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| **SUPPLEMENTAL TABLE 1. Components and scoring standards for each diet quality index examined** | | | | | |
|  | **aMED** | **DASH** | **HEI-2010** | **MeDS** | **MexD** |
| **Component** | **0 – 9 total points**  (9 components:  1 point each) | **8 – 40 total points**  (8 components:  1-5 points each) | **0 – 100 total points**  (12 components:  5-20 points each) | **0 – 9 total points**  (9 components:  1 point each) | **0 to 12 total points**  (12 components:  1 point each) |
| Vegetables | Excluding potatoes: ≥median; <median | Excluding potatoes: highest quintile | Total vegetables: ≥1.1 cup eq./1,000kcal; none (5 points);  Greens and beans: ≥0.2 cup eq./1,000kcal; none (5 points) | ≥median; <median | ≥median; <median |
| Fruit | Total fruit:  ≥median; <median | Total fruit: highest quintile | Total fruit: ≥0.8 cup eq./1,000kcal; none (5 points).  Whole fruit: ≥0.4 cup eq./1,000kcal; none (5 points) | ≥median; <median | Whole fruits: ≥median; <median |
| Nuts | ≥median; <median | Nuts, seeds, legumes: highest quintile |  | Nuts and legumes:  ≥median; <median |  |
| Legumes | ≥median; <median |  |  |  | Beans: ≥median; <median |
| Fish | ≥median; <median |  | Seafood and plant proteins: ≥0.8 oz eq./1,000kcal; none (5 points) | ≥median; <median |  |
| Whole grains | ≥median; <median | Highest quintile | ≥1.5 oz eq./1,000kcal; none (10 points) | ≥median; <median |  |
| Total protein foods |  |  | ≥2.5 oz eq./1,000kcal; none (5 points) |  |  |
| Dairy |  | Low-fat dairy: highest quintile | ≥1.3 cup eq./1,000kcal; none (10 points) | ≥median; <median | Full-fat milk and Mexican cheeses: ≥median; <median |
| Oils/fats | MUFA:SFA ratio: ≥median; <median |  | PUFA + MUFA:SFA ratio: >2.5; ≤1.2 (10 points) | MUFA:SFA ratio:  ≥median; <median | <median; ≥median |
| Alcohol | 5–15 g/d; <5 or ≥15 g/d |  |  | 1 drink/day women |  |
| Red and processed meat | <median; ≥median | Lowest quintile |  | All meats: ≥median; <median | <median; ≥median |
| Refined grains |  |  | ≤1.8 oz eq./1,000kcal; ≥4.3 (10 points) |  | <median; ≥median |
| Empty calories |  |  | Energy (kcal) from solid fat, added sugars, and alcohol: ≤19% energy; ≥50% (20 points) |  | Solid fats added sugars: <median; ≥median |
| SSBs and fruit juice |  | Lowest quintile |  |  |  |
| Sodium |  | Lowest quintile | ≤1.1 g/1,000kcal; ≥2.0 (10 points) |  |  |
| Corn tortillas |  |  |  |  | ≥median; <median |
| Soups |  |  |  |  | ≥median; <median |
| Mexican-mixed dishes |  |  |  |  | ≥median; <median |
| Rice |  |  |  |  | ≥median; <median |

aMED, Alternate Mediterranean Diet; DASH, Dietary Approaches to Stop Hypertension; eq., equivalent; HEI-2010, Healthy Eating Index; MDS, Mediterranean Diet Score; MexD, Mexican Diet Score; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids; SFA, saturated fatty acids.

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| **SUPPLEMENTAL TABLE 2. Diet quality indices, scoring criteria, and food components (N = 334)1** | | | |
| **Diet Quality Indices** |  |  |  |
| **aMED Food components** | **Point scale** | **Scoring criteria** | **Mean ± SD** |
| 1. Fruit | 1; 0 | ≥median intake; <median intake |  |
| 1. Vegetables | 1; 0 | ≥median intake; <median intake |  |
| 1. Nuts | 1; 0 | ≥median intake; <median intake |  |
| 1. Legumes | 1; 0 | ≥median intake; <median intake |  |
| 1. Whole grains | 1; 0 | ≥median intake; <median intake |  |
| 1. Fish | 1; 0 | ≥median intake; <median intake |  |
| 1. Ratio of MUFA/SFA fat | 1; 0 | ≥median intake; <median intake |  |
| 1. Red and processed meat | 1; 0 | <median intake; ≥median intake |  |
| 1. Alcohol | 1; 0 | <median intake; ≥median intake |  |
| **aMED Total Score** | **0 to 9** | 47% | 4.2 ± 1.7 |
| **DASH Food components** | **Point scale** | **Scoring criteria** | **Mean ± SD** |
| 1. Fruits | 5; 4; 3; 2; 1 | Quintiles of intake: 5; 4; 3; 2; 1 |  |
| 1. Vegetables | 5; 4; 3; 2; 1 | Quintiles of intake: 5; 4; 3; 2; 1 |  |
| 1. Nuts and legumes | 5; 4; 3; 2; 1 | Quintiles of intake: 5; 4; 3; 2; 1 |  |
| 1. Low-fat dairy | 5; 4; 3; 2; 1 | Quintiles of intake: 5; 4; 3; 2; 1 |  |
| 1. Whole grains | 5; 4; 3; 2; 1 | Quintiles of intake: 5; 4; 3; 2; 1 |  |
| 1. Sodium | 5; 4; 3; 2; 1 | Quintiles of intake: 1; 2; 3; 4; 5 |  |
| 1. Sweetened beverages | 5; 4; 3; 2; 1 | Quintiles of intake: 1; 2; 3; 4; 5 |  |
| 1. Red and processed meat | 5; 4; 3; 2; 1 | Quintiles of intake: 1; 2; 3; 4; 5 |  |
| **DASH Total Score** | **8 to 40** | 63% | 25 ± 4.7 |
| **HEI-2010 Food components** | **Point scale** | **Scoring criteria** | **Mean ± SD** |
| 1. Total fruits | 5; 0 | ≥0.8 cup eq./1,000 kcal; none | 3.9 ± 1.2 |
| 1. Whole fruit | 5; 0 | ≥0.4 cup eq./1,000 kcal; none | 4.1 ± 1.4 |
| 1. Total vegetables | 5; 0 | ≥1.1 cup eq./1,000 kcal; none | 3.8 ± 1.2 |
| 1. Green and beans | 5; 0 | ≥0.2 cup eq./1,000 kcal: none | 2.2 ± 1.7 |
| 1. Whole grains | 10; 0 | ≥1.5 oz eq./1,000 kcal: none | 3.6 ± 2.6 |
| 1. Dairy | 10; 0 | ≥1.3 cup eq./1,000 kcal; none | 6.3 ± 2.8 |
| 1. Total protein foods | 5; 0 | ≥2.5 oz eq./1,000 kcal; none | 4.1 ± 1.1 |
| 1. Seafood and plant proteins | 5; 0 | ≥0.8 oz eq./1,000 kcal; none | 2.4 ± 1.6 |
| 1. Fatty acids | 10; 0 | (PUFAsMUFAs)/SFAs >2.5; ≤1.2 | 5.0 ± 2.6 |
| 1. Refined grains | 10; 0 | ≤1.8 oz eq./1,000 kcal; ≥4.3 oz | 5.5 ± 3.2 |
| 1. Sodium | 10; 0 | ≤1.1 g/1,000 kcal; ≥2.0 g | 4.3 ± 2.7 |
| 1. Empty calories | 20; 0 | ≤19% of energy; ≥50% | 14 ± 4.9 |
| **HEI-2010 Total Score** | **1 to 100** | 59% | 59 ± 11 |
| **MDS Food components** | **Point scale** | **Scoring criteria** | **Mean ± SD** |
| 1. Fruit | 1; 0 | ≥median intake; <median intake |  |
| 1. Vegetables | 1; 0 | ≥median intake; <median intake |  |
| 1. Whole grains | 1; 0 | ≥median intake; <median intake |  |
| 1. Nuts and Legumes | 1; 0 | ≥median intake; <median intake |  |
| 1. Meat | 1; 0 | ≥median intake; <median intake |  |
| 1. Fish | 1; 0 | ≥median intake; <median intake |  |
| 1. Dairy | 1; 0 | ≥median intake; <median intake |  |
| 1. Ratio of MUFA/SFA fat | 1; 0 | <median intake; ≥median intake |  |
| 1. Alcohol | 1; 0 | ≤1 drink per day; >1 drink per day |  |
| **MDS Total Score** | **0 to 9** | 54% | 4.9 ± 1.5 |
| **MexD Food components** | **Point scale** | **Scoring criteria** | **Mean ± SD** |
| 1. Corn tortillas | 1; 0 | ≥median intake; <median intake |  |
| 1. Beans | 1; 0 | ≥median intake; <median intake |  |
| 1. Soups | 1; 0 | ≥median intake; <median intake |  |
| 1. Mexican-mixed dishes | 1; 0 | ≥median intake; <median intake |  |
| 1. Vegetables | 1; 0 | ≥median intake; <median intake |  |
| 1. Whole fruits | 1; 0 | ≥median intake; <median intake |  |
| 1. Rice | 1; 0 | ≥median intake; <median intake |  |
| 1. Full-fat milk & Mexican dishes | 1; 0 | ≥median intake; <median intake |  |
| 1. Oils | 1; 0 | <median intake; ≥median intake |  |
| 1. Solid fats and added sugars | 1; 0 | <median intake; ≥median intake |  |
| 1. Processed meats | 1; 0 | <median intake; ≥median intake |  |
| 1. Refined grains | 1; 0 | <median intake; ≥median intake |  |
| **MexD Total Score** | **0 to 12** | 49% | 5.9 ± 2.0 |

1 Values are presented as means ± SD.

aMED, Alternate Mediterranean Diet; DASH, Dietary Approaches to Stop Hypertension; eq., equivalent; HEI-2010, Healthy Eating Index; MDS, Mediterranean Diet Score; MexD, Mexican Diet; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids; SFA, saturated fatty acids.

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| **SUPPLEMENTAL TABLE 3. Select dietary intake variables across diet quality score tertiles (*N* = 334)1** | | | | |
|  | **aMED score tertiles** | | | |
| **Baseline Dietary Intake** | **Low scores**  (0 - 3) (*n* = 116) | | **Moderate scores**  (4) (*n* = 72) | **High scores**  (5 - 9) (*n* = 146) |
| Total Fruits, servings/per day | 1.01 ± 0.85c | | 1.68 ± 1.44b | 2.20 ± 1.22a |
| Total Vegetables, servings/per day | 1.02 ± 0.60c | | 1.51 ± 1.18b | 2.12 ± 1.25a |
| Total carbohydrates, %E | 47.8 ± 9.61c | | 51.1 ± 10.2b | 53.8 ± 8.41a |
| Total sugars, g/d | 65.6 ± 32.6c | | 86.5 ± 44.1b | 99.2 ± 39.0a |
| Added sugars, g/d | 38.8 ± 28.6b | | 45.5 ± 34.1a | 45.8 ± 30.8a |
| Total protein, %E | 16.1 ± 3.67 | | 15.7 ± 3.19 | 16.6 ± 2.91 |
| Total fat, %E | 36.2 ± 8.43a | | 32.4 ± 8.13b | 30.1 ± 7.66b |
| Saturated fat, g/d | 17.7 ± 11.3b | | 19.5 ± 11.5a | 20.1 ± 12.0a |
| Dietary Fiber, g/d | 11.4 ± 5.15c | | 14.7 ± 6.15b | 20.1 ± 8.25a |
|  | **DASH score tertiles** | | | |
|  | **Low scores**  (13 - 22) (*n* = 117) | | **Moderate scores**  (23 - 26) (n=111) | **High scores**  (27 - 37) (*n* = 106) |
| Total Fruits, servings/per day | 0.94 ± 0.86c | | 1.55 ± 1.04b | 2.62 ± 1.28a |
| Total Vegetables, servings/per day | 1.04 ± 0.75c | | 1.38 ± 0.80b | 2.46 ± 1.35a |
| Total carbohydrates, %E | 45.3 ± 8.81c | | 51.2 ± 7.21b | 57.4 ± 8.52a |
| Total sugars, g/d | 73.2 ± 37.9c | | 85.0 ± 46.6b | 97.5 ± 33.2a |
| Added sugars, g/d | 47.6 ± 30.7a | | 45.1 ± 37.2a | 36.7 ± 21.5b |
| Total protein, %E | 16.0 ± 3.61 | | 16.1 ± 2.80 | 16.6 ± 3.30 |
| Total fat, %E | 37.9 ± 7.52a | | 32.8 ± 7.12b | 26.8 ± 6.82c |
| Saturated fat, g/d | 21.9 ± 12.3a | | 19.9 ± 12.5b | 15.3 ± 8.74c |
| Dietary Fiber, g/d | 12.2 ± 5.38c | | 16.0 ± 7.91b | 20.0 ± 8.18a |
|  | **HEI-2010 score tertiles** | | | |
|  | **Low scores**  (30 <54) (*n* = 111) | | **Moderate scores**  (54 - 65) (*n* = 112) | **High scores**  (>65 - 87) (*n* = 111) |
| Total Fruits, servings/per day | 0.99 ± 0.85c | | 1.50 ± 0.94b | 2.54 ± 1.41a |
| Total Vegetables, servings/per day | 1.13 ± 0.86c | | 1.61 ±1.02b | 2.08 ± 1.34a |
| Total carbohydrates, %E | 47.1 ± 9.38c | | 50.7 ± 8.43b | 55.6 ±8.98a |
| Total sugars, g/d | 87.3 ± 46.1a | | 75.3 ± 36.0b | 92.0 ± 38.1a |
| Added sugars, g/d | 58.9 ± 37.9a | | 37.7 ± 24.9b | 33.3 ± 21.1b |
| Total protein, %E | 15.0 ± 3.12b | | 16.5 ± 3.32a | 17.1 ± 2.99a |
| Total fat, %E | 36.7 ± 7.93a | | 32.7 ± 8.17b | 28.6 ± 8.08c |
| Saturated fat, g/d | 26.1 ± 13.1a | | 17.3 ± 9.82b | 14.0 ± 7.99c |
| Dietary Fiber, g/d | 15.3 ± 7.89b | | 15.1 ± 8.19b | 17.4 ± 7.39a |
|  | **MDS score tertiles** | | | |
|  | **Low scores**  (2 - 4) (*n* = 130) | **Moderate scores**  (5) (*n* = 80) | | **High scores**  (6 - 9) (*n* = 124) |
| Total Fruits, servings/per day | 0.96 ± 0.79c | 1.59 ± 1.20b | | 2.48 ± 1.25a |
| Total Vegetables, servings/per day | 1.03 ± 0.59c | 1.63 ± 1.06b | | 2.19 ± 1.36a |
| Total carbohydrates, %E | 47.3 ± 9.34c | 50.9 ± 8.11b | | 55.3 ± 8.99a |
| Total sugars, g/d | 67.9 ± 31.1c | 81.4 ± 38.6b | | 105 ± 40.2a |
| Added sugars, g/d | 39.8 ± 30.0 | 40.9 ± 25.5 | | 48.5 ± 34.3 |
| Total protein, %E | 16.5 ± 3.52 | 16.6 ± 3.65 | | 15.7 ± 2.59 |
| Total fat, %E | 35.5 ± 8.50a | 32.7 ± 8.19b | | 29.8 ± 7.61c |
| Saturated fat, g/d | 18.4 ± 11.6 | 19.0 ± 11.1 | | 20.0 ± 12.2 |
| Dietary Fiber, g/d | 11.4 ± 4.51c | 15.7 ± 7.24b | | 20.8 ± 8.19a |
|  | **MexD score tertiles** | | | |
|  | **Low scores**  (0 - 5) (*n* = 111) | | **Moderate scores**  (>5 - 7) (*n* = 111) | **High scores**  (>7 - 12) (*n* = 112) |
| Total Fruits, servings/per day | 1.17 ± 0.94c | | 1.74 ± 1.35b | 2.11 ± 1.30a |
| Total Vegetables, servings/per day | 1.10 ± 0.75b | | 1.72 ± 1.10a | 2.00 ± 1.35a |
| Total carbohydrates, %E | 48.9 ± 9.89b | | 50.9 ± 9.19b | 53.6 ± 9.12a |
| Total sugars, g/d | 78.8 ± 39.4b | | 83.7 ± 41.3b | 91.9 ± 40.9a |
| Added sugars, g/d | 47.5 ± 30.9a | | 41.1 ± 31.5b | 41.3 ± 30.1b |
| Total protein, %E | 15.4 ± 3.48b | | 16.5 ± 3.21a | 16.7 ± 2.93a |
| Total fat, %E | 35.8 ± 8.59a | | 32.3 ± 7.96b | 30.0 ± 7.83c |
| Saturated fat, g/d | 20.3 ± 12.7a | | 18.6 ± 11.9b | 18.6 ± 10.4b |
| Dietary Fiber, g/d | 12.9 ± 5.40c | | 15.2 ± 7.18b | 19.6 ± 9.08a |

1 Values are presented as means ± SD.

aMED, Alternate Mediterranean Diet; DASH, Dietary Approaches to Stop Hypertension; eq., equivalent; HEI-2010, Healthy Eating Index; MDS, Mediterranean Diet Score; MexD, Mexican Diet; MUFA, monounsaturated fatty acids; SFA, saturated fatty acid.