

Table S1

Scoring System of the Healthy Eating Index of the German National Nutrition Survey II (HEI-NVS)

Category	Foods	Recommendation	Scoring
Fruits	Raw and cooked fruit, fruit products (e.g., fruit sauces), nuts, seeds	250 g per day (=2 portions): 200 ml of fruit juice and 25 g of seeds and/or nuts ^a can substitute one portion each, but not more	$x * 10 / 250$ (max. 15 points)
Vegetables	Raw and cooked vegetable, lettuce, pulses, vegetable-based dishes	400 g per day (=3 portions): 200 ml of vegetable juice can substitute one portion, but not more	$x * 10 / 400$ (max. 15 points)
Grains	Grain products such as bread, baked goods, cereals, pasta, potatoes, grain-based dishes	350 to 560 g per day	<i>If $x = 350-560$ g:</i> 10 points <i>If $x \leq 350$ g:</i> $x * 10 / 350$ <i>If $x > 560$ g:</i> $560 * 10 / x$
Milk	Milk, milk products such as cheese, yoghurt, curd, milk-based dishes	2 portions per day: 1 portion = 200 to 250 g milk/yoghurt or 50 to 60 g cheese/curd ^b	<i>If $x = 400-500$ g:</i> 10 points <i>If $x \leq 400$ g:</i> $x * 10 / 400$ <i>If $x > 500$ g:</i> $500 * 10 / x$
Fish	Fish, fish products, fish-based dishes	150 to 220 g per week	<i>If $x = 150-220$ g:</i> 10 points <i>If $x \leq 150$ g:</i> $x * 10 / 150$ <i>If $x > 220$ g:</i> $220 * 10 / x$
Meat	Meat, meat products, sausages, meat-based dishes	< 300 to 600 g per week	<i>If $x \leq 300$ g:</i> 10 points <i>If $x > 600$ g:</i> $600 * 10 / x$
Egg	Eggs and egg-based dishes	≤ 3 eggs per week (= 180 g)	<i>If $x \leq 180$ g:</i> 10 points

Category	Foods	Recommendation	Scoring	
			<i>If $x > 180$ g:</i>	$180 * 10 / x$
Alcohol	Pure alcohol (i.e., ethanol)	Women: ≤ 10 g per day	<i>If $x \leq 10/20$g:</i>	10 points
		Men: ≤ 20 g per day	<i>If $x > 10/20$g:</i>	$30 * 10 / x$
Spreadable fats	Butter, margarine	≤ 15 to 30 g per day	<i>If $x \leq 15$ g:</i>	10 points
			<i>If $x > 30$ g:</i>	$30 * 10 / x$
Drinks	Alcohol-free drinks such as water, coffee, tea, fruit juice and nectar, vegetables juice, lemonade	≥ 1.5 liters per day	<i>If $x \geq 1.5$ liters:</i>	10 points
			<i>If $x < 1.5$ liters:</i>	$x * 10 / 1.5$

Note. x = actual intake.

^a According to the 10 guidelines of the German Nutrition Society (DGE), 25 g of seeds and/or nuts can substitute one portion of fruits and were therefore included in the fruit category.

^b To streamline the parallelization of the two subcategories, the amount of the subcategory cheese/curd was transferred to the subcategory milk/yoghurt by multiplying it by 4. As a result, 400 to 500 g could be used as the recommendation of two portions keeping the portion discrepancy between the two subcategories minimal.