

# Children: Total Healthy Eating Index Score (Diet Quality) is Improved in Mango Consumers vs. Non-Consumers

Healthy Eating Index (HEI) 2015 Score	Age	Gender	Cov Set	All			Nonconsumer			Consumer			Consumer vs Nonconsumer		
				N	Mean	SE	N	LSM	SE	N	LSM	SE	Beta	SE	P
HEI-2015 total score	9-13	All	0	4,069	46.44	0.36	4,021	46.38	0.36	48	55.53	2.48	9.145	2.508	0.0005
HEI-2015 total score	9-13	All	1	3,716	46.42	0.37	3,674	46.37	0.36	42	55.13	2.83	8.760	2.846	0.0029
HEI-2015 total score	9-13	Male	0	2,019	45.94	0.51	1,997	45.87	0.51	22	54.16	3.93	8.286	3.928	0.0381
HEI-2015 total score	9-13	Male	1	1,828	45.92	0.53	1,811	45.87	0.52	17	53.82	4.69	7.954	4.661	0.0919
HEI-2015 total score	9-13	Female	0	2,050	46.93	0.43	2,024	46.87	0.44	26	57.48	2.40	10.606	2.511	0.0001
HEI-2015 total score	9-13	Female	1	1,888	46.89	0.44	1,863	46.84	0.44	25	56.91	2.32	10.070	2.414	0.0001
HEI-2015 total score	14-18	All	0	3,774	45.71	0.33	3,746	45.67	0.32	28	56.07	3.07	10.403	3.025	0.0009
HEI-2015 total score	14-18	All	1	3,321	45.64	0.35	3,297	45.60	0.34	24	55.82	3.03	10.215	2.967	0.0009
HEI-2015 total score	14-18	Male	0	1,922	45.10	0.44	1,912	45.08	0.44	10	50.83	4.52	5.749	4.544	0.2096
HEI-2015 total score	14-18	Male	1	1,688	45.11	0.47	1,679	45.09	0.46	9	50.12	4.21	5.034	4.229	0.2375
HEI-2015 total score	14-18	Female	0	1,852	46.32	0.40	1,834	46.25	0.39	18	59.12	3.34	12.874	3.268	0.0002
HEI-2015 total score	14-18	Female	1	1,633	46.19	0.43	1,618	46.12	0.39	15	59.74	2.79	13.621	2.680	<0.0001

NHANES 2001-2018; Mean = least square mean; SE=standard error; P = p value; Cov Set = covariate set; Cov Set 0 denotes no covariates and the lsmeans are estimated unadjusted means. Cov Set 1 denotes the following covariates: age, gender, ethnicity, poverty-income-level, physical activity level, smoking current status and alcohol intake; for food groups and nutrients other than energy (kcal), kcal is used as a covariate in Cov Set 1.

Diet quality in mango consumers was improved due to greater consumption of nutrient dense foods, including higher total fruit, whole fruit, whole grains and total dairy.