

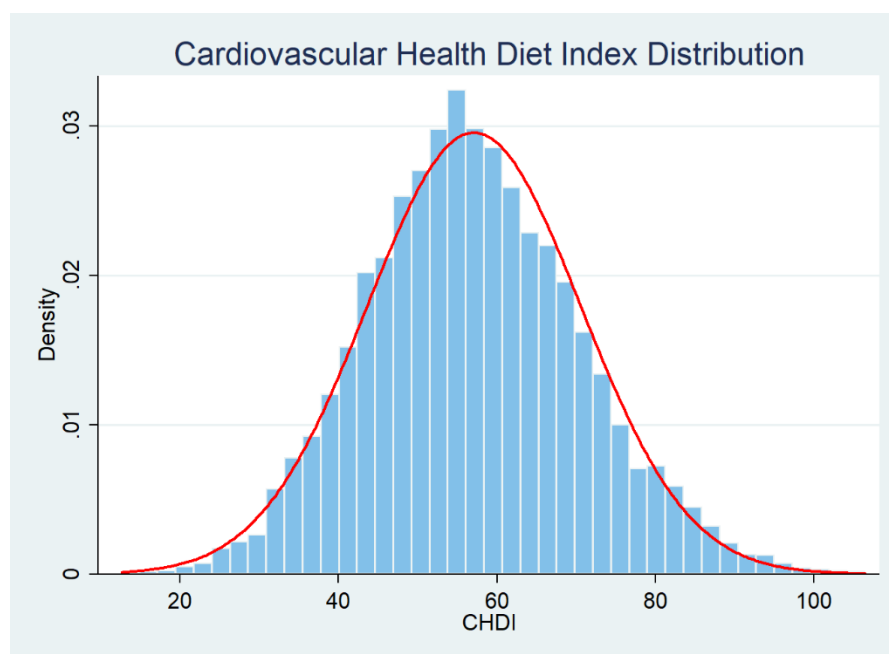
## *Supplementary Material*

**Table S1.** Example of foods and ingredients included in the CHDI components.

Components	Example of included items
Fruits	All fruits, except fruits juices
Vegetables	All vegetables, except tubers.
Fish and seafood	Boiled and fried fish
Red meat	Beef and pork
SSB	Sweetened juices, sweetened coffees and teas, sodas.
Whole cereals	Whole bread, brown rice and oatmeal
Legumes	Beans and lentils
Nuts	Nuts and peanuts
Processed meat	Processed meat, such as sausage and ham
Dairy	All dairy, such as milks, yogurts and cheeses.
Ultraprocessed food	All ultra-processed foods classified by NOVA (e.g., sweet bread, salty and sweet biscuits, margarine etc.)

**Table S2.** Number of portions of the Cardiovascular Health Diet Index components, considering the maximum score.

Component	Standard for a maximum score	Number of portions
Fruits	$\geq 340\text{g/d}$	$\geq 2$ portions of 170g/day
Vegetables	$\geq 180\text{g/d}$	$\geq 6$ portions of 30g/day
Fish and seafood	$\geq 28.6\text{g/d}$	$\geq 2$ portions of 100g/week
Red meat	$\leq 28.6\text{g/d}$	$< 2$ portions of 100g/week
SSB	$\leq 142.9\text{ml/d}$	$< 1$ liter/week
Whole cereals	$\geq 90\text{g/d}$	$\geq 3$ portions of 30g/day
Legumes	$\geq 80\text{g/d}$	$\geq 1$ portion of 80g/day
Nuts	$\geq 12.9\text{g/d}$	$\geq 3$ portions of 30g/week
Processed meat	$\leq 12.9\text{g/d}$	$\leq 3$ portions of 30g/week
Dairy	$\geq 250\text{g/d}$	$\geq 1$ portion of 250g/day
Ultraprocessed food	$\leq 4$ points	$< 4$ units/day

**Figure S1.** Normal distribution of the Cardiovascular Health Diet Index. ELSA-Brasil, 2008–2010.**Table S3.** Descriptive analysis of Cardiovascular Health Diet Index components (values expressed as mean and standard deviation, and median and interquartile range). ELSA-Brasil, 2008-2010.

Components	<i>Maximum points</i>	Mean	SD	Median	IQR
Fruits	10	7.7	2.9	9.8	5.6 – 10
Vegetables	10	7.3	2.8	8.0	5.1 – 10
Fish and seafood	10	7.6	3.7	10	4.9 – 10
Red meat	10	1.2	2.7	0	0 – 0
SSBs	10	1.4	2.9	0	0 – 0.7
Whole grains	10	2.8	3.5	1.0	0 – 5
Legumes	10	7.2	3.8	10	4.4 – 10
Nuts	10	2.5	3.4	1.0	0 – 3.3
Processed meat	10	4.8	4.0	5.1	0 – 9.2
Dairy	10	6.9	3.7	9.6	3.2 – 10
UPF	10	6.6	1.6	6.5	5.7 – 7.4
Total score	0 - 110	57.1	13.5	56.5	47.9 – 66.0

SD: standard deviation. IQR: interquartile range. UPF: ultra-processed food.

**Table S4.** Correlation between Cardiovascular Health Diet Index score components and each component with total energy intake. ELSA-Brasil, 2008-2010.

Component	Fruits	Vegetables	Fish	Red meat	SSB	Whole cereals	Legumes	Nuts	Processed meat	Dairy	UPF
Vegetables	0.35**										
Fish	0.16**	0.18**									
Red meat	0.03*	-0.01	-0.05**								
SSB	0.08**	0.09**	0.03*	0.15**							
Whole cereals	0.16**	0.16**	0.10**	0.16**	0.18**						
Legumes	0.00	0.05**	0.00	-0.10**	-0.09*	-0.07**					
Nuts	0.13**	0.12**	0.10**	0.07**	0.14**	0.23**	-0.08**				
Processed meat	0.09**	0.02*	-0.05**	0.28**	0.14**	0.17**	-0.11**	0.04**			
Dairy	0.13**	-0.08**	0.03*	-0.02*	0.01	0.10**	0.03**	0.03*	0.02*		
UPF	0.00	0.02*	-0.08**	0.14**	0.16**	-0.00	-0.05**	-0.09**	0.40**	-0.06**	
Energy	-0.04**	0.19**	0.16**	-0.22**	-0.20**	-0.06**	-0.01	0.04**	-0.32**	0.14**	-0.23**

\*p<0.05 \*\*p<0.001

**Figure S2.** Scree plot from principal components analysis (PCA) of Cardiovascular Health Diet Index. ELSA-Brasil, 2008-2010.

