Erratum

Midlife moderation-quantified healthy diet and 40-year mortality risk from CHD: the prospective National Heart, Lung, and Blood Institute Twin Study – ERRATUM

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There are minor errors in Table 1 on page 4.
Original text: Food groups. In the twelfth row entry, first column, Table 1.
Revised text: Sweets
Original text: Food items. In the twelfth row entry, second column, Table 1.
Revised text: candy, sugar, chocolate, jam, jelly, syrup, desserts
Corrected Table 1 as follows:

Table 1. The reference value for the maximal score of 10 for each component of moderation-quantified healthy diet (MQHD) score and alternative moderation-quantified healthy diet (aMQHD) score among 910 twins* (Medians and interquartile ranges (IQR))

<table>
<thead>
<tr>
<th>Food groups</th>
<th>Food items</th>
<th>Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Individual score components common to both MQHD score and aMQHD score</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Reference value for the maximal score of 10</td>
<td>Median</td>
</tr>
<tr>
<td></td>
<td>Servings/d</td>
<td>Servings/d</td>
</tr>
<tr>
<td>Grains</td>
<td>Spaghetti/pasta, rice, cereal, bread, sweet roll/donut, cake/pie/pastry</td>
<td>8</td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruits, fruit juice</td>
<td>3</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Salad, cooked vegetables</td>
<td>6</td>
</tr>
<tr>
<td>Dairy products</td>
<td>See footnote†‡</td>
<td>2</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Beer, wine, other alcoholic beverages (spirit, cocktail)</td>
<td>2</td>
</tr>
<tr>
<td>Fish and shellfish</td>
<td>Shellfish, non-shellfish</td>
<td>4</td>
</tr>
<tr>
<td>Poultry</td>
<td>Chicken/turkey, fried chicken</td>
<td>2</td>
</tr>
<tr>
<td>Red meat</td>
<td>Pork, ham, bacon, sausage, steak, pot roast, beef, hamburger, luncheon meat, hotdog, liver, sweetbreads, brain, fried meat</td>
<td>3</td>
</tr>
<tr>
<td>Eggs</td>
<td>Eggs, fried egg</td>
<td>3</td>
</tr>
<tr>
<td>Nuts</td>
<td>Peanut butter, nuts</td>
<td>4</td>
</tr>
<tr>
<td>Potatoes and maize chips</td>
<td>Potatoes, fried potatoes, potato chips, maize chips</td>
<td>3</td>
</tr>
<tr>
<td>Sweets</td>
<td>Candy, sugar, chocolate, jam, jelly, syrup, desserts</td>
<td>3</td>
</tr>
</tbody>
</table>

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* British Journal of Nutrition, page 1 of 2 doi:10.1017/S0007114519000059
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**Table 1. Continued**

<table>
<thead>
<tr>
<th>Food groups</th>
<th>Food items</th>
<th>Reference value for the maximal score of 10</th>
<th>Median</th>
<th>IQR</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual score components common to both MQHD score and aMQHD score</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ratio of unsaturated: saturated fat</td>
<td>-</td>
<td>0.8</td>
<td>0.35</td>
<td>0.18–0.60</td>
</tr>
<tr>
<td>Ratio of fried foods§:non-fried foods</td>
<td>-</td>
<td>0.8</td>
<td>0.35</td>
<td>0.18–0.60</td>
</tr>
<tr>
<td>Individual score components unique to aMQHD score</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb or veal</td>
<td>Lamb or veal</td>
<td>&gt;0</td>
<td>0.1</td>
<td>0.0–0.1</td>
</tr>
<tr>
<td>Skimmed milk</td>
<td>Skimmed milk</td>
<td>&gt;0</td>
<td>0.1</td>
<td>0.0–0.1</td>
</tr>
<tr>
<td>Ratio of white meat**:red meat</td>
<td>-</td>
<td>≥1</td>
<td>0.25</td>
<td>0.12–0.40</td>
</tr>
<tr>
<td>Ratio of ice cream:dairy products</td>
<td>-</td>
<td>≤0.1</td>
<td>0.04</td>
<td>0.0–0.04</td>
</tr>
</tbody>
</table>

* Servings were based on daily 10 460 kJ (2500 kcal).
† Dairy products referred to all milk and milk products including whole milk, skimmed milk, chocolate milk, ice cream, milk-containing products such as pudding, butter and cheese.
‡ Dairy products the same as defined above with exclusion of butter.
§ Fried food included fried potatoes, potato chips, fried eggs, fried meat, fried chicken, fried fish and fried shellfish.
¶ Servings/week.
‖ Servings/d.
** White meat includes seafood, fish and poultry.

**Reference**