

Table S1. Components of Chinese dietary balance index revised (DBI-07).

Components	Score	Subgroup	Score	Intake Range by Intake Level (kJ)						
				6700	7550	8350	9200	10,050	10,900	11,700
C1-Cereals*	(-12)-12	Cereals	(-12)-12 **	0-49 = -8	0-25g = -10	<25 g = -12	<25 g = -12	<75 g = -12	-12 < 125 g = -12	<175 g = -12
				200-250 g = 0	225-275 g = 0	275-325 g = 0	275-325 g = 0	325-375 g = 0	375-425 g = 0	425-475 g = 0
				>500 g = 12	>525 g = 12	>575 g = 12	>575 g = 12	>625 g = 12	>675 g = 12	>725 g = 12
C2-Vegetables and Fruits	(-12)-0	Vegetables	(-6)-0	≥300 g = 0		≥350 g = 0	≥400 g = 0	≥450 g = 0	≥500 g = 0	
				150-299 g = -2		175-249 g = -2	200-399 g = -2	225-449 g = -2	250-499 g = -2	
				1-149 g = -4		1-175g = -4	1-199 g = -4	1-225 g = -4	1-249 g = -4	
				0 g = -6	0 g = -6	0 g = -6	0 g = -6	0 g = -6		
				≥200 g = 0		≥300 g = 0		≥400 g = 0		≥500 g = 0
		Fruits	(-6)-0	100-199 g = -2		150-299 g = -2		200-399 g = -2		250-499 g = -2
				1-99 g = -4		1-149g = -4		1-199 g = -4		1-249 g = -4
		0 g = -6		0 g = -6		0 g = -6		0 g = -6		
C3-Milk and dairy products,	(-12)-0	Dairy	(-6)-0	≥ 300 g = 0, score decreased 1 with intake amount decreased 50 g						
Soybean and soybean products		Soybean	(-6)-0	≥30 g = 0, 15-29 g = -2		≥40 g = 0, 20-39 g = -2			≥50 g = 0, 25-49 g = -2	
				1-14 g = -4, 0 g = -6		1-19 g = -4, 0 g = -6			1-24 g = -4, 0 g = -6	
C4-Animal food	(-12)-(-8)	Red meat, products, Poultry and game	(-4)-4	0 g = -4,			0 g = -4			
				1-25 g = -2			1-50 g = -2			
				25-75 g = 0			50-100 g = 0			
				75-125 g = 2			101-150 g = 2			
				>125 g over = 4		>150 g = 4				

			<20 g = -4	<30 g = -4	<40 g = -4
		Fish, and shrimp	20~29 g = -3	30~44 g = -3	40~59 g = -3
	(-4)-0		30~39 g = -2	45~59 g = -2	60~79 g = -2
			40~49 g = -1	60~74 g = -1	80~99 g = -1
			≥50 g = 0	≥75 g = 0	≥100 g = 0
		Egg	(-4)-4	>75 g = 4, 51~75 g = 2, 25~50 g = 0, 1~24 g = -2, 0 g = -4	
		Cooking oil	0-4	≤25 g = 0, 26~50 g = 2, > 50 g = 4	
		Salt	0-4	≤6 g = 0, 7~12 g = 2, >12 g = 4	
C5-Condiments and alcoholic beverage	0-12	Alcohol Beverage	0-4	Male: ≤25 g = 0, 26~50 g = 1, 51~75g = 2, 76-100g=3, >100g=4 (25 g alcohol = 750 mL beer or 250 mL wine or 75 g liquor(<38°) or 50 g liquor(> 38°) Female: ≤15 g = 0, 15~30 g = 1, 31~45 g = 2, 46~60 g = 3, >60 g = 4 (15 g alcohol = 450 mL beer or 150 mL wine or 50 g liquor(38°) or 30 g liquor(> 38°)	
C6-Diet variety	(-12)-0	Diet variety	(-12)-0	for consumption of greater than 25 g of foods (soybean is 5 g), otherwise score is -1	
C7-Drinking water	(-12)-0	Drinking water	(-12)-0	> 1200 mL = 0, <100 mL = -12 score decreased 1 with intake amount decreased 100 mL from 0 to 12	

* Cereal include rice, wheat, dried legumes(exclude soybean) and tubers. Intake amount means fresh amount. Sweet potato: intake amount divided by 3 ;
potato: intake amount divided by 4; yam and yambean: divided by 6; ** score increased (decreased) 2 with 50 g intake increased (decreased) from 0 to maximal(minimal) score

Table S2. Elements of diet variety score

Food subgroups	Score	Representative foods
F1-Rice and products	-1,0	Steamed/boiled rice, rice products
F2-Wheat and products	-1,0	Wheat bun, wheat noodles, wheat pancake
F3-Corn, coarse grains and products, Starchy roots and products	-1,0	Corn, barley grain, foxtail millet, buckwheat, sweet potato, yam, taro, potato, green bean, red bean
F4-Dark-colored vegetables	-1,0	Spinach, carrot, tomato
F5-Light-colored vegetables	-1,0	Cabbage, cucumber, pickles
F6-Fruits	-1,0	Fresh and dried fruits
F7-Soybean and products	-1,0	Soybean, black bean, bean curd
F8-Milk and dairy products	-1,0	Milk, milk powder, cheese
F9-Red meat and products	-1,0	Beef, pork, lamb, liver, sausage
F10-Poultry and game	-1,0	Chicken, duck, rabbit
F11-egg	-1,0	Hen egg, duck egg
F12-Fish and selfish	-1,0	Fish, shrimp, mussel

Table S3. The Dietary Guidelines for Chinese residence and the corresponding components for Diet Balance Index revised (DBI-07)

Dietary guidelines for Chinese residents	Corresponding component(s) in the DBI-07 components
1 Eat a variety of foods, with cereals as the staple and include a certain amount of coarse grains	Diet variety , cereals
2 Consume plenty of vegetables, fruit and tubers	Vegetables and fruit
3 Consume milk, soybean, or dairy- or their products every day	Dairy , soybean
4 Consume appropriate amounts of fish, poultry, eggs and lean meat;	Animal food
5 Reduce cooking oil, choose a light diet that is also low in salt.	Cooking oil , salt
6 Avoid over eating, exercise every day, to maintain a healthy body weight.	
7 Rationally distribute the daily food intake among the three meals, if you take snacks, do so appropriately	
8 Drink sufficient water every day, rationally choose beverages	Drinking water
9 If you drink alcoholic beverages, do so in limited amounts	Alcoholic beverages
10 Avoid unsanitary and spoiled foods	

