

**Supplementary Table 1 Construction and score of plant-based diet indices**

<b>Food groups</b>	<b>PDI</b>	<b>hPDI</b>	<b>uPDI</b>
<b>Healthy plant-based foods</b>			
Whole grains	Positive scores	Positive scores	Reverse scores
Fruits	Positive scores	Positive scores	Reverse scores
Vegetables	Positive scores	Positive scores	Reverse scores
Nuts	Positive scores	Positive scores	Reverse scores
Legumes	Positive scores	Positive scores	Reverse scores
Vegetable oils	Positive scores	Positive scores	Reverse scores
Tea and coffee	Positive scores	Positive scores	Reverse scores
<b>Less healthy plant-based foods</b>			
Fruit juices	Positive scores	Reverse scores	Positive scores
Refined grains	Positive scores	Reverse scores	Positive scores
Potatoes	Positive scores	Reverse scores	Positive scores
Sugar sweetened beverages	Positive scores	Reverse scores	Positive scores
Sweets and desserts	Positive scores	Reverse scores	Positive scores
<b>Animal foods</b>			
Animal fat	Reverse scores	Reverse scores	Reverse scores
Dairy	Reverse scores	Reverse scores	Reverse scores
Eggs	Reverse scores	Reverse scores	Reverse scores
Fish and seafood	Reverse scores	Reverse scores	Reverse scores
Meat	Reverse scores	Reverse scores	Reverse scores
Miscellaneous animal-based foods	Reverse scores	Reverse scores	Reverse scores
<b>Total Score</b>	<b>18-90</b>	<b>18-90</b>	<b>18-90</b>

Abbreviations: PDI, plant-based diet index; hPDI, healthful plant-based diet index; uPDI unhealthful plant-based diet index.