

Supplementary Table S1. Criteria for scoring the Spanish Healthy Eating Index (SHEI)¹.

Category	Criteria for a score of 10*	Criteria for a score of 7.5	Criteria for a score of 5	Criteria for a score of 2.5	Criteria for a score of 0
Bread and grains	Consumed daily	3 or more times a week but not daily	Once or twice a week	Less than once a week	Never or very rarely
Vegetables	Consumed daily	3 or more times a week but not daily	Once or twice a week	Less than once a week	Never or very rarely
Fruits	Consumed daily	3 or more times a week but not daily	Once or twice a week	Less than once a week	Never or very rarely
Dairy products	Consumed daily	3 or more times a week but not daily	Once or twice a week	Less than once a week	Never or very rarely
Meat	Once or twice a week	3 or more times a week but not daily	Less than once a week	Consumed daily	Never or very rarely
Legumes	Once or twice a week	3 or more times a week but not daily	Less than once a week	Consumed daily	Never or very rarely
Cold meats and cuts	Never or very rarely	Less than once a week	Once or twice a week	3 or more times a week but not daily	Consumed daily
Sweets	Never or very rarely	Less than once a week	Once or twice a week	3 or more times a week but not daily	Consumed daily
Soft drinks with sugar	Never or very rarely	Less than once a week	Once or twice a week	3 or more times a week but not daily	Consumed daily
Variety of diet	1 point if the participant completes each of the weekly recommendations and two points if the participant each of the daily recommendations.				

*A score of 10 in a particular category means that the participant's habits are aligned with the frequency recommendations for food consumption provided by the Spanish Society for Community Nutrition².

References

- (1) Norte Navarro, A. I.; Ortiz Moncada, R. [Spanish diet quality according to the healthy eating index]. *Nutr. Hosp.* **2011**, 26 (2), 330–336. <https://doi.org/10.1590/S0212-16112011000200014>.
- (2) Grupo Colaborativo de la Sociedad Española de Nutrición Comunitaria (SENC; Aranceta Bartrina, J.; Arijalva, V.; Maíz Aldalur, E.; Martínez de la Victoria Muñoz, E.; Ortega Anta, R. M.; Pérez-Rodrigo, C.; Quiles Izquierdo, J.; Rodríguez Martín, A.; Román Viñas, B.; Salvador Castell, G.; Tur Marí, J. A.; Varela Moreiras, G.; Serra Majem, L. Dietary guidelines for the Spanish population (SENC, December 2016); the new graphic icon of healthy nutrition. *Nutr. Hosp.* **2016**, 33 (Suppl 8), 1–48. <https://doi.org/10.20960/nh.827>.