

Table S1. Components of the Chinese Healthy Eating Index (CHEI) and scoring method

Components	Maximum Points	Standard for Maximum Score	Standard for Zero Score
Adequacy			
Total Grains	5	≥ 2.5 SP/1000 kcal	No intake
Whole Grains and Mixed Beans	5	≥ 0.6 SP/1000 kcal	No intake
Tubers	5	≥ 0.3 SP/1000 kcal	No intake
Total Vegetables	5	≥ 1.9 SP/1000 kcal	No intake
Dark Vegetables	5	≥ 0.9 SP/1000 kcal	No intake
Fruits	10	≥ 1.1 SP/1000 kcal	No intake
Dairy	5	≥ 0.5 SP/1000 kcal	No intake
Soybeans	5	≥ 0.4 SP/1000 kcal	No intake
Fish and Seafood	5	≥ 0.6 SP/1000 kcal	No intake
Poultry	5	≥ 0.3 SP/1000 kcal	No intake
Eggs	5	≥ 0.5 SP/1000 kcal	No intake
Seeds and Nuts	5	≥ 0.4 SP/1000 kcal	No intake
Moderation			
Red Meat	5	≤ 0.4 SP/1000 kcal	≥ 3.5 SP/1000 kcal
Cooking Oils	10	≤ 15.6 g/1000 kcal	≥ 32.6 g/1000 kcal
Sodium	10	≤ 1000 mg/1000 kcal	≥ 3608 mg/1000 kcal
Added Sugars	5	$\leq 10\%$ of energy	$\geq 20\%$ of energy
Alcohol	5	≤ 25 g (men)/15 g (women)	≥ 60 g (men)/40 g (women)