**Additional File 3.** Components, range of scores, and scoring criteria for Canadian Healthy Eating Index (HEI-C).

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| **Component** | **Range of scores** | **Scoring criteria\*** |
| ***Adequacy*\*** | **0 to 60** |  |
| Total vegetables and fruit | 0 to 10 | Maximum: 4 to 10 servings1,2 |
| Whole fruit | 0 to 5 | Maximum: 0.8 to 2.1 servings1-3 |
| Dark green and orange vegetables | 0 to 5 | Maximum: 0.8 to 2.1 servings1-3 |
| Total grain products | 0 to 5 | Maximum: 3 to 8 servings1,2 |
| Whole grains | 0 to 5 | Maximum: 1.5 to 4 servings1,2,4 |
| Milk and alternatives | 0 to 10 | Maximum: 2 to 4 servings1,2 |
| Meat and alternatives | 0 to 10 | Maximum: 1 to 3 servings (75 to 225grams)1,2 |
| Unsaturated fats | 0 to 10 | Maximum: 30 to 45 grams1,2 |
| ***Moderation*\*** | **0 to 40** |  |
| Saturated fats | 8 to10 | 7% (score of 10) to 10% (score of 8) of total energy |
| 0 to 8 | 10% (score of 8) to 15% (score of 0) of total energy |
| Sodium | 8 to 10 | Adequate intake (score of 10) to tolerable upper intake level (score of 8) |
| 0 to 8 | Tolerable upper intake level (score of 8) to twice tolerable (score of 0) |
| “Other food” | 0 to 20 | Minimum: 40% or more of total energy intake  Maximum: 5% or less of total energy intake |
| \*Proportional scores are given for amounts between the minimum and maximum  1Age and gender specific recommendations from Canada’s Food Guide (2007)  2Minimum of 0 serving  321% of recommendation for total vegetables and fruit  450% of recommendation for total grain products | | |