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