

**Supplementary Table S1. Construction of the AHEI-2010 scoring method**

<b>Component</b>	<b>Criteria for minimum score (0)</b>	<b>Criteria for maximum score (10)</b>
Vegetables, servings/d	0	≥5 (400g)
Fruit, servings/d	0	≥4 (320g)
Whole grains, g/d	0	
Women		75
Men		90
Sugar-sweetened beverages and fruit juice, servings/d	≥1 (230g)	0
Nuts and legumes, servings/d	0	≥1 (30g)
Red/processed meat, servings/d	≥1.5 (150g)	0
trans Fat, % of energy	≥4	≤0.5
Long-chain (n-3) fats (EPA + DHA), mg/d	0	250
PUFA, % of energy	≤2	≥10
Sodium, mg/d	Highest decile	Lowest decile
Alcohol, drinks/d		
Women	≥2.5	0.5–1.5
Men	≥3.5	0.5–2.0
Total	0	110

*Note:* for the purposes of the present study alcohol was not included in the calculation of the AHEI. Modified from Chiuve et al. (2012).

**Supplementary Table S2. Construction of the WISH diet score**

<b>Component</b>	<b>Food items based on the food frequency questionnaire (FFQ)**</b>	<b>Healthiness<sup>1</sup></b>	<b>Impact on Environment<sup>2</sup></b>	<b>Recommended Intake in g/day (Lower and Upper Range of Intake)<sup>3</sup></b>
<b>Whole grains</b>	Brown bread, wholemeal bread, cream crackers, white bread, crispbread, porridge, breakfast cereal, white rice, brown rice, white pasta, wholemeal pasta, lasagne, pizza	Protective	Low	≥125 (100–150) 3
<b>Vegetables</b>	Carrots, spinach, broccoli, leafy greens, brussels sprouts, cabbage, peas, green beans, courgettes, cauliflower, parsnips, leeks, onion, garlic, mushrooms, sweet peppers, beansprouts, salad vegetables, watercress, tomatoes, sweetcorn, beetroot, coleslaw, avocado	Protective	Low	300 (200–600)

<b>Fruits</b>	Apples, pears, oranges, grapefruit, bananas, grapes, melon, stone fruit, berries', kiwi fruit	Protective	Low	200 (100–300)
<b>Dairy foods</b>	Low fat yogurt, full fat yogurt, soft cheese, hard cheese, dairy milk	Protective	Medium	250 (0–500)
<b>Red meat</b>	Beef, beef burgers, pork, lamb, bacon, ham, luncheon meats, sausages, savoury pies, liver	Limit	High	14 (0–28)
<b>Fish</b>	Fried fish in batter, fish cakes, other white fish, oily fish, shellfish, fish roe	Protective	High	28 (0–100)
<b>Eggs</b>	Eggs (boiled, fried or scrambled, etc.)	Neutral	Medium	13 (0–25)
<b>Chicken and other poultry</b>	Chicken or other poultry	Neutral	Medium	29 (0–58)
<b>Legumes</b>	Dried lentils, beans, peas and baked beans, tofu, soya meat, TVP, vegeburger	Protective	Low	75 (0–100)
<b>Nuts</b>	Peanuts or other nuts, peanut butter	Protective	Medium	50 (0–75)
<b>Unsaturated oils</b>	Derived from the entire FFQ	Protective	Low	40 (20–80)

<b>Saturated oils</b>	Derived from the entire FFQ	Limit	High	11.8 (0–11.8)
<b>Added sugars</b>	Derived from the entire FFQ	Limit	Low	31 (0–31)

*Note.* The components included in the World Index for Sustainability and Health (WISH). <sup>1</sup> Based on the supplementary material of the EAT Lancet recommendations (Willett et al., 2019). <sup>2</sup> Based on the assessment of Clark et al. (2019) with sustainability indicators: greenhouse gas, land use, eutrophication, acidification, and scarcity weighted water. <sup>3</sup> Recommended amounts of intake obtained from Global Burden of Disease study ("Health effects of dietary risks in 195 countries, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017," 2019). \*\*EPIC-Oxford FFQ can be found here <http://www.epic-oxford.org/files/epic-baseline-PQ.pdf>. Modified from Trijsburg et al. (2020).

## References

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