

Online Supplemental Table S1. Components and scoring standards of HEI-2015 and CHEI scores with the standard cup/ounce equivalents and standard portion from MPED and DGC-2016 ^a

Component	HEI-2015 ^b		CHEI	
	Maximum points and standard for maximum score	Minimum points and standard for minimum score of zero	Maximum points and standard for maximum score	Minimum points and standard for minimum score of zero
Component	100 points total (13 components: 5-10 points each)		100 points total (17 components: 5-10 points each)	
Adequacy				
Fruits	Total fruits 5 points: ≥ 0.8 cup equiv.	0 point: no fruit	Total fruits 10 points: ≥ 1.1 SP	0 point: no fruit
	Whole fruits ^c 5 points: ≥ 0.4 cup equiv.	0 point: no whole fruit		
Vegetables	Total vegetables 5 points: ≥ 1.1 cup equiv.	0 point: no vegetables	Total vegetables 5 points: ≥ 1.9 SP	0 point: no vegetables
	Greens and beans 5 points: ≥ 0.2 cup equiv.	0 point: no greens or beans	Dark vegetables 5 points: ≥ 0.9 SP	0 point: no dark vegetables
Grains	Whole grains 10 points: ≥ 1.5 oz equiv.	0 point: no whole grains	Total grains 5 points: ≥ 2.5 SP	0 point: no grains
			Whole grains and mixed beans ^d 5 points: ≥ 0.6 SP	0 point: no whole grains or mixed beans
			Tubers 5 points: ≥ 0.3 SP	0 point: no tubers
Dairy	10 points: ≥ 1.3 cup equiv.	0 point: no dairy	5 points: ≥ 0.5 SP	0 point: no dairy
Protein foods	Total protein foods 5 points: ≥ 2.5 oz equiv.	0 point: no protein foods	Soybeans 5 points: ≥ 0.4 SP	0 point: no soybeans
	Seafood and plant proteins 5 points: ≥ 0.8 oz equiv.	0 point: no seafood or plant proteins	Fish and seafood 5 points: ≥ 0.6 SP	0 point: no fish or seafood
			Poultry 5 points: ≥ 0.3 SP	0 point: no poultry

Fats	(PUFAs + MUFAs)/SFAs ratio 10 points: ≥ 2.5	0 point: ≤ 1.2	Eggs 5 points: ≥ 0.5 SP Seeds and nuts 5 points: ≥ 0.4 SP	0 point: no eggs 0 point: no seeds and nuts
Moderation				
Refined grains	10 points: ≤ 1.8 oz equiv.	0 point: ≥ 4.3 oz equiv.		
Red meats			5 points: ≤ 0.4 SP	0 point: ≥ 3.5 SP
Sodium	10 points: ≤ 1.1 grams	0 point: ≥ 2.0 grams	10 points: ≤ 1000 mg	0 point: ≥ 3608 mg
Added sugar	10 points: $\leq 6.5\%$ of energy	0 point: $\geq 26\%$ of energy	5 points; $\leq 10\%$ of energy	0 point: $\geq 20\%$ of energy
Oils/fats	Saturated fats 10 points: $\leq 8\%$ of energy	0 point: $\geq 16\%$ of energy	Cooking oils 10 points: ≤ 15.6 g	0 point: ≥ 32.6 g
Alcohol			5 points: ≤ 60 g (men)/ 40 g (women)	0 point: ≥ 25 g (men)/ 15 g (women)

Abbreviations: HEI-2015, Healthy Eating Index-2015; CHEI, Chinese Healthy Eating Index; MPED, MyPyramid Equivalents Database; oz, ounce; equiv., equivalent; DCG-2016, Dietary Guidelines for Chinese Residents; SP, standard portion; PUFA, polyunsaturated fatty acids; MUFA, monounsaturated fatty acids; SFA, saturated fatty acids.

^a Food consumption and scores are expressed as cup/ounce equivalents from MPED: 1 cup equivalent=225ml, 1 oz equivalent=28.3g; foods consumption and scores are expressed as standard portion from DGC-2016, SP in one food group shares similar energy and contents of carbohydrates, fats, and protein;

^b Using energy density approach: all components consumption except (PUFAs + MUFAs)/SFAs ratio and alcohol are per 1000kcal.

^c Including all forms fruit except fruit juice.

^d Mixed beans include mung bean, red bean, broad bean, pea and kidney bean, etc.