

Adherence to the Chinese or American Dietary Guidelines is Associated with a Lower Risk of Primary Liver Cancer in China: A Case-Control Study

Supplemental Table S1. Components of the scoring standards for each component of the CHEI and HEI-2015 by using standardized portion size ¹.

	Dietary indexes, scoring and criteria ²	
	CHEI	HEI-2015 ³
Total Score	100	100
Component	17 components (5-10 points each)	13 components (5–10 each)
Vegetables	Total vegetables: ≥ 1.9 SP (5 points); Dark Vegetables: ≥ 0.9 SP (5 points); Tubers: ≥ 0.3 SP (5 points)	Total vegetables: ≥ 1.1 cup equivalents (5 points); greens and beans: ≥ 0.2 cup equivalents (5 points)
Fruit	Fruits: ≥ 1.1 SP (10 points)	Total fruits ⁴ : ≥ 0.8 cup equivalents (5 points); whole fruits ⁵ : ≥ 0.4 cup equivalents (5 points)
Nuts	Seeds and Nuts: ≥ 0.4 SP (5 points)	
Legumes	Whole grains and mixed beans: ≥ 0.6 SP (5 points)	Allocated to four components: Total protein foods, seafood and plant proteins, total vegetables and greens and beans.
Whole grains	-	Whole grains: ≥ 1.5 oz. equivalents (10 points)
Fish	Fish and Seafood: ≥ 0.6 SP (5 points)	Seafood and plant proteins ⁶ : ≥ 0.8 oz. equivalents (5 points)
Total protein foods	Soybeans: ≥ 0.4 SP (5 points); Poultry: ≥ 0.3 SP (5 points); Eggs: ≥ 0.5 SP (5 points); Red meat: ≥ 0.4 SP (5 points)	Total proteins foods: ≥ 2.5 oz. equivalents (5 points)
Dairy	≥ 0.5 SP (5 points)	≥ 1.3 cup equivalents (10 points)
Oils or fats	Cooking oils: ≤ 15.6 g (10 points)	(PUFAs + MUFAs)/SFAs ratios ≥ 2.5 (10 points) ⁸ ; saturated fats: $\leq 8\%$ of energy (10 points);
Alcohol	Alcohol: 25-60 g/d (men); 15-40 g/day (women) (5 points)	contribute calories to the total energy
Refined grains	Total grains ⁷ : ≥ 2.5 SP (5 points)	≤ 1.8 oz. equivalents (10 points)
Sodium	≤ 1000 mg (10 points)	≤ 1100 mg (10 points)
Added Sugars	$\leq 10\%$ of energy (5 points)	$\leq 6.5\%$ of energy (10 points)

CHEI, Chinese Eating Index; HEI-2015, Healthy Eating Index-2015. ¹ Standardized portion sizes (SP) are based on the Dietary Guidelines for the Chinese, 2016. ² All components are based on the density standard (per 1,000 kcal or percentage of energy), except for alcohol in the CHEI and fatty acid ratios in HEI-2015. ³ Components standardized in the HEI-2015 are based on the Food Patterns Equivalents Database (FPED), which was previously called the MyPyramid

Equivalents Database (MPED).⁴ Total fruits included 100% fruit juice.⁵ Whole fruits included all fruits except juice.⁶ Seafood and plant proteins included seafood, nuts, seeds, soy products, and legumes.⁷ Total grains included refined grains and whole grains.⁸ A ratio of total unsaturated fatty acids (poly- and monounsaturated fatty acids [PUFAs and MUFAs]) to saturated fatty acids (SFAs).