

**Table S1.** HEI-2015 components and criteria for scoring.

| Component                  | Dietary Constituents  | Standard for Minimum          | Min Score | Standard for Max           | Max Score |
|----------------------------|---|-------------------------------|-----------|----------------------------|-----------|
| Total Fruits               | Total Fruit   | No Fruit                      | 0         | ≥0.8 cup eq. per 1000 kcal | 5         |
| Whole Fruits               | Citrus, Melons, Berries + Other Intact Fruits   | No Whole Fruit                | 0         | ≥0.4 cup eq. per 1000 kcal | 5         |
| Total Vege                 | Total Vegetables + Legumes (Beans and Peas) in cup equivalents  | No Vegetables                 | 0         | ≥1.1 cup eq. per 1000 kcal | 5         |
| Greens and Beans           | Dark Green Vegetables + Legumes (Beans and Peas) in cup equivalents   | No Dark-Green Vege or Legumes | 0         | ≥0.2 cup eq. per 1000 kcal | 5         |
| Total Protein Foods        | Total Meat, Poultry, and Seafood (including organ meats and cured meats) + Eggs + Nuts and Seeds + Soy + Legumes (Beans and Peas) in oz equivalents | No Protein Foods              | 0         | ≥2.5 oz eq. per 1000 kcal  | 5         |
| Seafood and Plant Proteins | Seafood (high in n-3) + Seafood (low in n-3) + Soy + Nuts and Seeds + Legumes (Beans and Peas) in oz equivalents                                    | No Seafood or Plant Proteins  | 0         | ≥0.8 oz eq. per 1000 kcal  | 5         |
| Whole Grains               | Whole Grains  | No Whole Grains               | 0         | ≥1.5 oz eq. per 1000 kcal  | 10        |
| Dairy                      | Total Dairy   | No Dairy                      | 0         | ≥1.3 cup eq. per 1000 kcal | 10        |
| Fatty Acids                | (Total Monounsaturated Fatty Acids + Total Polyunsaturated Fatty Acids)/Total Saturated Fatty Acids   | ≤1.2                          | 0         | ≥2.5                       | 10        |
| Moderation                 |   |                               |           |                            |           |
| Refined Grains             | Refined Grains  | ≥4.3 oz eq. per 1,000 kcal    | 0         | ≤1.8 oz eq. per 1000 kcal  | 10        |
| Sodium                     | Sodium  | ≥2.0 g per 1,000 kcal         | 0         | ≤1.1 g per 1000 kcal       | 10        |
| Added Sugars               | Added Sugars  | ≥26% of energy                | 0         | ≤6.5% of energy            | 10        |
| Saturated Fats             | Total Saturated Fatty Acids   | ≥16% of energy                | 0         | ≤8% of energy              | 10        |
| Total                      |   |                               | 0         |                            | 100       |

HEI, Healthy Eating Index; Note: If the intake of one component meets the recommended minimum value, the score for that component is 0. If the intake meets the recommended maximum value, the score for that component is either 5 or 10 points. If the intake falls between the minimum and maximum values, the score is calculated using a linear interpolation formula.