score; New BALANCE DI: New Brazilian Cardioprotective Diet Dietary Index.

Table S10. Weighted kappa on quintile rankings of agreement between the New BALANCE DI, the primary and the total AHA-DS

AHA-DS		New BALANCE DI					Total
		Q1 n(%)	Q2 n(%)	Q3 n(%)	Q4 n(%)	Q5 n(%)	
Primary AHA-DS	Q1 n(%)	43(46)	24(25)	15(16)	10(11)	2(2)	94(100)
	Q2 n(%)	33(35)	22(23)	23(24)	15(16)	2(2)	95(100)
	Q3 n(%)	15(16)	20(21)	24(25)	23(24)	13(14)	95(100)
	Q4 n(%)	4(4)	17(18)	19(20)	29(31)	26(27)	95(100)
	Q5 n(%)	1(1)	10(11)	14(15)	18(20)	51(54)	94(100)
Total		96(100)	93(100)	95(100)	95(100)	94(100)	
Total AHA-DS	Q1 n(%)	49(52)	26(28)	14(15)	4(4)	1(1)	94(100)
	Q2 n(%)	24(25)	24(26)	24(25)	17(18)	6(6)	95(100)
	Q3 n(%)	14(15)	19(20)	29(30)	25(26)	8(8)	95(100)
	Q4 n(%)	8(8)	16(17)	17(18)	23(24)	31(33)	95(100)
	Q5 n(%)	1(1)	8(8)	11(12)	26(28)	48(51)	94(100)
Total		96(100)	93(100)	95(100)	95(100)	94(100)	

BALANCE DI: Brazilian Cardioprotective Nutritional Program Dietary Index; AHA-DS: American Heart Association Diet Score.

References

1. Marcadenti, A.; Weber, B.; Bersch-Ferreira, A. C.; Machado, R.; Torreglosa, C. R.; de Sousa Lara, E. M.; da Silva, L. R.; Santos, R.; Miyada, D.; Sady, E.; et al. Effects of a Brazilian cardioprotective diet and nuts on cardiometabolic parameters after myocardial infarction: study protocol for a randomized controlled clinical trial. *Trials* **2021**, 22, 582; DOI: 10.1186/s13063-021-05494-0.
2. Tereza da Silva, J.; Bersch-Ferreira, Â.C.; Torreglosa, C.R.; Weber, B.; Levy, R.B. Development of a dietary index based on the Brazilian Cardioprotective Nutritional Program (BALANCE). *Nutr. J.* **2018**, 4, 17-49; DOI: 10.1186/s12937-018-0359-5.
3. Virani, S. S.; Alonso, A.; Benjamin, E. J.; Bittencourt, M. S.; Callaway, C. W.; Carson, A. P.; Chamberlain, A. M.; Chang, A. R.; Cheng, S.; Delling, F. N.; et al. Heart Disease and Stroke Statistics-2020 Update: A Report From the American Heart Association. *Circulation* **2020**, 141, e139–e596; DOI: 10.1161/CIR.0000000000000757.
4. Tabela Brasileira de Composição de Alimentos. 4^a ed. rev. e ampl. Campinas: NEPA-UNICAMP, **2011**.
5. United States Department Of Agriculture (USDA). Available online: <http://www.usda.gov>. (Assessed on 01/11/2021).