

Supplementary Materials: Adapting the Healthy Eating Index 2010 for the Canadian population: evidence from the Canadian Community Health Survey

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Table S1. Scoring criteria for the Healthy Eating Index-2010 (HEI-2010)¹

Component	Max pts	Standard for max score	Standard for min score (0)
Adequacy Sub-score	60		
Total fruit	5	≥ 0.8 cup eq./1000kcal	No servings
Whole fruit	5	≥ 0.4 cup eq./1000kcal	No servings
Total vegetables	5	≥ 1.1 cup eq./1000kcal	No servings
Greens and beans	5	≥ 0.2 cup eq./1000kcal	No servings
Whole grains	10	≥ 1.5 oz eq./1000kcal	No servings
Dairy	10	≥ 1.3 cup eq./1000kcal	No servings
Total protein foods	5	≥ 2.5 oz eq./1000kcal	No servings
Seafood and plant proteins	5	≥ 0.8 oz eq./1000kcal	No servings
Fatty acids	10	(PUFA + MUFA)/SFA ≥ 2.5	(PUFA + MUFA)/SFA ≤ 1.2
Moderation Sub-score	40		
Refined grains	10	≤ 1.8 oz eq./1000kcal	≥ 4.3 oz eq./1000kcal
Sodium	10	≤ 1.1 g/1000kcal	≥ 2.0 g/1000kcal
Empty calories	20	≤ 19% of energy	≥ 50% of energy
Total HEI-2010 Score	100		

¹Specific details for the scoring of each component has been published previously [23].

Table S2. Scoring criteria for the Healthy Eating Index-Canada 2010 (HEI-C 2010), a Canadian modification to the HEI-2010^{1,2}

Component	Max pts	Standard for max score	Standard for min score (0)
Adequacy Sub-score	60		
Total fruits and vegetables ³	10	4-10 servings	No servings
Whole fruit ^{4, 5}	5	0.84-2.1 servings	No servings
Greens and beans ⁵	5	0.42-1.05 servings	No servings
Whole grains ⁶	10	1.5-4 servings	No servings
Dairy	10	2-4 servings	No servings
Total protein foods	5	1-3 servings	No servings
Seafood and plant proteins ⁷	5	0.32-0.96 servings	No servings
Fatty acids	10	(PUFA + MUFA)/SFA \geq 2.5	(PUFA + MUFA)/SFA \leq 1.2
Moderation Sub-score	40		
Refined grains ⁸	10	<50% of grains refined	\geq 50% of grains refined
Sodium ⁹	8 to 10	AI to UL	2x UL
Empty calories ¹⁰	20	\leq 19% of energy	\geq 50% of energy
Total HEI-C 2010 Score	100		

¹Scoring criteria for the HEI-2010 was converted to servings based on the age and sex-specific recommendations found in CFG 2007. ²Scores between the maximum and minimum were assigned proportionally. ³Includes fruit juice. ⁴Excludes fruit juice. ⁵The standard for max scores of the “whole fruit” and “greens and beans” components represent 21% of the “vegetables and fruit” recommendation in CFG. ⁶The standard for max score of the “whole grains” component is 50% of the “grain products” recommendation in CFG. ⁷The standard for max score of the “seafood and plant proteins” component represents 32% of the “meat and alternatives” recommendation in CFG. ⁸The minimum score standard for the refined grains component is \geq 50% of grain products consumed as refined grains based on CFG recommendations. ⁹Respondents scored 10 points if their sodium consumption was at or less than their adequate intake, 8 points if their sodium consumption was at their upper intake level and 0 points if their consumption was twice their upper intake level. ¹⁰Includes calories from solid fats, alcohol and added sugars.

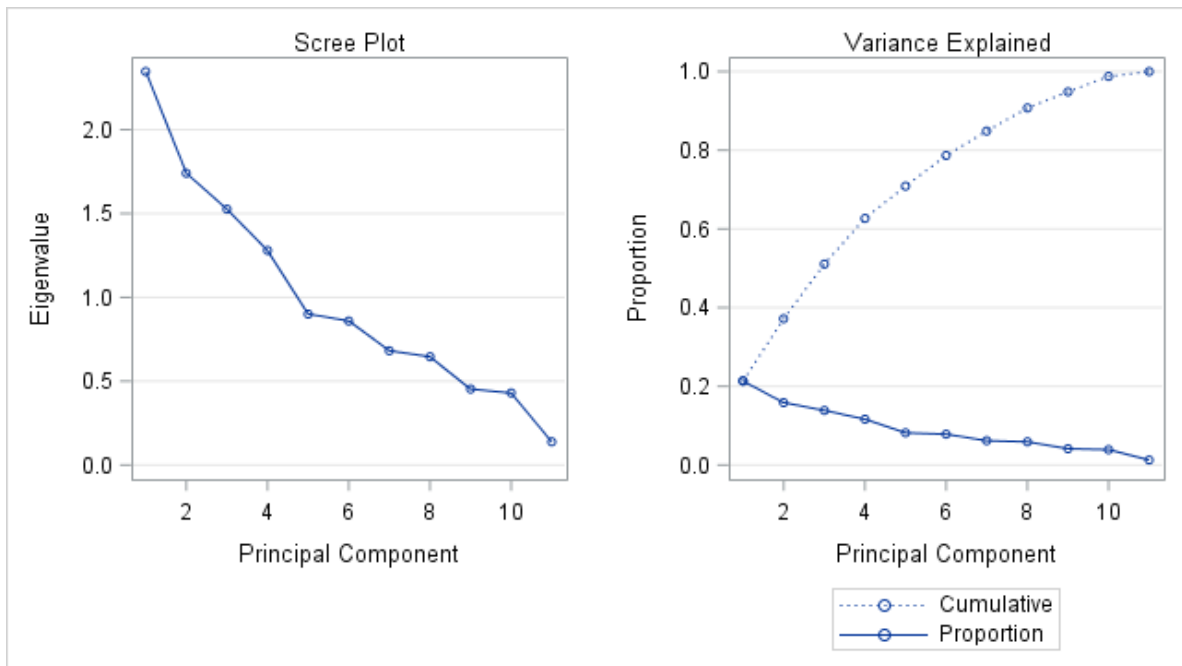


Figure S1. Eigenvalues of the correlation matrix and scree plot from weighted principal component analysis of the Healthy Eating Index-Canada 2010 components showing the percentage of explained variance by each of the principal component dimensions among Canadian adults (n = 12,805).

Table S3. Eigenvalues of the correlation matrix.

Principal Components	Eigenvalue	Proportion ¹	Cumulative ²
1	2.34724176	0.2134	0.2134
2	1.74092820	0.1583	0.3717
3	1.52589066	0.1387	0.5104
4	1.27911804	0.1163	0.6267
5	0.90049230	0.0819	0.7085
6	0.85929148	0.0781	0.7866
7	0.68156591	0.0620	0.8486
8	0.64527780	0.0587	0.9073
9	0.45263453	0.0411	0.9484
10	0.42959515	0.0391	0.9875
11	0.13796416	0.0125	1.0000

¹Proportion of the variance in Healthy Eating Index-Canada 2010 scores accounted for by each principal component. ²Cumulative proportion of variance in Healthy Eating Index-Canada 2010 scores accounted for by principal components.