Determinants of diet quality in adolescents: results from the prospective population-based EVA-Tyrol and EVA4YOU cohorts

Katharina Mueller (1,2), Alex Messner (2), Johannes Nairz (3), Bernhard Winder (4), Anna Staudt (2), Katharina Stock (2), Nina Gande (2), Christoph Hochmayr (2), Benoit Bernar (5), Raimund Pechlaner (6), Andrea Griesmacher (7), Alexander E Egger (8), Ralf Geiger (3), Ursula Kiechl-Kohlendorfer (2), Michael Knoflach\*(1,6), Sophia J Kiechl\*(1,9) for the EVA-Tyrol and EVA4YOU Study groups.

**Supplements**

*Assessment of dietary scores*

**Table S1:** Alternate Healthy Eating Index (AHEI-2010) components and criteria for scoring [1]

|  |  |  |
| --- | --- | --- |
| **Component** | **Criteria for minimum score 0** | **Criteria for maximum score of 10** |
| Whole fruit | 0 | ≥ 4 servings/d |
| Vegetable (excluding potatoes) | 0 | ≥ 5 servings/d |
| Whole grains | 0 | Female: ≥ 75 g/d  Male: ≥ 90 g/d |
| Red and processed meat | ≥ 1.5 servings/day | 0 |
| Nuts and legumes | 0 | ≥ 1 serving/d |
| Long-chain (ω-3) fats (EPA+DHA) | 0 | ≥ 250 mg/d |
| Polyunsaturated fatty acids | ≤ 2 % of energy | ≥ 10 % of energy |
| Trans fats | ≥ 4 % of energy | ≤ 0.5 % of energy |
| SSBs and fruit juice | ≥ 1 serving/d | 0 |
| Sodium | *Highest decile*  Female: ≥ 3337 mg/d  Male: ≥ 5271 mg/d | *Lowest decile*  Female: ≤ 1112 mg/d  Male: ≤ 1612 mg/d |
| Total | 0 | 100 |

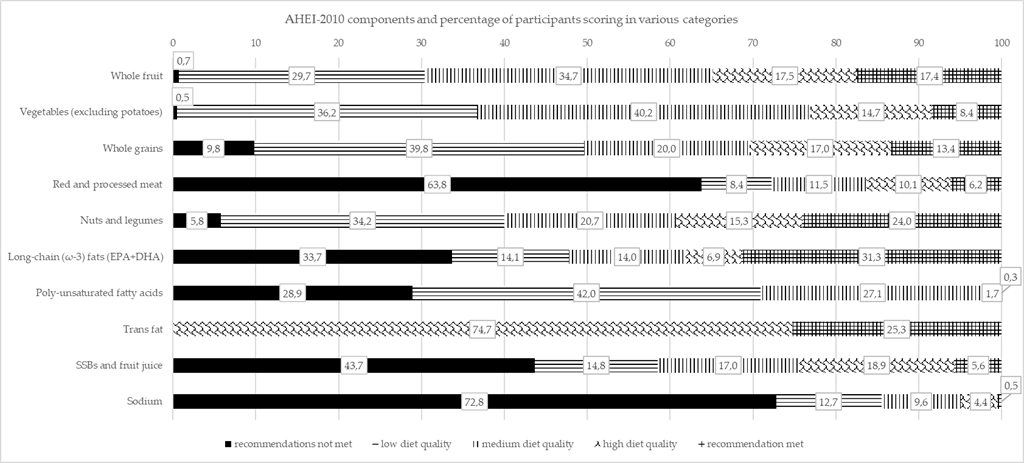
EPA, eicosapentaenoic acids; DHA, docosahexaenoic acids; SSB, Sugar-sweetened beverage.

**Table S2:** Dietary Approaches to Stop Hypertension (DASH)-score components and criteria for scoring [2]

|  |  |  |
| --- | --- | --- |
| **Component** | **Criteria for minimum score 1**  **Servings/d** | **Criteria for maximum score of 5**  **Servings/d** |
| Whole fruit and fruit juices | 0.7 | 4.1 |
| Vegetable (excluding potatoes) and vegetable juices | 1.1 | 4.6 |
| Whole grains | 0.1 | 2.4 |
| Nuts and legumes | 0.3 | 1.5 |
| Low-fat dairy | 0.1 | 2.3 |
| Sodium | 2676 mg | 1041 mg |
| Red and processed meat | 1.8 | 0.4 |
| Sweetened beverages | 1.2 | 0 |
| Total | 8 | 40 |

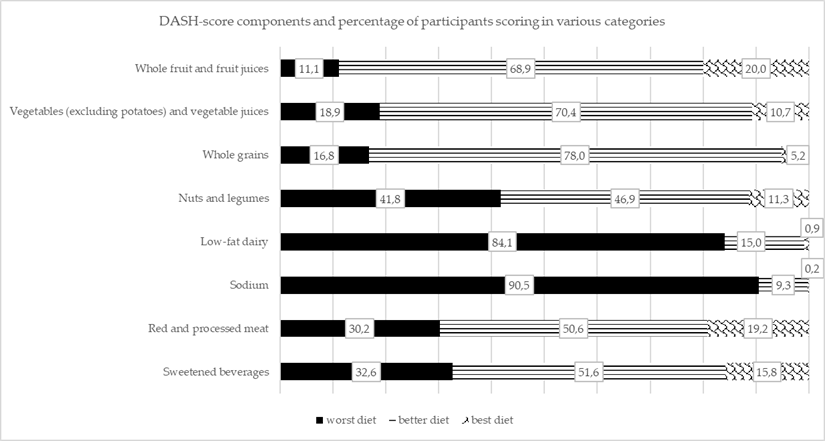
*Dietary scores and scoring in various categories*

**Figure S1**: AHEI-2010 components and percentage of participants scoring in various categories

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Recommendations not met, 0 points; low diet quality, 1-3 points; medium diet quality, 4-6 points; high diet quality, 7-9 points, recommendations met, 10 points.

**Figure S2:** DASH-score components and percentage of participants scoring in various categories

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Worst diet, 1 point; better diet, 2-4 points, best diet, 5 points.

References

1. Chiuve, S.E.; Fung, T.T.; Rimm, E.B.; Hu, F.B.; McCullough, M.L.; Wang, M.; Stampfer, M.J.; Willett, W.C. Alternative dietary indices both strongly predict risk of chronic disease. *J. Nutr.* **2012**, *142,* 1009–18. doi: 10.3945/jn.111.157222.
2. Fung T.T.; Chiuve, S.E.; McCullough, M.L.; Rexrode, K.M.; Logroscino, G.; Hu, F.B. Adherence to a DASH-style diet and risk of coronary heart disease and stroke in women. *Arch. Intern. Med.* **2008**, *168*, 713–20. doi: 10.1001/archinte.168.7.713.