**Supplemental Table 2.** Mean total DQI and component scores and proportion meeting component recommendations for three DQI-65 variations, HEI-2015 and AHEI-2010 subjects aged ≥65y from UK NDNS years 2-6 (n=871)*1*

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| --- | --- | --- | --- | --- |
| **Index component** | **Criteria for maximum score** | **Maximum score** | **Mean score ± SD** | **Proportion meeting recommendation (%)** |
| **FDQI-65+PA** | | | | |
| **Vegetables***2* | ≥3 portions/day | 10 | 7.3 ± 2.6 | 29.3 |
| **Fruit***3* | ≥2 portions/day | 10 | 7.1 ± 3.3 | 43.0 |
| **Protein***4* | ≥3 portions/day | 10 | 6.9 ± 1.7 | 6.1 |
| **Oily fish***5* | ≥1 portion/week | 10 | 3.5 ± 4.5 | 28.9 |
| **Low fat dairy***6* | ≥3 portions/day | 10 | 2.8 ± 2.2 | 1.3 |
| **Wholegrain carbohydrates***7* | ≥3 portions/day | 10 | 3.6 ± 2.7 | 2.8 |
| **Free sugars***8* | ≤1 portion/day | 10 | 4.7 ± 4.5 | 31.1 |
| **Sodium***9* | ≤1 portion/day | 10 | 9.8 ± 1.1 | 93.2 |
| **Fat and fatty acids***10* | 100% unsaturated | 10 | 4.3 ± 4.0 | 22.4 |
| **Fluid***11* | ≥6 portions/day | 10 | 8.3 ± 2.0 | 42.9 |
| **Alcohol***12* | ≤14 units/week | 10 | 7.0 ± 4.5 | 69.7 |
| **Physical activity** | ≥20 minutes/day moderate activity | 10 | 6.6 ± 4.2 | 53.3 |
| **Total** |  | 120 | 71.8 ± 15.1 | - |
| **NFDQI-65+PA *(and NFDQI-65)*** | | | | |
| **Vegetables***2* | ≥3 portions/day | 10 | 7.3 ± 2.6 | 29.3 |
| **Fruit***3* | ≥2 portions/day | 10 | 7.1 ± 3.3 | 43.0 |
| **Protein***4* | ≥3 portions/day | 10 | 6.9 ± 1.7 | 6.1 |
| **Oily fish***5* | ≥1 portion/week | 10 | 3.5 ± 4.5 | 28.9 |
| **Low fat dairy***6* | ≥3 portions/day | 10 | 2.8 ± 2.2 | 1.3 |
| **Wholegrain carbohydrates***7* | ≥3 portions/day | 10 | 3.6 ± 2.7 | 2.8 |
| **Free sugars** | ≤5% total energy | 10 | 2.8 ± 3.8 | 13.8 |
| **Sodium** | ≤2400 mg/day | 10 | 7.7 ± 3.6 | 57.4 |
| **Fat and fatty acids** | (PUFA+MUFA)/SFA  ≥2  SFA ≤10% total energy | 10 (5 points each) | 5.2 ± 2.8 | 5.3 |
| **Fluid** | ≥6 portions/day | 10 | 8.3 ± 2.0 | 42.9 |
| **Alcohol** | ≤14 units/week | 10 | 6.5 ± 4.2 | 47.1 |
| ***Physical activity****,13* | *≥20 minutes/day moderate activity* | *10* | *6.6 ± 4.2* | *53.3* |
| **Total (NFDQI-65+PA)** |  | 120 | 68.1 ± 14.4 | - |
| ***Total (NFDQI-65)*** |  | *110* | *61.6 ± 12.8* | - |
| **HEI-2015** | | | | |
| **Fruit***14* | ≥0.8 cup equivalents per 1000kcal | 5 | 3.4 ± 1.7 | 38.5 |
| **Whole fruit***14* | ≥0.4 cup equivalents per 1000kcal | 5 | 3.8 ± 1.7 | 53.3 |
| **Vegetables***14* | ≥1.1 cup equivalents per 1000kcal | 5 | 3.2 ± 1.3 | 18.8 |
| **Greens and beans***14* | ≥0.2 cup equivalents per 1000kcal | 5 | 2.4 ± 1.9 | 19.0 |
| **Wholegrains***15* | ≥1.5 oz equivalents per 1000kcal | 10 | 2.5 ± 2.4 | 1.5 |
| **Dairy***14* | ≥1.3 cup equivalents per 1000kcal | 10 | 6.5 ± 3.0 | 24.2 |
| **Total protein***15* | ≥2.5 oz equivalents per 1000kcal | 5 | 4.6 ± 0.8 | 70.2 |
| **Seafood and plant protein***15* | ≥0.8 oz equivalents per 1000kcal | 5 | 3.5 ± 1.9 | 48.0 |
| **Fatty acids** | (PUFA+MUFA)/SFA  ≥2.5 | 10 | 2.0 ± 2.4 | 1.6 |
| **Refined grains***15* | ≤1.8 oz equivalents per1000kcal | 10 | 8.5 ± 2.7 | 62.9 |
| **Sodium** | ≤1.1 g per 1000kcal | 10 | 8.1 ± 2.6 | 42.9 |
| **Added sugars** | ≤6.5% total energy | 10 | 7.5 ± 2.4 | 20.9 |
| **SFA** | ≤8% total energy | 10 | 4.0 ± 3.3 | 6.1 |
| **Total** |  | 100 | 59.9 ± 11.3 | - |
| **AHEI-2010** | | | | |
| **Vegetables***16* | ≥5 portions/day | 10 | 3.2 ± 1.6 | 0.3 |
| **Fruit***16* | ≥4 portions/day | 10 | 3.3 ± 2.6 | 2.9 |
| **Wholegrains** | ≥90 g/day (men)  ≥75 g/day (women) | 10 | 2.2 ± 2.1 | 0 |
| **Sugar sweetened beverages***17* | 0 servings/day | 10 | 6.0 ± 4.1 | 16.4 |
| **Nuts and legumes***18* | ≥1 portion/day | 10 | 2.7 ± 3.1 | 5.1 |
| **Red and processed meat***19* | 0 portions/day | 10 | 4.3 ± 3.4 | 5.5 |
| **Trans fat** | ≤0.5% total energy | 10 | 9.5 ± 0.6 | 39.6 |
| **n-3 PUFA** | ≥250 mg/day | 10 | 5.0 ± 4.3 | 36.6 |
| **PUFA** | ≥10% total energy | 10 | 4.4 ± 1.9 | 1.5 |
| **Sodium***20* | ≤ lowest decile | 10 | 5.5 ± 3.1 | 10.1 |
| **Alcohol***21* | 0.5-2.0 drinks/day (men)  0.5-1.5 drinks/day (women) | 10 | 4.0 ± 3.3 | 19.7 |
| **Total** |  | 110 | 50.1 ± 11.4 | - |
| 1 AHEI-2010, Alternative Healthy Eating Index-2010; HEI-2015, Healthy Eating Index-2015; FDQI-65+PA, Food-based Diet Quality Index for older adults with physical activity; NFDQI-65, Nutrient and Food-based Diet Quality Index for older adults; NFDQI-65+PA; Nutrient and Food-based Diet Quality Index for older adults with physical activity; PUFA, polyunsaturated fatty acids; SFA, saturated fatty acids.  2Portion size 80 g vegetables or legumes, 15 g tomato puree; only up to 1 portion of legumes and 1 portion of tomato puree allowed.  3 Portion size 80 g fruit, 150 mL fruit juice, 30 g dried fruit; only up to 1 portion of dried fruit or fruit juice allowed.  4 Portion size 70 g red meat, 100 g poultry, 140 g fish or shellfish, approximately 120 g or 2 eggs, 150 g legumes, 30 g nuts, 250 mL milk, 30 g cheese, 125 g yoghurt, 100 g meat alternatives; only up to 1 portion of red meat (not processed), 1 portion of legumes or nuts and 1 portion of dairy or alternatives allowed per day.  5 Portion size 140 g cooked fish.  6 Portion size 250 mL milk, 30 g cheese, 125 g yoghurt; 1 portion of cheese allowed per day.  7 Portion size190 g cooked pasta, rice or grains, 80 g bread or crackerbreads, 30 g breakfast cereals or flour.  8 Portion size 40 g cakes, biscuits or cereal bars, 100 g buns, pastries, pancakes, dairy desserts and sponge puddings, 20 g confectionery or sweet preserves, 330 mL sugar sweetened beverages, 15 g sugar.  9 Portion size 25 g salty savoury snacks, crisps or salted nuts, 70 g processed meat.  10 Percentage calculated as proportion of MUFA/PUFA oils and spreads out of total oils and spreads; score of 5 assigned if no cooking oils or spreads used  11 Portion size 250 mL; only up to 150 mL portion of fruit or vegetable juice allowed; not including alcohol or sugar sweetened beverages.  12 Portion size 75 mL wine, 250 mL beer, lager, cider or alcoholic soft drinks, 25 mL spirits, liqueurs or fortified wine; 200 mL alcopops.  13 Component not included in FNBDQI-65+ no PA.  14 1 cup = 150 g.  15 1 oz = 28 g.  16 Portion size 118 g; insufficient data in NDNS to differentiate portion size for green leafy vegetables.  17 Portion size 227 g.  18 Portion size 56.7 g legumes or vegetable protein, 30 g nuts.  19 Portion size 115 g unprocessed meat, 42.5 g processed meat.  20 Lowest decile 1198 mg/day.  21 Portion size 113 mL wine, 340 mL beer, lager or cider, 42.5 mL spirits or liqueurs, 275 mL alcopops. | | | | |