

Table S3. Parameters of different index in the schoolchildren studied according to sex

	Total (n=854)	Girls (n=441)	Boys (n=413)	p
HEI-2015				
Total Fruits (cups/1000kcal)	0.71±0.40	0.74±0.40	0.69±0.40	0.029
Whole Fruits (cups/1000kcal)	0.47±0.32	0.49±0.32	0.46±0.32	0.070
Total Vegetables (cups/1000kcal)	0.74±0.46	0.80±0.50	0.69±0.40	<0.001
Greens and Beans (cups/1000kcal)	0.34±0.35	0.36±0.39	0.31±0.31	0.075
Whole Grains (oz/1000kcal)	0.17±0.27	0.16±0.27	0.17±0.28	0.308
Dairy (cups/1000kcal)	0.93±0.31	0.92±0.32	0.95±0.31	0.248
Total Protein Foods (oz/1000kcal)	3.6±1.1	3.6±1.08	3.6±1.0	0.883
Seafood and Plant Proteins (cups/1000kcal)	0.71±0.57	0.74±0.58	0.68±0.55	0.176
(PUFAs+MUFAs)/SFAs	1.61±0.30	1.64±0.32	1.57±0.28	<0.001
Refined Grains (oz/1000kcal) #	2.55±0.67	2.52±0.69	2.58±0.65	0.100
Sodium (mg/1000kcal)	1169±239	1153±220	1187±257	0.063
Added Sugars (% of kcal)	8.5±3.6	8.3±3.6	8.7±3.6	0.096
Saturated Fats (% of kcal) #	14.4±2.1	14.2±2.1	14.6±2.2	0.009
DASH				
Red meat (g)	104.8±49.7	98.0±48.3	112.0±50.3	<0.001
Sugar drinks (g)	51.8±93.1	44.2±83.9	59.9±101.5	0.027
Sodium (mg)	2451±611	2372±566	2536±645	<0.001
Whole Grains (g)	9.9±16.4	9.4±16.1	10.5±16.6	0.223
Low-fat dairy (g)	98.3±129.0	96.4±122.7	100.4±135.5	0.846
Vegetables (g)	124.8±59.8	129.2±62.9	120.1±55.9	0.065
Seeds, nuts and legumes (g)	28.2±29.8	28.8±30.0	27.5±29.6	0.326
Fruits (g)	270.1±161.0	273.9±157.0	266.0±165.4	0.243
aDASH				
Red meat (g/1000kcal)	50.1±23.2	47.8±23.1	52.6±23.1	0.002
Sugar drinks (g/1000kcal)	24.6±45.3	21.4±41.9	28.1±48.5	0.035
Sodium (mg/1000kcal)	1169±239	1153±220	1187±257	0.063
Whole Grains (g/1000kcal)	4.7±7.6	4.5±7.5	4.9±7.7	0.314
Low-fat dairy (g/1000kcal)	47.6±63.0	47.6±62.1	47.6±64.0	0.991
Vegetables (g/1000kcal)	59.7±27.9	62.6±28.7	56.6±26.7	0.002
Seeds, nuts and legumes (g/1000kcal)	13.4±14.1	13.8±14.1	13.0±14.2	0.194
Fruits (g/1000kcal)	129.1±75.4	133.7±76.5	124.2±74.0	0.065

HEI-2015. Healthy eating index; DASH. Dietary Approaches to Stop Hypertension; aDASH. Alternate Dietary Approaches to Stop Hypertension. MUFAs, monounsaturated fatty acids; PUFAs, polyunsaturated fatty acids; SFAs, saturated fatty acids. # Variable follow a normal distribution. For comparison of means, the Mann-Whitney U test was used if the distribution of the variables was not homogeneous, the Student's t-test for homogeneous distributions.