

Supplementary Table 4 DHD2015-index score and its component scores in the total study population, and for men and women separately

	<b>Total (n=1993)<sup>†</sup></b>	<b>Men (n=891)</b>	<b>Women (n=1095)</b>	<b>p-value men vs women*</b>
DHD2015-index total score <sup>†</sup>	93.1 (81.3 – 103.8)	88.7 (77.1 – 100.2)	96.3 (85.0 – 106.3)	<b>&lt;0.001</b>
DHD2015-index component scores				
1. Vegetables	8.2 (5.0 – 10.0)	6.8 (4.0 – 10.0)	9.4 (5.9 – 10.0)	<b>&lt;0.001</b>
2. Fruit	10.0 (5.7 – 10.0)	10.0 (5.0 – 10.0)	10.0 (6.4 – 10.0)	<b>&lt;0.001</b>
3a. Wholegrain products intake	5.0 (3.0 – 5.0)	5.0 (5.0 – 5.0)	4.6 (2.3 – 5.0)	<b>&lt;0.001</b>
3b. Ratio wholegrain/refined grains	5.0 (3.1 – 5.0)	5.0 (2.8 – 5.0)	5.0 (3.3 – 5.0)	0.317
3. Wholegrain products total <sup>‡</sup>	9.5 (6.5 – 10.0)	10.0 (7.1 – 10.0)	8.7 (6.2 – 10.0)	<b>&lt;0.001</b>
4. Legumes	10.0 (5.5 – 10.0)	10.0 (5.5 – 10.0)	10.0 (5.5 – 10.0)	0.222
5. Nuts	8.2 (2.6 – 10.0)	8.3 (2.9 – 10.0)	8.2 (2.6 – 10.0)	0.634
6. Dairy	6.3 (2.9 – 9.3)	6.6 (3.2 – 9.6)	6.0 (2.8 – 9.0)	0.069
7. Fish	6.4 (2.7 – 9.9)	6.3 (2.8 – 9.9)	6.5 (2.7 – 10.0)	0.875
8. Tea	4.3 (0.3 – 9.7)	2.2 (0.0 – 7.6)	6.5 (1.6 – 10.0)	<b>&lt;0.001</b>
9. Fats and oils	10.0 (1.7 – 10.0)	10.0 (1.8 – 10.0)	10.0 (1.4 – 10.0)	0.569
11. Red meat	10.0 (8.0 – 10.0)	10.0 (7.1 – 10.0)	10.0 (8.6 – 10.0)	<b>&lt;0.001</b>
12. Processed meat	6.6 (2.8 – 9.2)	5.1 (0.9 – 8.2)	7.5 (4.4 – 9.7)	<b>&lt;0.001</b>
13. Sweetened beverages and fruit juices	8.7 (5.3 – 9.7)	7.7 (3.5 – 9.4)	9.0 (6.9 – 9.9)	<b>&lt;0.001</b>
14. Alcohol <sup>†</sup>	10.0 (10.0 – 10.0)	10.0 (8.7 – 10.0)	10.0 (10.0 – 10.0)	<b>&lt;0.001</b>
16. Unhealthy choices	0.0 (0.0 – 0.0)	0.0 (0.0 – 0.0)	0.0 (0.0 – 0.0)	<b>&lt;0.001</b>

Data are presented as median (25<sup>th</sup>-75<sup>th</sup> percentile).

Component 10 (coffee) and 15 (salt) could not be calculated from FFQ data.

\* P-values were obtained with a Mann-Whitney U test; statistical significance (p<0.05) is indicated in bold.

<sup>†</sup> The total population includes 5 gender-neutral runners and 2 runners who did not fill in their gender. The guidelines for alcohol intake are different for men and women. Therefore the component score for alcohol and the total score could not be calculated for gender-neutral runners and runners with unknown gender. Thus, these scores for the total population are calculated for 1986 runners.

<sup>‡</sup> Sum score of components 3a and 3b.