**Supplementary table 1** Prime Diet Quality Score components and scoring criteria

|  |  |  |
| --- | --- | --- |
| Score component | Examples of foods | Cut point4 |
| *Adequacy components1* |  |  |
| Dark green leafy vegetables | Spinach, romaine lettuce, kale, turnip greens, bok choy, collard, chard, arugula, mustard greens | 50g |
| Cruciferous vegetables | Broccoli, cauliflower, cabbage, Brussels sprouts, kohlrabi | 50g |
| Deep orange vegetables and fruits | Carrot, pumpkin, sweet potato, yellow and orange squash, mango, ripe papaya, cantaloupe, apricot | 50g |
| Other vegetables | Tomato, pepper, cucumber, onion, eggplant, zucchini, beetroot | 50g |
| Citrus fruits | Orange, lemon, grapefruit, mandarin, tangerine (whole fruit, not juices) | 50g |
| Other fruits | Apple, peach, pear, plum, banana, grapes, berries, melon, guava, avocado (whole fruit, not juices) | 50g |
| Legumes | Beans, peas, lentils, pulses, cooked weight (excludes peanut) | 30g |
| Nuts and seeds | Includes ground (e.g. peanut) and tree nuts, nut and seed butters/tahini | 15g |
| Poultry | Excludes organ meat, chicken nuggets, luncheon meat, and pâté | 30g |
| Fish | Excludes shellfish | 30g |
| Whole grains | Breads, cereals, porridges, noodles and cereal flour products containing at least 50% wholegrain, cooked weight | 50g |
| Liquid vegetable oils | Olive, rapeseed, sunflower, peanut, corn, sesame, etc. Excludes semisolid oils (e.g. coconut and palm oil) | 15g |
| *Moderation components2* |  |  |
| Red meat | White, yellow, red potato, yam (white), cassava, tapioca. Excludes sweet potato | 30g |
| Processed meat | Beef, pork or lamb as a main dish | 15g |
| White roots and tubers | Sausages, salami, bologna, hot dogs, bacon, pâté, luncheon meat | 50g |
| Refined grains and baked goods | Breads, porridges, noodles and products made of flour containing refined grains only (e.g. white pasta, rice, bread, baked goods), cooked weight | 30g |
| Sugar sweetened beverages | Soft drinks, energy and sports drinks. Excludes sugar-added fruit nectars, coffee of tea, milk or cereal based sugary drinks, fruit syrups, home-made juices | 150ml |
| Sweets and ice cream | Street food, fast food, eating out | 30g |
| Fried foods eaten away from home | Candy, chocolate, cake, cookie, sugar cane, ice cream, including home made ones |  |
| *Population-specific components3* |  |  |
| Eggs | General population: not scored (everyone assigned the value of 2)  Young children: positively scored component | n/a |
| Low fat dairy | General population: positive score for milk, cheese, yogurt, kefir, containing 2% or less m.f. High fat dairy not scored.  Young children: positively scored component score for all dairy. Exclude sweetened yogurt, butter, cream. | 30g/ml |

1 Scoring criteria with two days of 24h recall for the adequacy components: neither day=0, one day=1, both days=2.   
2 Scoring criteria with two days of 24h recall for the moderation components: neither day=2, one day=1, both days=0.   
3 Eggs and dairy are adequacy components only for young children. For everyone else, only low fat dairy are adequacy component, while eggs are neutral.  
4 Minimum amount of specific food within this score component consumed per meal in order to be awarded points. These values are based on single/half-portion estimates,   
and by evaluating distributions of intake in Bosnia study.

**Supplementary table 2** Nutrient intake by SES components among adults in Bosnia and Herzegovina diet survey (2017)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Tertile of HH spending1 | | | | | | |  | Educational attainment of the head of household | | | | | |
|  | T1 (low) | | T2 | | T3 (high) | |  | <12 years |  | 12 years |  | >12 years |  |  |
|  | (*n* 296) | | (*n* 296) | | (*n* 263) | |  | (*n* 247) |  | (*n* 517) |  | (*n* 89) |  |  |
|  | Mean | SE | Mean | SE | Mean | SE | P value2 | Mean | SE | Mean | SE | Mean | SE | P value2 |
| Energy (kcal) | 21463 | 66.9 | 2276 | 74.0 | 2010 | 73.6 | 0.03\* | 2109 | 86.5 | 2194 | 50.4 | 1936 | 104 | 0.61 |
| Carbohydrate (g) | 267 | 4.0 | 271 | 5.5 | 258 | 4.4 | 0.22 | 272 | 4.2 | 265 | 3.5 | 246 | 9.0 | 0.14 |
| Protein (g) | 79.1 | 1.4 | 76.6 | 1.3 | 80.8 | 1.5 | 0.71 | 78.4 | 1.6 | 78.7 | 1.0 | 80.9 | 2.9 | 0.81 |
| Total fat (g) | 89.6 | 1.7 | 85.2 | 1.6 | 91.9 | 2.0 | 0.51 | 87.4 | 1.9 | 88.8 | 1.3 | 95.1 | 4.3 | 0.60 |
| Fiber (g) | 25.9 | 0.7 | 23.2 | 0.8 | 21.0 | 0.7 | <0.001\* | 25.6 | 0.8 | 23.1 | 0.5 | 19.7 | 1.5 | 0.02\* |
| Total sugars (g) | 72.4 | 3.0 | 74.8 | 3.6 | 66.7 | 2.9 | 0.34 | 70.6 | 3.6 | 72.3 | 2.4 | 68.5 | 6.0 | 0.92 |
| MFA (g) | 26.6 | 0.7 | 26.5 | 0.7 | 27.4 | 0.7 | 0.49 | 26.3 | 0.7 | 26.6 | 0.5 | 29.9 | 1.6 | 0.72 |
| SFA (g) | 28.5 | 0.9 | 28.7 | 0.8 | 29.2 | 0.9 | 0.51 | 27.2 | 1.0 | 29.4 | 0.6 | 30.5 | 2.0 | 0.07 |
| PUFAs (total) (g) | 23.0 | 0.7 | 19.1 | 0.6 | 21.0 | 1.0 | 0.07 | 22.4 | 0.9 | 20.5 | 0.6 | 20.6 | 1.8 | 0.07 |
| Omega 3 PUFAs (g) | 0.78 | 0.1 | 0.69 | 0.1 | 0.65 | 0.1 | 0.03\* | 0.72 | 0.1 | 0.70 | 0.1 | 0.76 | 0.1 | 0.83 |
| DHA+EPA (mg) | 44.1 | 5.5 | 39.1 | 5.0 | 35.1 | 6.0 | 0.21 | 34.7 | 4.6 | 40.4 | 4.2 | 58.6 | 18.2 | 0.33 |
| ALA (mg) | 145 | 29.2 | 61.7 | 21.3 | 56.3 | 17.3 | 0.01\* | 163 | 20.0 | 71.0 | 16.6 | 25.1 | 18.8 | 0.01\* |
| LA (mg) | 18.8 | 0.7 | 15.0 | 0.6 | 16.2 | 1.0 | 0.02\* | 18.1 | 1.0 | 16.2 | 0.5 | 16.3 | 1.8 | 0.07 |
| Cholesterol (mg) | 264 | 9.9 | 251 | 14.0 | 259 | 12.6 | 0.66 | 247 | 10.4 | 264 | 9.9 | 261 | 22.4 | 0.22 |
| *Minerals* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Calcium (mg) | 770 | 23.9 | 739 | 25.2 | 783 | 28.8 | 0.82 | 725 | 26.4 | 790 | 19.2 | 733 | 48.2 | 0.03\* |
| Magnesium (mg) | 307 | 6.9 | 289 | 6.6 | 296 | 7.2 | 0.23 | 309 | 8.6 | 292 | 4.6 | 304 | 14.1 | 0.08 |
| Phosphorus (mg) | 1146 | 27.5 | 1090 | 24.5 | 1195 | 29.5 | 0.36 | 1127 | 30.8 | 1145 | 20.4 | 1178 | 44.8 | 0.64 |
| Selenium (µg) | 72.8 | 2.7 | 69.7 | 2.7 | 70.0 | 3.0 | 0.32 | 71.4 | 3.5 | 72.0 | 1.8 | 63.2 | 5.0 | 0.70 |
| Potassium (mg) | 3022 | 66.8 | 2814 | 72.5 | 2745 | 79.1 | 0.01\* | 3054 | 83.2 | 2814 | 49.9 | 2668 | 152 | 0.02\* |
| Iron (mg) | 13.3 | 0.3 | 12.7 | 0.3 | 12.3 | 0.4 | 0.04\* | 13.7 | 0.4 | 12.6 | 0.3 | 11.3 | 0.6 | 0.05\* |
| Zinc (mg) | 9.7 | 0.3 | 10.2 | 0.4 | 9.9 | 0.4 | 0.66 | 9.3 | 0.3 | 10.3 | 0.3 | 9.0 | 0.5 | 0.01\* |
| Sodium (mg) | 2917 | 64.9 | 2867 | 67.8 | 3028 | 81.9 | 0.44 | 2990 | 73.3 | 2904 | 52.2 | 2927 | 145 | 0.34 |
| *Vitamins* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beta-carotene (µg) | 1112 | 82.0 | 1168 | 90.0 | 867 | 95.1 | 0.07 | 1200 | 102 | 982 | 65.7 | 1021 | 161 | 0.10 |
| Vitamin A (µg RE) | 485 | 18.5 | 487 | 33.0 | 448 | 26.1 | 0.24 | 485 | 28.4 | 476 | 19.0 | 428 | 26.1 | 0.98 |
| Thiamin (mg) | 1.2 | 0.1 | 1.3 | 0.1 | 1.3 | 0.1 | 0.54 | 1.3 | 0.1 | 1.2 | 0.1 | 1.2 | 0.1 | 0.17 |
| Riboflavin (mg) | 1.4 | 0.1 | 1.4 | 0.1 | 1.4 | 0.1 | 0.83 | 1.4 | 0.1 | 1.4 | 0.1 | 1.4 | 0.1 | 0.75 |
| Niacin (mg) | 19.8 | 0.7 | 20.3 | 0.6 | 21.5 | 0.9 | 0.19 | 20.9 | 0.9 | 19.9 | 0.4 | 22.6 | 2.1 | 0.27 |
| Vitamin B6 (mg) | 1.3 | 0.1 | 1.4 | 0.1 | 1.4 | 0.1 | 0.57 | 1.4 | 0.1 | 1.3 | 0.1 | 1.4 | 0.1 | 0.50 |
| Vitamin B12 (µg) | 3.8 | 0.2 | 3.8 | 0.3 | 4.0 | 0.3 | 0.82 | 3.7 | 0.3 | 4.0 | 0.2 | 3.8 | 0.4 | 0.49 |
| Folate (µg) | 291 | 12.7 | 287 | 10.0 | 286 | 14.8 | 0.74 | 308 | 14.0 | 278 | 8.5 | 290 | 33.8 | 0.07 |
| Vitamin C (mg) | 92.6 | 6.1 | 76.3 | 6.0 | 68.4 | 4.8 | 0.01\* | 82.6 | 6.5 | 79.1 | 4.4 | 74.5 | 9.7 | 0.70 |
| Vitamin D (µg) | 4.2 | 0.3 | 3.4 | 0.2 | 3.3 | 0.3 | 0.02\* | 3.2 | 0.2 | 3.8 | 0.2 | 4.1 | 0.5 | 0.06 |
| Vitamin E (mg) | 20.2 | 0.8 | 17.1 | 0.5 | 17.9 | 0.9 | 0.03\* | 19.6 | 1.1 | 18.2 | 0.5 | 16.9 | 1.0 | 0.25 |

1 Tertile of household spending calculated from the total monthly household spending adjusted for household sizes  
2 P-values for homogeneity of means estimated by the linear trend test   
3 Data are presented as geometric means and standard errors (adjusted for sex, age and energy intake).

**Supplementary table 3** Comparison of the study sample with the general population in Bosnia and Herzegovina

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Strata | 2017 B&H Diet Survey sample | | General adult population in B&H1 | | | | | % difference |
| Total sample | 853 |  | 2.841.7941  3.531.159 (total) | | | |  |  |
| Sex |  | | | | | | | |
| Female | 482 | 57% | 1.463.441 | | | 51% | | +6% |
| Age group |  |  |  | | |  | |  |
| 18-40 | 241 | 28% | 1.127.597 | | | 40% | | -12% |
| 41-60 | 384 | 45% | 1.033.600 | | | 36% | | +9% |
| 60+ | 228 | 27% | 680.597 | | | 24% | | +3% |
| Geographic location2 | | | | | | | | |
| North and Central | 586 | 69% | 2.245.017 | | | 79% | | -10% |
| South | 266 | 31% | 596.777 | | | 21% | | +10% |
| Place of residence | | | | | | | | |
| Urban3 | 373 | 44% | 1.221.971 | | | 43% | | +1% |
| Education attainment4 | | | | 2.987.4404 |  | | | |
| Less than high school | 266 | 31% |  | 1.060.840 |  | 36% | | -5% |
| High school diploma | 483 | 57% | 1.525.161 | | | 51% | | +6% |
| Some higher education/HE degree | 104 | 12% | 401.439 | | | 13% | | -1% |

1 Data from the 2013 Census in Bosnia and Herzegovina. ‘General adult population’ estimated as persons aged 18 and over. An estimation needed to be made as 2013 Census used a different age categories (15-19, 20-24 etc.)  
2 Based on the estimates of the total numbers of inhabitants residing in the municipalities categorized as ‘Bosnian’ (Northern and Central)   
vs. ‘Herzegovinian’ (Southern). This distinction is not used by the official statistics.  
3 Urban” includes settlements in B&H that have been awarded a “city” status. “Nonurban” includes all other settlements, including semi-urban areas.  
4  B&H's population aged 15 and over.