Supplementary Table 1: Mean consumption in grams of food groups used to compose the healthy eating index by each quartile, weighted for Portuguese population.

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|  | Quartile |
| Food Group | 1st quartile | 2nd quartile | 3rd quartile | 4th quartile |
| Fruits and vegetables mean (SD) g | 80.2 (4.1) | 173.2 (3.4) | 256.4 (3.0) | 410.8 (8.9) |
| Cereals mean (SD) g | 150.0 (4.2) | 221.9 (2.8) | 296.0 (4.2) | 445.0 (9.7) |
| Dairy mean (SD) g | 114.3 (7.0) | 286.3 (3.7) | 423.4 (5.6) | 617.6 (8.1) |
| Fish and white meat mean (SD) g | 14.4 (1.0) | 50.6 (0.9) | 84.5 (1.4) | 155.2 (5.0) |
| Red meat mean (SD) g | 158.5 (6.7) | 75.8 (1.8) | 42.5 (1.1) | 11.3 (1.1) |
| Salty snacks mean (SD) g\* | 101.4 (6.7) | 3.4 (0.5) | - | - |
| SSB mean (SD) g | 512.4 (22.0) | 206.1 (7.4) | 40.4 (3.4) |  - |
| Sugar honey mean (SD) g\* | 3.0 (0.3) | 0.1 (0.0) | - | - |
| Sweets mean (SD) g | 207.9 (5.1) | 109.5 (1.6) | 65.5 (1.0) | 26.0 (1.3) |

SD, standard deviation; SSB, sugar sweet beverage

\* food groups divided in having any consumption and non-consumers, because presented a higher prevalence of no consumers.