

Table e-1 DSQ Food Groupings used in the development of the composite diet score.	
Whole grains	1. During the past month, how often did you eat hot or cold cereals*?
	During the past month, what kind of cereal did you usually eat?
	If there was another kind of cereal that you usually ate during the past month, what kind was it?
	*Whole grain intake was estimated from specific type of cereal reported
	2. During the past month, how often did you eat brown rice or other cooked whole grains, such as bulgur, cracked wheat, or millet? Do not include white rice
	3. During the past month, how often did you eat whole grain bread including toast, rolls and in sandwiches? Whole grain breads include whole wheat, rye, oatmeal and pumpernickel. Do not include white bread.
	4. During the past month, how often did you eat popcorn?
Fruits, vegetables and legumes	1. During the past month, how often did you eat a green leafy or lettuce salad, with or without other vegetables?
	2. During the past month, how often did you eat fruit? Include fresh, frozen or canned fruit. Do not include juices.
	3. During the past month, not including what you just told me about (green salads, potatoes, cooked dried beans), how often did you eat other vegetables?
	4. During the past month, how often did you eat refried beans, baked beans, beans in soup, pork and beans or any other type of cooked dried beans? Do not include green beans.
	5. During the past month, how often did you drink 100% pure fruit juices such as orange, mango, apple, grape and pineapple juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to.
	6. During the past month, how often did you have tomato sauces such as with spaghetti or noodles or mixed into foods such as lasagna? Do not include tomato sauce on pizza.
	7. During the past month, how often did you eat any other kind of potatoes, such as baked, boiled, mashed potatoes, sweet potatoes, or potato salad?
	8. During the past month, how often did you eat pizza? Include frozen pizza, fast food pizza, and homemade pizza.
	9. During the past month, how often did you have Mexican-type salsa made with tomato?

Added sugar	1. During the past month, how often did you eat chocolate or any other types of candy? Do not include sugar-free candy.
	2. During the past month, how often did you eat doughnuts, sweet rolls, Danish, muffins, pan dulce, or pop-tarts? Do not include sugar-free items.
	3. During the past month, how often did you eat cookies, cake, pie or brownies? Do not include sugar-free kinds.
	4. During the past month, how often did you eat ice cream or other frozen desserts? Do not include sugar-free kinds.
	5. During the past month, how often did you drink sweetened fruit drinks, sports or energy drinks, such as Kool-Aid, lemonade, Hi-C, cranberry drink, Gatorade, Red Bull or Vitamin Water? Include fruit juices you made at home and added sugar to. Do not include diet drinks or artificially sweetened drinks.
	6. During the past month, how often did you drink regular soda or pop that contains sugar? Do not include diet soda.
	7. During the past month, how often did you drink coffee or tea that had sugar or honey added to it? Include coffee and tea you sweetened yourself and presweetened tea and coffee drinks such as Arizona Iced Tea and Frappuccino. Do not include artificially sweetened coffee or diet tea.
Red and processed meats	1. During the past month, how often did you eat red meat, such as beef, pork, ham, or sausage? Do not include chicken, turkey or seafood. Include red meat you had in sandwiches, lasagna, stew, and other mixtures. Red meats may also include veal, lamb, and any lunch meats made with these meats.
	2. During the past month, how often did you eat any processed meat, such as bacon, lunch meats, or hot dogs? Include processed meats you had in sandwiches, soups, pizza, casseroles, and other mixtures. Processed meats are those preserved by smoking, curing, or salting, or by the addition of preservatives. Examples are: ham, bacon, pastrami, salami, sausages, bratwursts, frankfurters, hot dogs, and spam.

Q1	Q2	Q3	Q4	Q5	P for trend
7.10	9.59	11.52	13.44	16.34	
1.00 [ref]	0.88 (0.76-1.01)	0.84 (0.73-0.96)	0.83 (0.71-0.96)	0.79 (0.68-0.92)	0.002
1.00 [ref]	0.94 (0.80-1.11)	0.96 (0.82-1.11)	0.85 (0.72-1.00)	0.93 (0.79-1.10)	0.28
1.00 [ref]	0.88 (0.75-1.02)	0.96 (0.83-1.11)	0.92 (0.79-1.07)	0.98 (0.84-1.14)	0.86
1.00 [ref]	0.87 (0.75-1.01)	0.84 (0.73-0.97)	0.86 (0.74-1.00)	0.91 (0.78-1.05)	0.25
1.00 [ref]	1.02 (0.88-1.18)	0.96 (0.83-1.10)	1.07 (0.92-1.24)	1.04 (0.89-1.21)	0.58
1.00 [ref]	0.98 (0.84-1.14)	1.02 (0.89-1.18)	1.10 (0.95-1.28)	1.08 (0.93-1.25)	0.15
1.00 [ref]	0.91 (0.78-1.05)	0.96 (0.83-1.11)	0.88 (0.76-1.03)	0.93 (0.79-1.08)	0.38

**Missingness for each covariate was ≤5%; Missing indicator variables were used to adjust for missingness (BMI [n=356], smoking status [n=67], income [n=57])