

Table S1. Food groups included in the plant-based diet indices

| Food group | Food item | Overall PDI | hPDI | uPDI |
|--------------------------|---|-------------|----------|----------|
| Healthy plant food | | | | |
| Whole grain | Steamed multi-grain rice | Positive | Positive | Reverse |
| Fruit | Strawberry, tomato/cherry tomatoes, oriental melon, watermelon, peach, grape, apple, pear, persimmon, dried whole persimmon, tangerine, banana, orange, kiwi | Positive | Positive | Reverse |
| Vegetable | Bean sprout, mung bean sprout, spinach, bellflower root, zucchini, seasoned vegetables(bracken, aster leaf, eggplant, etc.), cucumber, radish, vegetable salad, green onion/chive, mixed vegetables (lettuce, sesame leaf, Chinese cabbage, pumpkin leaf)/green chili pepper, broccoli/cabbage, garlic, mushrooms, corn, lotus root/burdock root, laver, seaweed stems, green laver/seaweed, seaweed soup, sweet potatoes | Positive | Positive | Reverse |
| Nut | Peanuts, chestnut | Positive | Positive | Reverse |
| Legume | Soft bean curd stew, bean curd, legumes, soymilk | Positive | Positive | Reverse |
| Tea and coffee | Green tea, coffee | Positive | Positive | Reverse |
| Fermented food | Red chili and soybean paste/sweet and sour red chili paste, kimchi, other kimchi, pickled vegetable, kimchi stew, soybean paste soup, soybean paste/rich soybean stew | Positive | Positive | Reverse |
| Less healthy plant food | | | | |
| Fruit juice | Fruit juice | Positive | Reverse | Positive |
| Refined grain | Roasted grain powder/sweet rice punch, cooked rice, bibimbap/fried rice, gimbap, rice with curry, instant noodles, noodles, Chinese-style noodles with black bean sauce/spicy seafood, cold buckwheat noodles, sliced rice cake soup, loaf of bread, rice cake, stir-fried rice cake, cereals, Korean pancake, stir-fried noodles and vegetables, snack | Positive | Reverse | Positive |
| Potato | Potatoes | Positive | Reverse | Positive |
| Sugar sweetened beverage | Soft drink (cola/soda/fruit juice soda) | Positive | Reverse | Positive |
| Sweet and dessert | Jam, sugar, sweet red-beans buns/cream buns, sponge cake/cake, cookie/cracker | Positive | Reverse | Positive |
| Animal food | | | | |

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|---|---|---------|---------|---------|
| Animal fat | Cream, butter/margarine | Reverse | Reverse | Reverse |
| Dairy | Milk, yogurt, ice cream | Reverse | Reverse | Reverse |
| Egg | Steamed egg, fried egg | Reverse | Reverse | Reverse |
| Fish or seafood | Loach soup, dried pollack soup, pollack soup/spicy seafood stew, mackerel/saury, cutlassfish/yellow croaker, anchovy, squid/squid strips/dried squid, marinated crab, salted shrimp/squid/clam, fish cake | Reverse | Reverse | Reverse |
| Meat | Beef soup, pork back-bone stew, pork, sweet and sour pork/pork cutlet, grilled beef, ham, ginseng chicken soup, chicken, grilled duck, sausage stew, hamburgers/sandwich | Reverse | Reverse | Reverse |
| Miscellaneous animal food ^{a)} | Dumplings, pizza, Korean blood sausage | Reverse | Reverse | Reverse |

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

^{a)}Miscellaneous animal foods are defined as mixed dishes containing animal-based ingredients that are difficult to assign to a single animal food group.