Table S1: French Nutrition and Health Program-Guideline Score (PNNS-GS) computation

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| --- | --- | --- | --- |
|  | Recommendation | Scoring criteria1 | Score |
| Fruits and vegetables | At least 5 per day | [0 – 3.5[ | 0 |
|  |  | [3.5 – 5[ | 0.5 |
|  |  | [5 – 7.5[ | 1 |
|  |  | ≥ 7.5 | 2 |
| Bread, cereals, potatoes and legumes | At each meal according to appetite | [0 – 1[ | 0 |
|  |  | [1 – 3[ | 0.5 |
|  |  | [3 – 6[ | 1 |
|  |  | ≥ 6 | 0.5 |
| Whole grain food | Preferentially choose whole grains and whole grain breads | [0 – 1/3[ | 0 |
|  |  | [1/3 – 2/3[ | 0.5 |
|  |  | ≥ 2/3 | 1 |
| Milk and dairy products | 3 per day  (≥ 55 years: 3 to 4 per day) | [0 – 1[ | 0 |
|  |  | [1 – 2.5[ | 0.5 |
|  |  | [2.5 – 3.5] (≥ 55-year-old subjects: [2.5 – 4.5]) | 1 |
|  |  | > 3.5 (≥ 55-year-old subjects: > 4.5) | 0 |
| Meat and poultry, seafood and eggs | 1 to 2 per day | 0 | 0 |
|  |  | ]0-1[ | 0.5 |
|  |  | [1 – 2] | 1 |
|  |  | > 2 | 0 |
| Seafood | At least twice a week | < 2 servings per week | 0 |
|  |  | ≥ 2 servings per week | 1 |
| Added fats2 | Limit consumption | Lipids from added fats> 16%EI3 per day | 0 |
|  |  | Lipids from added fats≤ 16%EI3 per day | 1 |
| Vegetable added fats | Favor fats of vegetable origin | No use of vegetable oil or ratio vegetable oil/total added fats ≤0.5 | 0 |
|  |  | No use of added fats or ratio vegetable oil/total added fats >0.5 | 1 |
| Sweetened foods2 | Limit consumption | Added sugars from sweetened foods ≥15%EI3 per day | -0.5 |
|  |  | Added sugars from sweetened foods [10 – 15[%EI3 per day | 0 |
|  |  | Added sugars from sweetened foods < 10%EI3 per day | 1 |
| Beverages | | | |
| Water and soda2 | Drink water as desired  Limit sweetened beverages: no more than one glass per day | < 1 L of water and > 250 mL of soda per day | 0 |
|  |  | ≥ 1 L of water and > 250 mL of soda per day | 0.50 |
|  |  | < 1 L of water and ≤ 250 mL of soda per day | 0.75 |
|  |  | ≥ 1 L of water and ≤ 250 mL of soda per day | 1 |
| Alcohol | Women4 advised to drink ≤ 2 glasses of wine per day and ≤ 3 glasses per day for men. | Ethanol >20 g/d for women and >30 g for men | 0 |
|  |  | Ethanol ≤20 g/d for women and ≤30 g for men | 0.8 |
|  |  | Abstainers and irregular consumers (< once a week) | 1 |
| Salt2 | Limit consumption | > 12 g /d | -0.5 |
|  |  | ]10 – 12] g /d | 0 |
|  |  | ]8 – 10] g /d | 0.5 |
|  |  | ]6 – 8] g /d | 1 |
|  |  | ≤ 6 g /d | 1.5 |
| Physical activity | At least the equivalent of 30 min of brisk walking per day | [0 – 30[min /d | 0 |
|  |  | [30 – 60[min / d | 1 |
|  |  | ≥ 60 min /d | 1.5 |

1 Servings per day unless otherwise noted

2 Established according to the French RDA

3 EI: total energy intake without alcohol

4 Pregnant women are advised to abstain from all alcohol consumption during the entire duration of pregnancy