

**Appendix 1.** The nutrients targets for DASH score

Daily Nutrients	DASH Target Level	Score	DASH Intermediate Target Level	Score	Not Meet DASH Target Level
Saturated fat (g)	≤6%	1	>6-11%	0.5	>11%
Total fat (g)	≤27%	1	>27-32%	0.5	>32%
Total protein (g)	≥ 18%	1	<18-16.5%	0.5	<16.5
Cholesterol (mg/1000 kcal)	≤71.4/1000	1	>71.4/1000-107.1/1000	0.5	>107/1000
Fiber (g/1000 kcal)	≥14.8/1000	1	<14.8/1000 – 9.5/1000	0.5	<9.5/1000
Magnesium (mg/1000 kcal)	≥238/1000	1	<238/1000-158/1000	0.5	<158/1000
Calcium (mg/1000kcal)	≥590/1000	1	<590/1000-402/1000	0.5	<402/1000
Potassium (mg/1000kcal)	≥2238 /1000	1	<2238/1000-1534/1000	0.5	<1534/1000
Sodium (mg/1000kcal)	≤1143/1000	1	>1143/1000-1286/1000	0.5	>1286/1000
Total DASH score		9*		4.5**	

\* Target DASH score 9.

\*\* score 4.5 moderately meet the target.