

Supplementary Table S1. Components of and scoring standards for Korean Healthy Eating Index

Components (score range)	Reference for score of each component	
	Maximum score	Minimum score
Having breakfast (0–10)	5–7 day/week	0 day/week
Whole grain (0–5)	≥0.3 serving/day	0 serving/day
Total fruit, including juice (0–5)	Men: (aged 19–64) ≥3 serving/day, (aged ≥65) ≥2 serving/day	0 serving/day
	Women: (aged 19–64) ≥2 serving/day, (aged ≥65) ≥1 serving/day	
Fruit, excluding juice (0–5)	Men: (aged 19–64) ≥1.5 serving/day, (aged ≥65) ≥1 serving/day	0 serving/day
	Women: (aged 19–64) ≥1 serving/day, (aged ≥65) ≥0.5 serving/day	
Total vegetable, including Kimchi and pickles (0–5)	Men: ≥8 serving/day	0 serving/day
	Women: (aged 19–64) ≥8 serving/day, (aged ≥65) ≥6 serving/day	
Vegetable, excluding Kimchi and pickles (0–5)	Men: ≥5 serving/day	0 serving/day
	Women: (aged 19–64) ≥5 serving/day, (aged ≥65) ≥3 serving/day	
Meat, fish, eggs, and legumes (0–10)	Men: (aged 19–64) ≥5 serving/day, (aged ≥65): ≥4 serving/day	0 serving/day
	Women: (aged 19–64) ≥4 serving/day, (aged ≥65) ≥2.5 serving/day	
Milk and dairy (0–10)	≥1 serving/day	0 serving/day
Sodium (0–10)	≤2,000 mg/day	>6,500 mg/day
Saturated fatty acid (0–10)	≤7% of energy	>10 % of energy
Empty calorie foods (0–10)	≤10% of energy	>20 % of energy
Carbohydrate (0–5)	55–65% of energy	<50%, >75% of energy
Fat (0–5)	15–30% of energy	<10%, >35% of energy
Total energy (0–5)	75–125% of EER by sex and age group <60%, >140% of EAR	

EER = estimated energy requirement.