

Supplementary tables

Supplemented Table S1: Food servings recommendation based on calorie levels and density basis ¹

Food group	Servings based on calorie level (kcal)							Servings per 1,000 kcal						
	1200	1500	1800	2000	2200	2500	2700	1200	1500	1800	2000	2200	2500	2700
Grains (serving) ²	6	10	12	12	14	16	16	5	6.7	6.7	6	6.4	6.4	5.9
Whole grains	4	4	4	4	6	6	6	3.3	2.7	2.2	2	2.7	2.4	2.2
Other / refined grains	2	6	8	8	8	10	10	1.7	4	4.4	4	3.6	4	3.7
Beans, fish, egg, & meat (serving) ³	3	4	5	6	6	7	8	2.5	2.7	2.8	3	2.7	2.8	3
Plant & seafood proteins	1	1.5	1.5	2	2	2	2.5	0.8	1	0.8	1	0.9	0.8	0.9
Eggs, meat, & poultry	2	2.5	3.5	4	4	5	5.5	1.7	1.7	1.9	2	1.8	2	2
Dairy (serving) ⁴	1.5	1.5	1.5	1.5	1.5	1.5	2	1.3	1	0.8	0.8	0.7	0.6	0.7
Vegetables (serving) ⁵	3	3	3	4	4	5	5	2.5	2	1.7	2	1.8	2	1.9
Dark colored vegetables	1	1	1	1.5	1.5	1.5	1.5	0.8	0.7	0.6	0.8	0.7	0.6	0.6
Other vegetables	2	2	2	2.5	2.5	3.5	3.5	1.7	1.3	1.1	1.3	1.1	1.4	1.3
Fruits (serving) ⁶	2	2	2	3	3.5	4	4	1.7	1.3	1.1	1.5	1.6	1.6	1.5
Oils, nuts & seeds (servings) ⁷	4	4	5	6	6	7	8	3.3	2.7	2.8	3	2.7	2.8	3
Oils (servings)	3	3	4	5	5	6	7	2.5	2	2.2	2.5	2.3	2.4	2.6
Nuts and seeds (serving)	1	1	1	1	1	1	1	0.8	0.7	0.6	0.5	0.5	0.4	0.4

Abbreviation: kcal, kilocalories.

¹ Based on Daily Food Guides Taiwan

² Provides 70 kcal with 2 grams of protein, and 15 grams of carbohydrate in each serving.

³ Provides 55 kcal with 7grams of protein and 3 grams of fat in each serving of lean meat; 75 kcal with 7 grams of protein and 5 grams of fat in each serving of medium fat meat; 120 kcal with 7 grams of protein and 10 grams of fat in each serving of high fat meat.

⁴ Provides 150 kcal with 8 grams of protein, 8 grams of fat, 12 grams of carbohydrate in each serving.

⁵ Provides 25 kcal with 1 gram of protein and 5 grams of carbohydrate in each serving.

⁶ Provides 60 kcal with 15 grams of carbohydrates in each serving.

⁷ Provides 45 kcal with 5 grams of fat in each serving.

Supplemented Table S2: Scoring standards for DASH score and median intake for Q1 (low consumption) and Q5 (high consumption) among participants ¹

Component	Scoring criteria	Q1, servings/day	Q5, servings/day
Adequacy			
Fruits		0 (0 – 0.1)	2.3 (2.0 – 3.1)
Vegetables	Q1 = 1 point	2 (1.9 – 2.0)	5.9 (4.1 – 6.1)
	Q2 = 2 points		
Nuts & legumes	Q3 = 3 points	0.5 (0.2 – 0.7)	5.7 (4.8 – 6.3)
Whole grains	Q4 = 4 points	0.3 (0.2 – 0.5)	2.5 (2.2 – 4.2)
	Q5 = 5 points		
Dairy		0 (0 – 0)	1.1 (1.1 – 1.6)
Reverse scoring			
Sodium (mg)	Q1 = 5 points	936.5 (604.8 – 1209.5)	3106.4 (2902.9 – 4160.5)
	Q2 = 4 points		
Red & processed meat	Q3 = 3 points	0.3 (0.3 – 0.5)	2.2 (2.0 – 3.0)
	Q4 = 2 points	0 (0 – 0)	0.8 (0.3 – 1.1)
Sweetened beverage ²	Q5 = 1 point		

Abbreviations: DASH, Dietary Approach to Stop Hypertension; IQR, interquartile range; Q, quintile.

¹ Values are servings/day, expressed as median (IQR); except for sodium, expressed as mg.

² Grouped into tertiles due to only few cases consumed sweetened beverage.

Supplemented Table S3: Median daily consumption for components in MDS based on sex ¹

Component	Sex-specific median	
	Men (n= 50)	Women (n= 104)
Beneficial components		
Vegetables	3.86	3.90
Legumes	0.93	1.30
Fruits & nuts	1.27	0.68
Whole grains / cereal	1.17	0.97
Fish	1.21	1.07
Ethanol	≥ 10 g & < 50 g	≥ 5 g & < 25 g
MUFA : SFA	0.72	1.24
Detrimental component		
Diary	0.74	0.13
Meat & meat product	2.60	2.26

Abbreviations: MDS, Mediterranean diet score; MUFA, monounsaturated fatty acid; SFA, saturated fatty acid.

¹ Values are servings/day, expressed as median.

Supplemented Table S4: Median (IQR) intake of six food groups per 1,000 kcal density for overall participants and across frailty status ¹

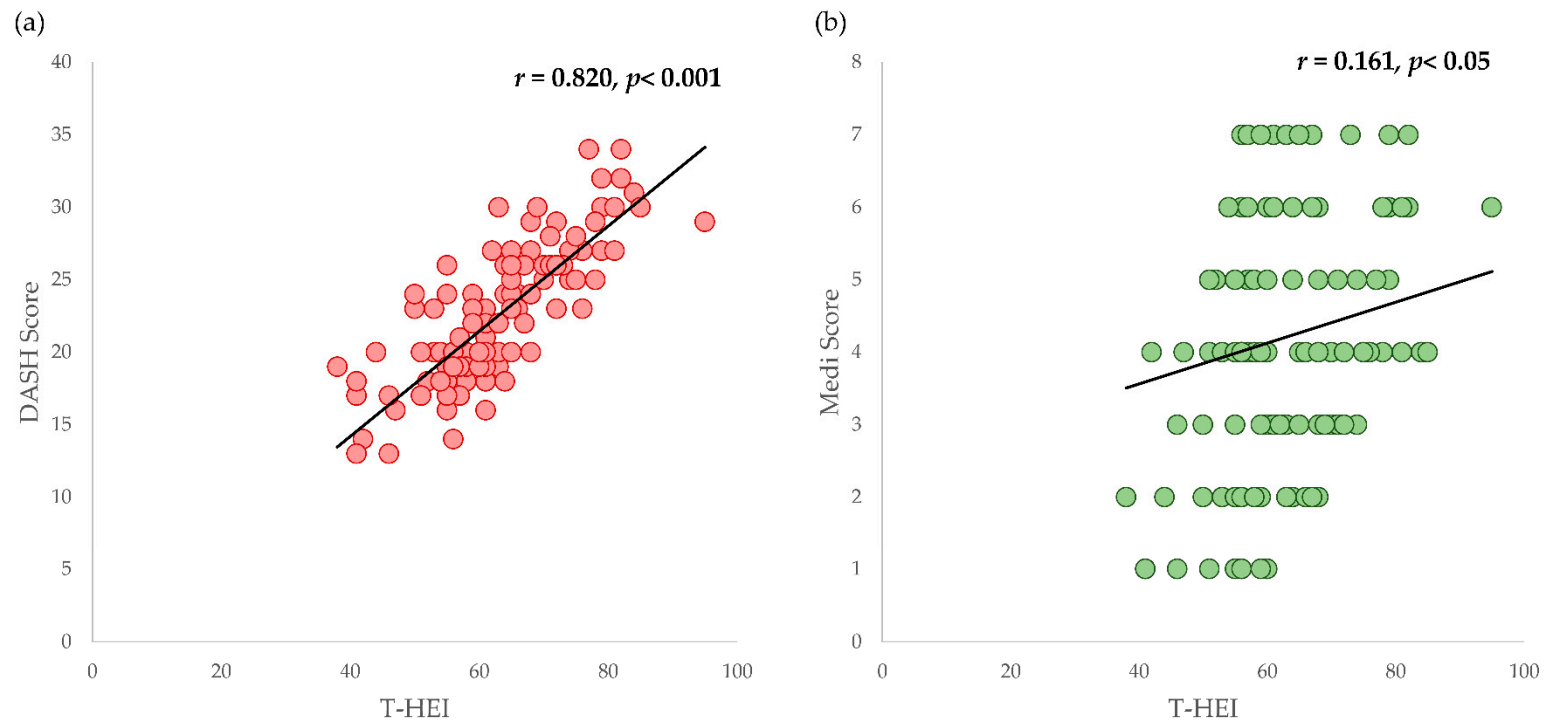
	Overall (n= 154)	Non-frail (n= 19)	Prefrail (n= 119)	Frail (n= 16)	<i>P</i> trend ²
Calorie intake (kcal)	1690.9 (1481.5 - 2010.1)	1711.2 (1469.6 - 1950.3)	1657.7 (1485.5 - 2010.1)	1890.7 (1533 - 2010.1)	0.507
Total grains	5.2 (3.9 - 5.8)	4.9 (3.9 - 6.5)	5.2 (3.9 - 5.8)	4.7 (3.9 - 5.5)	0.366
Whole grains	0.7 (0.4 - 1.4)	1.4 (0.5 - 2.3)	0.7 (0.4 - 1.4)	0.4 (0.1 - 0.7)	0.006
Total vegetables	2.0 (1.9 - 2.6)	2.3 (1.9 - 2.7)	1.9 (1.9 - 2.6)	1.9 (1.7 - 2.5)	0.105
Dark-colored vegetables	0.8 (0.6 - 1.1)	1.0 (0.6 - 1.4)	0.8 (0.6 - 1.1)	0.6 (0.6 - 0.8)	0.010
Fruits	0.5 (0.3 - 0.9)	0.6 (0.3 - 1.1)	0.5 (0.3 - 0.9)	0.3 (0 - 0.8)	0.084
Dairy	0.1 (0 - 0.5)	0.2 (0.1 - 0.6)	0.2 (0 - 0.6)	0.0 (0 - 0.4)	0.076
Total protein foods	3.1 (2.4 - 3.5)	3.1 (2 - 3.7)	3.1 (2.4 - 3.5)	3.1 (2.5 - 3.5)	0.623
Plant proteins & seafood	1.4 (1.0 - 2.0)	1.1 (1.0 - 2.0)	1.4 (1.0 - 2.0)	1.5 (1.0 - 1.8)	0.723
Oils, nuts & seeds	3.3 (0.4 - 4.1)	3.7 (0.7 - 4.1)	3.3 (0.4 - 4.2)	1.7 (0.4 - 4.2)	0.358
Nut & seeds	0.0 (0 - 0.3)	0.1 (0 - 0.5)	0.0 (0 - 0.3)	0.0 (0 - 0.1)	0.028
Energy from fats (%)	32.0 (29.6 - 36.2)	30.7 (27.8 - 37.2)	32.2 (29.6 - 35.7)	29.6 (29.6 - 39.3)	0.960

Abbreviations: IQR, interquartile range.

¹ Values are servings/day unless otherwise indicated. All values are expressed as median (interquartile range).

² Based on Jonckheere-Terpstra test.

Supplementary figure



Supplemented Figure S1: Scatter plot for correlation analysis of (a) T-HEI and DASH score, and (b) T-HEI and