

## Online Supplement 2.

Table 1. Sensitivity analyses: Total Diet Score (TDS) excluding individual components to determine the effect of single components on the risk of all cause mortality by quintile of TDS

TDS Component excluded	TDS Quintile	Subjects n	Deaths n (%)	Hazard Risk Ratios by TDS quintile		
				HRR	95%CI	P for trend
Reference	Q1	477	194 (41)	1.0 ref		0.04
Includes all components	Q2	484	180 (37)	0.92	0.75, 1.13	
	Q3	503	179 (36)	0.95	0.78, 1.17	
	Q4	509	162 (32)	0.90	0.73, 1.11	
	Q5	517	153 (30)	0.79	0.63, 0.98	
1. Eat plenty of vegetables, legumes and fruit	Q1	486	197 (41)	1.0 ref		0.06
	Q2	429	154 (36)	0.84	0.68, 1.05	
	Q3	568	199 (35)	0.96	0.80, 1.18	
	Q4	497	174 (35)	0.90	0.73, 1.10	
	Q5	510	143 (28)	0.78	0.62, 0.97	
2. Eat plenty of cereals, preferably wholegrain/meal	Q1	478	192 (40)	1.0 ref		0.04
	Q2	486	184 (38)	0.97	0.79, 1.19	
	Q3	489	177 (36)	1.0	0.81, 1.23	
	Q4	516	158 (31)	0.86	0.69, 1.06	
	Q5	521	157 (30)	0.82	0.66, 1.02	
3. Include lean meats, fish, poultry and/ or alternatives	Q1	472	189 (40)	1.0 ref		0.1
	Q2	482	183 (38)	0.96	0.78, 1.18	
	Q3	513	184 (36)	1.0	0.82, 1.24	
	Q4	508	162 (32)	0.94	0.76, 1.17	
	Q5	515	150 (29)	0.83	0.66, 1.03	
4. Include milk, yoghurts, cheese and/or alternatives	Q1	484	192 (40)	1.0 ref		0.05
	Q2	479	172 (36)	0.88	0.72, 1.08	
	Q3	501	182 (36)	1.02	0.83, 1.25	
	Q4	505	164 (32)	0.89	0.72, 1.10	
	Q5	521	158 (30)	0.79	0.63, 0.98	
5. Limit saturated fat and moderate total fat intake	Q1	474	187 (39)	1.0 ref		0.03
	Q2	485	191 (39)	1.12	0.91, 1.37	
	Q3	507	168 (33)	1.00	0.81, 1.24	
	Q4	504	168 (33)	0.95	0.77, 1.18	
	Q5	520	154 (30)	0.82	0.66, 1.03	
6. Choose foods low in salt	Q1	474	194 (41)	1.0 ref		0.02
	Q2	487	177 (36)	0.85	0.70, 1.05	
	Q3	494	168 (34)	0.84	0.68, 1.04	
	Q4	519	182 (35)	0.91	0.74, 1.12	

	Q5	516	147 (28)	0.73	0.59, 0.91	
7. Limit alcohol intake if you choose to drink	Q1	474	198 (42)	1.0 ref		0.02
	Q2	478	177 (37)	0.87	0.71, 1.07	
	Q3	507	173 (34)	0.84	0.68, 1.04	
	Q4	515	176 (34)	0.88	0.71, 1.08	
	Q5	516	144 (28)	0.74	0.60, 0.93	
8. Consume only moderate amounts of sugars and foods with added sugars	Q1	479	189 (39)	1.0 ref		0.05
	Q2	488	193 (40)	1.02	0.83, 1.26	
	Q3	486	165 (34)	0.82	0.66, 1.02	
	Q4	522	160 (31)	0.84	0.68, 1.05	
	Q5	515	161 (31)	0.85	0.68, 1.06	
9. Extra foods, not essential to provide nutrients and may be high in salt, fat or sugar	Q1	476	185 (39)	1.0 ref		0.10
	Q2	481	181 (38)	1.01	0.82, 1.25	
	Q3	500	180 (36)	0.96	0.78, 1.19	
	Q4	514	173 (34)	0.98	0.79, 1.22	
	Q5	519	149 (29)	0.82	0.66, 1.03	
10. Prevent weight gain: be physically active and eat according to energy needs	Q1	484	187 (39)	1.0 ref		0.03
	Q2	484	192 (40)	0.93	0.76, 1.14	
	Q3	509	166 (33)	0.84	0.68, 1.04	
	Q4	508	171 (34)	0.89	0.72, 1.10	
	Q5	505	152 (30)	0.78	0.62, 0.98	

† Adjusted for age, smoking BMI (low, high), education, dietary supplement use, self reported poor health, hypertension, diabetes, AMI, stroke, cancer, WBC and walking disability

Table 2. Sensitivity analyses: Total Diet Score (TDS) excluding individual components to determine the effect of single components on the risk of cardiovascular mortality by quintile of TDS

TDS Component excluded	TDS Quintile	Subjects n	Deaths n (%)	Hazard Risk Ratios by TDS quintile		
				HRR	95%CI	P for trend
Reference	Q1	477	95 (20)	1.0 ref		0.1
Includes all components	Q2	484	94 (20)	0.92	0.69, 1.23	
	Q3	502	100 (20)	1.05	0.79, 1.40	
	Q4	509	85 (17)	0.92	0.68, 1.25	
	Q5	517	79 (15)	0.77	0.57, 1.05	
1. Eat plenty of vegetables, legumes and fruit	Q1	486	98 (20)	1.0 ref		0.09
	Q2	429	84 (20)	0.92	0.69, 1.23	
	Q3	568	104 (20)	1.05	0.79, 1.40	
	Q4	497	96 (17)	0.92	0.68, 1.25	
	Q5	510	71 (15)	0.77	0.57, 1.05	
2. Eat plenty of cereals, preferably wholegrain/meal	Q1	478	98 (21)	1.0 ref		0.04
	Q2	486	96 (20)	0.93	0.70, 1.24	
	Q3	489	100 (20)	1.05	0.79, 1.39	
	Q4	516	79 (15)	0.80	0.59, 1.08	
	Q5	521	80 (15)	0.75	0.55, 1.02	
3. Include lean meats, fish, poultry and/ or alternatives	Q1	472	97 (21)	1.0 ref		0.2
	Q2	482	92 (19)	0.87	0.65, 1.17	
	Q3	513	100 (19)	1.03	0.77, 1.37	
	Q4	508	82 (16)	0.87	0.64, 1.18	
	Q5	515	82 (16)	0.81	0.59, 1.10	
4. Include milk, yoghurts, cheese and/or alternatives	Q1	484	99 (20)	1.0 ref		0.09
	Q2	479	89 (19)	0.84	0.63, 1.12	
	Q3	501	97 (19)	1.03	0.77, 1.37	
	Q4	505	86 (17)	0.87	0.65, 1.17	
	Q5	521	82 (16)	0.74	0.55, 1.00	
5. Limit saturated fat and moderate total fat intake	Q1	474	94 (20)	1.0 ref		0.07
	Q2	485	98 (20)	1.07	0.80, 1.43	
	Q3	507	96 (19)	1.10	0.82, 1.47	
	Q4	504	87 (17)	0.94	0.69, 1.26	
	Q5	520	78 (15)	0.77	0.57, 1.05	
6. Choose foods low in salt	Q1	474	91 (19)	1.0 ref		0.03
	Q2	487	98 (20)	0.97	0.73, 1.29	
	Q3	494	88 (18)	0.87	0.64, 1.17	
	Q4	519	109 (21)	1.06	0.79, 1.41	
	Q5	516	67 (13)	0.65	0.47, 0.91	

7. Limit alcohol intake if you choose to drink	Q1	474	99 (21)	1.0 ref		0.01
	Q2	478	101 (21)	0.93	0.70, 1.23	
	Q3	507	87 (17)	0.81	0.60, 1.09	
	Q4	515	95 (18)	0.86	0.64, 1.15	
	Q5	516	71 (14)	0.68	0.50, 0.93	
8. Consume only moderate amounts of sugars and foods with added sugars	Q1	479	95 (20)	1.0 ref		0.1
	Q2	488	98 (20)	0.98	0.74, 1.31	
	Q3	486	90 (19)	0.82	0.61, 1.10	
	Q4	522	86 (16)	0.83	0.62, 1.13	
	Q5	515	84 (16)	0.81	0.59, 1.10	
9. Extra foods, not essential to provide nutrients and may be high in salt, fat or sugar	Q1	476	93 (20)	1.0 ref		0.2
	Q2	481	86 (18)	0.94	0.70, 1.26	
	Q3	500	105 (21)	1.03	0.77, 1.36	
	Q4	514	98 (19)	1.07	0.80, 1.43	
	Q5	519	71 (14)	0.73	0.53, 1.01	
10. Prevent weight gain: be physically active and eat according to energy needs	Q1	484	90 (19)	1.0 ref		0.04
	Q2	484	111 (23)	1.07	0.81, 1.42	
	Q3	509	81 (16)	0.79	0.58, 1.07	
	Q4	508	97 (19)	1.00	0.75, 1.35	
	Q5	505	74 (15)	0.71	0.52, 0.98	

† Adjusted for age, smoking BMI (low, high), education, dietary supplement use, self reported poor health, hypertension, diabetes, AMI, stroke, cancer, WBC and walking disability