

**Supplemental table S1. Components and scoring of the CHEI, DASH and MD**

| Component                              | Intake of<br>minimum score  | Intake of<br>maximum score | Score<br>range |
|----------------------------------------|-----------------------------|----------------------------|----------------|
| CHEI-2016                              |                             |                            | 0 ~ 100        |
| 1. Total Grains (sp)                   | 0                           | ≥ 2.5                      | 0 ~ 5          |
| 2. Whole Grains and Mixed Beans (sp)   | 0                           | ≥ 0.6                      | 0 ~ 5          |
| 3. Tubers (sp)                         | 0                           | ≥ 0.3                      | 0 ~ 5          |
| 4. Total Vegetables (sp)               | 0                           | ≥ 1.9                      | 0 ~ 5          |
| 5. Dark Vegetables (sp)                | 0                           | ≥ 0.9                      | 0 ~ 5          |
| 6. Fruits (sp)                         | 0                           | ≥ 1.1                      | 0 ~ 10         |
| 7. Dairy (sp)                          | 0                           | ≥ 0.5                      | 0 ~ 5          |
| 8. Soybeans (sp)                       | 0                           | ≥ 0.4                      | 0 ~ 5          |
| 9. Nuts (sp)                           | 0                           | ≥ 0.4                      | 0 ~ 5          |
| 10. Fish and Seafood (sp)              | 0                           | ≥ 0.6                      | 0 ~ 5          |
| 11. Poultry (sp)                       | 0                           | ≥ 0.3                      | 0 ~ 5          |
| 12. Eggs (sp)                          | 0                           | ≥ 0.5                      | 0 ~ 5          |
| 13. Red Meat (sp)                      | ≥ 3.5                       | ≤ 0.4                      | 0 ~ 5          |
| 14. Cooking Oils (g)                   | ≥ 32.6                      | ≤ 15.6                     | 0 ~ 10         |
| 15. Sodium (mg)                        | ≥ 3608                      | ≤ 1000                     | 0 ~ 10         |
| 16. Added Sugars (% of Energy Intake)  | ≥ 20%                       | ≤ 10%                      | 0 ~ 5          |
| 17. Alcohol (g)                        | ≥ 60 (male);<br>≥40(Female) | ≤ 25(male);<br>≤15(Female) | 0 ~ 5          |
| DASH <sup>a</sup>                      |                             |                            | 8 ~ 40         |
| 1. Fruits (sp)                         | Quintile 1                  | Quintile 5                 | 1 ~ 5          |
| 2. Vegetables (sp)                     | Quintile 1                  | Quintile 5                 | 1 ~ 5          |
| 3. Nuts and legumes (sp)               | Quintile 1                  | Quintile 5                 | 1 ~ 5          |
| 4. Low-fat dairy (sp)                  | Quintile 1                  | Quintile 5                 | 1 ~ 5          |
| 5. Whole grains (sp)                   | Quintile 1                  | Quintile 5                 | 1 ~ 5          |
| 6. Red and processed meats (sp)        | Quintile 5                  | Quintile 1                 | 1 ~ 5          |
| 7. Sugar-sweetened beverages (g)       | Quintile 5                  | Quintile 1                 | 1 ~ 5          |
| 8. Sodium (mg)                         | Quintile 5                  | Quintile 1                 | 1 ~ 5          |
| MD                                     |                             |                            | 0 ~ 9          |
| 1. Vegetables (sp)                     | Below the median            | Above the median           | 0 ~ 1          |
| 2. Fruits (sp)                         | Below the median            | Above the median           | 0 ~ 1          |
| 3. Nuts (sp)                           | Below the median            | Above the median           | 0 ~ 1          |
| 4. Whole grains (sp)                   | Below the median            | Above the median           | 0 ~ 1          |
| 5. Legumes (sp)                        | Below the median            | Above the median           | 0 ~ 1          |
| 6. Fish and Seafood (sp)               | Below the median            | Above the median           | 0 ~ 1          |
| 7. Monounsaturated/saturated fat ratio | Below the median            | Above the median           | 0 ~ 1          |
| 8. Red and processed meats (sp)        | Below the median            | Above the median           | 0 ~ 1          |
| 9. Alcohol (g)                         | <5, > 15                    | 5 ~ 15                     | 0 ~ 1          |

CHEI: Chinese Healthy Eating Index; DASH: Dietary Approaches to Stop Hypertension; MD: Mediterranean Diet; SP: Standard Portion; <sup>a</sup> : Intakes between the minimum and maximum levels are scored proportionately.

**Supplemental table S2. Food groups and items in Food frequency questionnaire**

| Food groups                        | Items in Food frequency questionnaire                                         |
|------------------------------------|-------------------------------------------------------------------------------|
| Rice and rice products             | Rice dishes, congee, rice noodles and rice cakes, etc.                        |
| Wheat and wheat products           | Noodles, bread, steamed stuffed bun and dumpling, etc.                        |
| Whole Grain and Mixed Beans        | Sorghum, millet, oats, mung beans and red beans, etc.                         |
| Tubers                             | Sweet potato, yam, taro and potato, etc.                                      |
| Light colored vegetables           | Stem, melon, root, algae and mushroom, etc.                                   |
| Dark vegetables                    | Dark-green leafy vegetables, red and yellow vegetables, etc.                  |
| Fruits                             | Apple, banana, orange, pear, grape or raisin, watermelon and strawberry, etc. |
| Juice                              | Pure fruit and vegetable juice.                                               |
| Red meat                           | Pork, beef and lamb, etc.                                                     |
| Poultry                            | Chicken, duck and goose, etc.                                                 |
| Animal innards                     | Heart, liver, kidneys, lungs and blood, etc.                                  |
| Ocean fish                         | Ribbonfish, croaker, salmon and pompano, etc.                                 |
| Freshwater fish                    | Carp, silver carp, bass and carp, etc.                                        |
| Shellfish, Shrimp and Crab         | Clams, kiwi shrimp, crabs and sea crabs, etc.                                 |
| Eggs                               | Eggs, duck eggs and quail eggs, etc.                                          |
| Dairy and dairy products           | fresh milk, yogurt, powdered milk and cheese, etc.                            |
| Nuts and Seeds                     | Peanuts, walnuts, almonds and melon seeds, etc.                               |
| Fried dough foods and potato chips | Fried dough sticks, doughnuts, instant noodles and potato chips, etc.         |
| Processed meat                     | Bacon, sausage and luncheon meat, etc.                                        |
| Sweets and desserts                | Chocolate, candy, jelly, ice cream and pudding, etc.                          |
| Cakes, cookies, pies and biscuits  | Cake, mooncake, snack and cracker, etc.                                       |
| Soybean and soybean products       | Soybean, bean curd, dried bean curd and bean curd bamboo, etc.                |
| Added sugars                       | Sugar, jam, and honey, etc.                                                   |
| Cooking oil                        | Oil, butter and margarine, etc.                                               |
| Beverages                          | Carbonated beverage and sugar sweetened beverage, etc.                        |
| Alcoholic beverages                | Chinese rice wine, beer, wine, white wine and whiskey, etc.                   |
| Condiments                         | Soy sauce, salad dressings, sauces, dips, ketchup, mustard and relish, etc.   |