Supplementary material 1. Components and scoring methods of Dietary Guideline Index

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| **Dietary guideline** | **Food component and description** | **Criteria for minimum score** | **Criteria for maximum score**\* | **Maximum score** |
| 1. Enjoy a wide variety of nutritious foods | Food Variety**†** = Proportion of each food of 5 core food groups consumed at least 1 serve/week | 0% | 100% | 10 |
| 2. Plenty of vegetables | Vegetable intake = Total servings of vegetables consumed per day | 0 | 19-50 y: M ≥6, F ≥5  51-70 y: M ≥5.5, F ≥5  >70 y: M ≥5, F ≥5 | 10 |
| 3. Fruit | Fruit intake = Total servings of fruits consumed per day | 0 | ≥2 | 10 |
| 4. Grain (cereal) foods | a. Cereal/grain intake = Total servings of grains consumed per day | 0 | 19-50 y: M ≥6, F ≥6  51-70 y: M ≥6, F ≥4  >70 y: M ≥4.5, F ≥3 | 5 |
| b. High-fibre cereal intake = Type of bread usually consumed | White bread | Wholemeal bread | 5 |
| 5. Lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans | a. Total meat and alternatives intake = Total servings of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans consumed per day | 0 | 19-50 y: M ≥3, F ≥2.5  51-70 y: M ≥2.5, F ≥2  >70 y: M ≥2.5, F ≥2 | 5 |
| b. Lean meat intake = Proportion of lean meats and alternatives to total meat and alternatives consumed per day | 0% | 100% | 5 |
| 6. Milk, yoghurt, cheese and/or their alternatives | Dairy and alternatives intake = Total servings of milk, yogurt, cheese and alternatives consumed per day | 0 | 19-50 y: M ≥2.5, F ≥2.5  51-70 y: M ≥2.5, F ≥4  >70 y: M ≥3.5, F ≥4 | 10 |
| 7. Drink plenty of water | a. Total beverages intake = Total servings of milk and soy beverages, smoothies, juices, low-calorie cordials and soft drinks, water, tea and coffee consumed per day | 0 | M ≥10, F ≥8 | 5 |
| b. Water intake = Proportion of water to total beverage intake per day | 0% | ≥50% | 5 |
| 8. Limit intake of foods containing saturated fat, added salt, added sugars  and alcohol | Total servings of discretionary foods intake = energy intake (kJ) from foods labelled as discretionary foods : 600kJ‡ | M >3, F >2.5 | M ≤3, F ≤2.5 | 10 |
| 9. Limit intake of foods high in saturated fat | a. Trimmed meat intake = Frequency of consuming lean meats and poultry containing <10% fat | Never or rarely | Usually | 5 |
| b. Reduced-fat milk intake = Type of milk usually consumed | Whole milk | Skim, low, or reduced-fat milk | 5 |
| 10. Small allowance of unsaturated oils, fats or spreads | Unsaturated spreads and oils intake = Total servings of unsaturated spreads and oils consumed per day | M >4, F >2 | 19-50 y: M ≤4, F ≤2  51-70 y: M ≤4, F ≤2  >70 y: M ≤2, F ≤2 | 10 |
| 11. Limit intake of foods and drinks containing added salt | a. Added salt during cooking based on salt use question whether salt added during cooking | Usually | Never or rarely | 5 |
| b. Added salt during meals based on salt use question whether salt added during meals | Usually | Never or rarely | 5 |
| 12. Limit intake of foods and drinks containing added sugars | Total servings of added sugar intake = grams of added sugar intake : 5g§ | M >1.5, F >1.25 | M ≤1.5, F ≤1.25 | 10 |
| 13. If you choose to drink alcohol, limit intake | Total servings of alcohol intake = grams of alcohol intake : 10g|| | >2 | ≤2 | 10 |

y, years; M, male; F, female

\*Criteria for maximum score were derived from the Australian Dietary Guidelines(24) unless indicated otherwise

†Food variety score was based on the Recommended Food Score consisting of different varieties of fruits, vegetables, whole grains, lean meats and alternatives, low-fat dairy(27)

‡A serve of discretionary choices provides about 600 kJ(28)

§A serve of sugar contains about 5 grams of sugar(20)

||A serve of standard drink contains about 10 grams of alcohol(28)