

S1a Fig. Calibration plots for all diet and lifestyle quality scores associated with 10-year risk of allcause mortality among 451,256 participants of the EPIC study





S1b Fig. Calibration plots for all diet and lifestyle quality scores associated with 10-year risk of CVD mortality among 451,256 participants of the EPIC study.







S1c Fig. Calibration plots for all diet and lifestyle quality scores associated with 10-year risk of cancer mortality among 451,256 participants of the EPIC study.





		Number of	
Predicted	Observed	events at	Pred/Obs
risk (%)	risk (%)	10 years	ratio
0.32	0.54	194	0.59
0.63	0.91	362	0.69
0.91	1.13	453	0.81
1.26	1.39	569	0.9
1.68	1.75	736	0.96
2.23	2.16	916	1.03
2.99	2.88	1237	1.04
4.14	4.05	1769	1.02
6.20	6.10	2665	1.02
14.55	14.96	6299	0.97
	Predicted risk (%) 0.32 0.63 0.91 1.26 1.68 2.23 2.99 4.14 6.20 14.55	Predicted risk (%)Observed risk (%)0.320.540.630.910.911.131.261.391.681.752.232.162.992.884.144.056.206.1014.5514.96	Predicted risk (%)Observed risk (%)Number of events at 10 years0.320.5410 years0.320.541940.630.913620.911.134531.261.395691.681.757362.232.169162.992.8812374.144.0517696.206.10266514.5514.966299

S1d Fig. Calibration table and predicted/observed risk for DQI-I associated with 10-
year risk of all-cause mortality

Mean Predicted/Observed ratio = 0.97

Calibration slope = 0.99

S2a Fig. Multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year all-cause mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study, by country



country HNFI	HR (95% CI)
France	0.97 (0.91, 1.03)
Italy	0.92 (0.86, 0.99)
Spain	0.94 (0.88, 1.01)
UK General population	0.94 (0.89, 0.99)
The Netherlands	0.90 (0.85, 0.96)
Greece	0.94 (0.88, 1.01)
Germany	0.96 (0.91, 1.02)
Sweden	0.93 (0.88, 0.97)
Denmark	0.86 (0.82, 0.89)
Norway	0.89 (0.82, 0.97)
UK Health conscious	0.89 (0.84, 0.95)
Overall (I-squared = 54.1%, p = 0.016)	0.92 (0.90, 0.94)
NOTE: Weights are from random effects analysis	.8 .9 1 1.1 1.2 1.3 1.4
HEI-2010	1

country	2010		HR (95% CI)
France		-	0.93 (0.88, 0.98)
Italy		-	0.91 (0.86, 0.97)
Spain		-	0.91 (0.85, 0.98)
UK General population		-	0.95 (0.91, 1.00)
The Netherlands		-	0.94 (0.88, 1.00)
Greece		-	0.91 (0.85, 0.97)
Germany		*	0.90 (0.86, 0.95)
Sweden		*	0.92 (0.88, 0.96)
Denmark		+	0.86 (0.83, 0.89)
Norway		-	0.91 (0.84, 0.99)
UK Health conscious		-	0.93 (0.88, 0.98)
Overall (I-squared = 44.7%, p	= 0.054)	\$	0.91 (0.89, 0.93)
NOTE: Weights are from rand	om effects analysis		
() .	B.9 1 1.1 1.	2 1.3 1.4

HR (95% CI)	country WHO HDI		HR (95% CI)
0.97 (0.91, 1.03) 0.92 (0.86, 0.99) 0.94 (0.88, 1.01) 0.94 (0.89, 0.99) 0.90 (0.85, 0.96) 0.94 (0.88, 1.01) 0.96 (0.91, 1.02) 0.93 (0.88, 0.97) 0.86 (0.82, 0.89) 0.89 (0.82, 0.97) 0.89 (0.84, 0.95) 0.92 (0.90, 0.94)	France Italy Spain UK General population The Netherlands Greece Germany Sweden Denmark Norway UK Health conscious Overall (I-squared = 55.0%, p = 0.014)		0.93 (0.87, 0.99) 0.97 (0.90, 1.03) 1.00 (0.93, 1.07) 0.97 (0.93, 1.02) 0.97 (0.91, 1.03) 0.86 (0.80, 0.92) 0.95 (0.90, 1.01) 1.00 (0.95, 1.04) 0.92 (0.88, 0.95) 0.95 (0.87, 1.03) 0.96 (0.92, 1.03) 0.95 (0.93, 0.98)
-	NOTE: Weights are from random effects analysis		
1.4	0	.8 .9 1 1.1 1.3	2 1.3 1.4

country			HR (95% CI)
France		+	0.91 (0.85, 0.97)
Italy			0.90 (0.84, 0.96)
Spain			0.88 (0.82, 0.95)
UK General population			0.95 (0.91, 1.00)
The Netherlands			0.94 (0.88, 1.00)
Greece			0.86 (0.80, 0.92)
Germany			0.93 (0.88, 0.98)
Sweden			0.94 (0.90, 0.98)
Denmark		*	0.85 (0.81, 0.88)
Norway			0.93 (0.85, 1.01)
UK Health conscious		-	0.94 (0.89, 0.99)
Overall (I-squared = 59.9%, p	= 0.005)	\diamond	0.91 (0.88, 0.93)
NOTE: Weights are from rando	om effects analysis		
0	ا ٤. (3 .9 1 1.1 1.2 1.3	3 1.4

country HLI diet	HR (95% C)
France	0.93 (0.87,	0.99)
Italy	0.93 (0.87,	0.99)
Spain	0.95 (0.89,	1.02)
UK General population	0.97 (0.93,	1.02)
The Netherlands	0.92 (0.86,	0.98)
Greece	0.91 (0.85,	0.98)
Germany	1.00 (0.94,	1.05)
Sweden	0.93 (0.89,	0.97)
Denmark	<u>-</u> 0.87 (0.84,	0.90)
Norway	0.92 (0.85,	1.00)
UK Health conscious	0.93 (0.88,	0.99)
Overall (I-squared = 54.4%, p = 0.015)	0.93 (0.91,	0.95)
NOTE: Weights are from random effects analysis		
0	8 9 1 11121314	

HLI total			Germany
country		HR (95% CI)	Denmark
France		0.89 (0.83, 0.94)	UK Health conscious
Italy	-	0.79 (0.74, 0.84)	Overall (I-squared = 48
Spain	+	0.82 (0.76, 0.88)	NOTE: Weights are fro
UK General population	+	0.81 (0.77, 0.85)	
The Netherlands	-	0.75 (0.70, 0.80)	
Greece	+	0.83 (0.77, 0.89)	
Germany		0.78 (0.74, 0.83)	
Sweden	+	0.81 (0.77, 0.86)	
Denmark	+	0.70 (0.68, 0.73)	
UK Health conscious		0.89 (0.84, 0.95)	
Overall (I-squared = 88.5%, p = 0.000)	\diamond	0.81 (0.76, 0.85)	
NOTE: Weights are from random effects a	analysis		
0	.8 .9 1 1.1 1.2	1.3 1.4	

country WCRF score	HR (95% CI)
France	0.90 (0.84, 0.96)
Italy	0.85 (0.80, 0.91)
Spain	0.92 (0.85, 0.98)
UK General population	0.90 (0.85, 0.95)
The Netherlands	0.88 (0.82, 0.94)
Greece	0.91 (0.85, 0.97)
Germany	0.87 (0.82, 0.92)
Denmark	0.84 (0.81, 0.87)
UK Health conscious	0.94 (0.88, 0.99)
Overall (I-squared = 45.2%, p = 0.068)	0.88 (0.86, 0.91)
NOTE: Weights are from random effects analysis	
0	.8 .9 1 1.1 1.2 1.3 1.4

S2b Fig. Multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year CVD mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study, by country.



_{country} HNFI	HR (95% CI)	country WHO HDI		HR (95% CI)
France -	0.93 (0.78, 1.10)	France		0.83 (0.70, 0.99)
Italy -	0.93 (0.80, 1.08)	Italy		1.12 (0.97, 1.29)
Spain —	0.87 (0.74, 1.01)	Spain	_	0.97 (0.84, 1.13)
UK General population	• 0.98 (0.89, 1.07)	UK General population		0.97 (0.89, 1.05)
The Netherlands	0.92 (0.81, 1.05)	The Netherlands		0.91 (0.79, 1.03)
Greece	0.90 (0.81, 1.01)	Greece		0.87 (0.78, 0.97)
Germany	0.97 (0.86, 1.10)	Germany		0.81 (0.72, 0.92)
Sweden	- 0.90 (0.83, 0.98)	Sweden		0.98 (0.91, 1.07)
Denmark -	0.87 (0.80, 0.95)	Denmark	-	0.93 (0.86, 1.01)
Norway	0.78 (0.60, 1.02)	Norway		0.91 (0.71, 1.18)
UK Health conscious	0.91 (0.81, 1.02)	UK Health conscious	_ <u></u>	0.96 (0.87, 1.05)
Overall (I-squared = 0.0%, p = 0.775)	0.91 (0.88, 0.94)	Overall (I-squared = 42.2%, p = 0.068)	\diamond	0.93 (0.89, 0.97)
NOTE: Weights are from random effects analysis		NOTE: Weights are from random effects analysis		
0 .8 .9	1 1.1 1.2 1.3 1.4	0	.8 .9 1 1.1 1.2 1	.3 1.4

country HEI-2010	HR (95% CI)
France	0.87 (0.74, 1.01)
Italy	0.90 (0.78, 1.03)
Spain	1.07 (0.92, 1.25)
UK General population	• 0.97 (0.89, 1.05)
The Netherlands	0.92 (0.81, 1.04)
Greece	• 0.95 (0.85, 1.07)
Germany	0.98 (0.88, 1.10)
Sweden	0.93 (0.86, 1.00)
Denmark	0.91 (0.84, 0.98)
Norway	0.84 (0.66, 1.08)
UK Health conscious	0.91 (0.82, 1.01)
Overall (I-squared = 0.0%, p = 0.741)	0.93 (0.90, 0.96)
NOTE: Weights are from random effects analysis	
0	.8 .9 1 1.1 1.2 1.3 1.4





country HLI total		HR (95% CI)
France		0.86 (0.72, 1.02)
Italy		0.78 (0.67, 0.90)
Spain		0.86 (0.74, 1.01)
UK General population		0.80 (0.73, 0.88)
The Netherlands		0.67 (0.58, 0.77)
Greece	-	0.75 (0.67, 0.84)
Germany		0.73 (0.65, 0.82)
Sweden	-	0.76 (0.69, 0.84)
Denmark	-	0.63 (0.58, 0.69)
UK Health conscious	÷	0.81 (0.73, 0.91)
Overall (I-squared = 70.9%, p = 0.000)	\diamond	0.76 (0.71, 0.81)
NOTE: Weights are from random effects analysis		
0	.8 .9 1	1.1 1.2 1.3 1.4

wcrf score	HR (95% CI)
France	0.83 (0.70, 0.99)
Italy	0.83 (0.72, 0.96)
Spain	0.92 (0.79, 1.07)
UK General population	0.90 (0.82, 0.99)
The Netherlands	0.84 (0.73, 0.97)
Greece	0.84 (0.75, 0.94)
Germany	0.83 (0.74, 0.94)
Denmark	0.83 (0.77, 0.90)
UK Health conscious	0.89 (0.80, 0.99)
Overall (I-squared = 0.0%, p = 0.899)	0.85 (0.82, 0.89)
NOTE: Weights are from random effects analysis	
0	9 0 1 11 12 12 14

S2c Fig. Multivariate hazard ratios (Model 2: adjusted for age and lifestyle risk factors) for 10-year cancer mortality risk for a 1SD increase of score among 451,256 participants of the EPIC study, by country.



country HNFI			HR (95% CI)
France			0.97 (0.89, 1.04)
Italy			1.00 (0.93, 1.08)
Spain		—	1.02 (0.95, 1.09)
UK General population			0.97 (0.91, 1.04)
The Netherlands		-	0.91 (0.85, 0.97)
Greece			1.04 (0.94, 1.15)
Germany			1.02 (0.95, 1.09)
Sweden			0.96 (0.92, 1.02)
Denmark		-	0.90 (0.86, 0.95)
Norway			0.98 (0.87, 1.11)
UK Health conscious		-	0.92 (0.85, 0.99)
Overall (I-squared = 48.7%, p	= 0.034)	\diamond	0.96 (0.94, 0.99)
NOTE: Weights are from rand	om effects analysis		
(9 1 1 1 1 2	1314

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country WHO HDI	HR (95% CI)
France	0.93 (0.85, 1.02)
Italy	0.93 (0.86, 1.01)
Spain	<u> </u>
UK General population	0.98 (0.91, 1.05)
The Netherlands	1.00 (0.92, 1.09)
Greece	0.82 (0.74, 0.91)
Germany	1.05 (0.98, 1.14)
Sweden	0.98 (0.92, 1.04)
Denmark	0.95 (0.90, 0.99)
Norway	0.92 (0.83, 1.03)
UK Health conscious	0.97 (0.89, 1.05)
Overall (I-squared = 45.7%, p = 0.049)	0.96 (0.93, 0.99)
NOTE: Weights are from random effects analysis	
Ö	.8 .9 1 1.1 1.2 1.3 1.4

HR (95% CI)	country DASH		HR (95% CI)
0.95 (0.89, 1.03)	France		0.91 (0.83, 1.00)
0.96 (0.89, 1.03)	Italy		0.90 (0.82, 0.98)
0.94 (0.87, 1.00)	Spain		0.88 (0.80, 0.97)
0.95 (0.89, 1.02)	UK General population		0.99 (0.92, 1.07)
0.96 (0.90, 1.03)	The Netherlands		0.96 (0.88, 1.05)
0.99 (0.90, 1.09)	Greece		0.87 (0.78, 0.97)
0.95 (0.89, 1.01)	Germany	<u> </u>	0.98 (0.90, 1.06)
0.93 (0.88, 0.98)	Sweden		0.96 (0.90, 1.03)
0.89 (0.85, 0.93)	Denmark		0.88 (0.84, 0.93)
1.01 (0.91, 1.13)	Norway		0.96 (0.85, 1.08)
0.95 (0.89, 1.03)	UK Health conscious		0.96 (0.88, 1.05)
0.94 (0.92, 0.96)	Overall (I-squared = 27.6%, p = 0.182)	\diamond	0.93 (0.90, 0.96)
	NOTE: Weights are from random effects analysis		
2 1.3 1.4	0	.8 .9 1 1.1 1.2	1.3 1.4



country		HR (95% CI)
HLI diet		
France		0.97 (0.88, 1.07)
Italy		0.92 (0.85, 1.00)
Spain		0.89 (0.81, 0.98)
UK General population	-	1.00 (0.93, 1.08)
The Netherlands		0.92 (0.84, 1.00)
Greece		0.95 (0.85, 1.06)
Germany	-	1.00 (0.93, 1.09)
Sweden		0.92 (0.86, 0.98)
Denmark	-	0.90 (0.85, 0.94)
Norway		0.90 (0.80, 1.00)
UK Health conscious		0.96 (0.88, 1.05)
Overall (I-squared = 16.5%, p = 0.287)	\diamond	0.93 (0.91, 0.96)
NOTE: Weights are from random effects analysis		
0	.8 .9 1 1.1 1	.2 1.3 1.4
country		HR (95% CI)
HLI total France		0.87 (0.79, 0.95)
Italy	- .	0.78 (0.72, 0.85)
Spain	_	0.78 (0.71, 0.86)
UK General population	-	0.80 (0.74, 0.87)
The Netherlands		0.78 (0.71, 0.86)
Greece		0.89 (0.80, 0.99)
Germany	-	0.80 (0.74, 0.87)
Sweden	1	
	-	0.83 (0.77, 0.89)
Denmark	*	0.83 (0.77, 0.89) 0.74 (0.71, 0.78)
Denmark UK Health conscious	*	0.83 (0.77, 0.89) 0.74 (0.71, 0.78) 0.91 (0.83, 1.00)
Denmark UK Health conscious Overall (I-squared = 62.6%, p = 0.004)	*	0.83 (0.77, 0.89) 0.74 (0.71, 0.78) 0.91 (0.83, 1.00) 0.81 (0.78, 0.85)
Denmark UK Health conscious Overall (I-squared = 62.6%, p = 0.004)	*	0.83 (0.77, 0.89) 0.74 (0.71, 0.78) 0.91 (0.83, 1.00) 0.81 (0.78, 0.85)
Denmark UK Health conscious Overall (I-squared = 62.6%, p = 0.004) NOTE: Weights are from random effects analysis	*	0.83 (0.77, 0.89) 0.74 (0.71, 0.78) 0.91 (0.83, 1.00) 0.81 (0.78, 0.85)

WCRF scor	e		
country			HR (95% CI)
-			
France			0.94 (0.85, 1.03)
Italy			0.86 (0.79, 0.93)
Spain			0.85 (0.77, 0.93)
UK General population		-	0.92 (0.85, 1.00)
The Netherlands			0.96 (0.87, 1.06)
Greece			0.92 (0.83, 1.03)
Germany			0.91 (0.84, 0.98)
Denmark			0.88 (0.84, 0.93)
UK Health conscious			- 1.04 (0.95, 1.14)
Overall (I-squared = 48.1%, p = 0.	051)	\diamond	0.91 (0.88, 0.95)
NOTE: Weights are from random e	ffects analysis		
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S3a Fig. Discrimination (Harrell's C statistic) of diet/lifestyle quality scores in Model 2 for 10-year risk of all-cause mortality among 451,256 participants to the EPIC study, by country.





S3b Fig. Discrimination (Harrell's C statistic) of diet/lifestyle quality scores in Model 2 for 10-year risk of CVD mortality among 451,256 participants to the EPIC study, by country.





S3c Fig. Discrimination (Harrell's C statistic) of diet/lifestyle quality scores in Model 2 for 10-year risk of cancer mortality among 451,256 participants to the EPIC study, by country







S4a Fig. C statistic of the baseline model ^a, Model 1 ^b and Model 2 ^c in 451,256 participants to the EPIC study, by sex.



