

Supplementary Table 1. Modified Korean Healthy Eating Index components and scoring standards

Domain	Components	Score range	Standard for maximum score	Standard for minimum score
Adequacy (6 components)	Meals per day	0–10	3 times/day	< 3 times/day or irregular
	Mixed grain intake	0–5	≥ 0.3 servings/day	0 servings/day
	Total fruit intake	0–5	Age 40–64: ≥ 2 servings/day; Age ≥ 65: ≥ 1 serving/day	0 servings/day
	Vegetable intake (excluding kimchi and pickled vegetables)	0–5	Age 40–64: ≥ 5 servings/day; Age ≥ 65: ≥ 3 servings/day	0 servings/day
	Meat, fish, egg, and bean intake	0–10	Age 40–64: ≥ 4 servings/day; Age ≥ 65: ≥ 2.5 servings/day	0 servings/day
	Milk and dairy product intake	0–10	≥ 1 serving/day	0 servings/day
Moderation (3 components)	Intake of foods high in saturated fatty acids	0–10	Lowest decile	Highest decile
	Sodium intake	0–10	≤ 2,000 mg/day	> 6,500 mg/day
	Intake of sugar-sweetened foods and beverages	0–10	Lowest decile	Highest decile
Energy balance (3 components)	Percentage of energy from carbohydrates	0–5	55%–65% of total energy	< 50% or > 75%
	Percentage of energy from fat	0–5	15%–30% of total energy	< 10% or > 35%
	Energy intake (relative to EER)	0–5	75%–125% of EER	< 60% or > 140% of EER

EER, estimated energy requirement.