ReadMe for WHI's Alternate Mediterranean Diet (aMed) component and total scores computed from the food-frequency questionnaire (FFQ)

Data.

Data are not provided, but investigators are welcome to create the aMed components and total score using these guidelines. The aMed algorithm (1) is reliant on median values from the sample population of interest, so is dependent on the investigator's research objectives. Specifically the nine aMed components described below are scored dichotomously, with cutpoints based on the corresponding medians from the designated study population (lone exception is alcohol), and then summed (ranges from 0 to 9). Higher scores indicate closer conformance to a popular interpretation of the Mediterranean diet (1). It is important to note that this is a two-step process. Investigators must first determine the median for each of the variables used in the aMed scoring for the cohort of interest (e.g., WHI OS). The component scores are then computed using the cohort-specific cutpoints. These guidelines apply only to FFQs collected during the WHI study phase (1993 to 2005).

Description of aMed scores.

Component	aMed scores	MPED/FFQ variables	Standard: max score (1)[1]	Standard: min score (0)[1]
Vegetables	aMed1_VEG	V_TOTAL - V_POTATO	> median	≤ median
Fruits	aMed2_FRUIT	F_TOTAL	> median	≤ median
Nuts	aMed3_NUT	M_NUTSD	> median	≤ median
Whole grains	aMed4_WGRAINS	G_WHL	> median	≤ median
Legumes[2]	aMed5_LEGUMES	LEGUMES	> median	≤ median
Fish	aMed6_FISH	M_FISH_HI + M_FISH_LO	> median	≤ median
Ratio of monounsaturated to saturated fat	aMed7_FAT	F60MFA/F60SFA	> median	≤ median
Red & processed meat[3]	aMed8_REDMEAT	M_MEAT + M_FRANK	< median	≥ median
Alcohol	aMed9_ALCOHOL	F60ALC	between 5-15 g[4]	≥15 g; ≤ 5g

[1] Standards for maximum and minimum scores.
[2] Investigator's discretion to include soybean products (*M_SOYESM*; tofu and meat analogs). Soybeans, not soybean products, are included in *LEGUMES* (2).
[3] Investigator's discretion to include organ meats (*M_ORGAN*).
[4] Represents approximately one 12-oz can of regular beer, 5 oz of wine, or 1.5 oz of liquor.

SAS-code.

An aMed scoring algorithm, based on FFQ data (MPEDs, nutrients or items) for the WHI OS & CT relative to enrollment, is described in *f60_aMed_pseudoCode_inv.sas.* Reference (1), listed below, provides further motivation.

References.

(1)   Fung, T.T., Rexrode, K.M., Mantzoros, C.S., Manson, J.E., Willett, W.C. and Hu, F.B., 2009. Mediterranean diet and incidence and mortality of coronary heart disease and stroke in women. Circulation, 119(8), p.1093.

(2) Bowman, S.A., Friday, J.E. and Moshfegh, A.J., 2008. MyPyramid equivalents database, 2.0 for USDA survey foods, 2003-2004: Documentation and user guide. US Department of Agriculture.