

eTable 1: Scoring System by Component of the Alternative Healthy Eating Index (AHEI) 2010 and Median Component Score in Patients with Stroke or TIA

Dietary Component	Units	High Diet Quality, AHEI Score 10	Low Diet Quality AHEI Score, 0	Median AHEI Score in 95 Patients with Stroke/TIA (IQR)
Vegetables	Servings/day	≥5	0	3 (2 – 5)
Fruits	Servings/day	≥4	0	5 (3-8)
Nuts and legumes	Servings/day	≥1	0	3 (0, 6)
Whole grains*	Servings/day	≥6 men ≥5 women	0	1 (0 – 2)
Trans fat	% of energy	≤0.5	≥4	9 (8 – 9)
Long chain (n-3) fats	Mg/day	≥250	0	3 (2-7)
Polyunsaturated fats	%	≥10	≤2	8 (6-10)
Alcohol	Drinks/day	0.5- 2 men 0.5-1.5 women	≥3.5 men ≥2.5 women	3 (3 – 8)
Red/processed meat	Servings/day	0	≥1.5	6 (2 – 8)
Sugar sweetened beverages	Servings/day	0	≥1	0 (0 - 8)
Sodium**	Grams/day	<1.4	>4.9	5 (2 – 8)

IQR = interquartile range

Intermediate intakes were scored between 0 and 10

*Modified from AHEI-2010 to include servings, rather than grams, which was not available with FFQ

**Defined by the lowest decile and the highest decile of the cohort