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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Variables | Mean ± SD | Q1 (n = 750) | Q2 (n = 750) | Q3 (n = 750) | Q4 (n = 751) | *P* | | Total Vegetables | 3.1 ± 1.7 | 2.3 ± 1.6 | 3.0 ± 1.6 | 3.3 ± 1.6 | 3.8 ± 1.5 | < 0.001 | | Greens and Beans | 1.7 ± 2.2 | 0.6 ± 1.4 | 1.2 ± 2.0 | 2.0 ± 2.3 | 3.1 ± 2.3 | < 0.001 | | Total Fruits | 2.1 ± 2.1 | 0.7 ± 1.4 | 1.7 ± 1.9 | 2.5 ± 2.0 | 3.6 ± 1.8 | < 0.001 | | Whole Fruits | 2.2 ± 2.3 | 0.7 ± 1.5 | 1.6 ± 2.1 | 2.6 ± 2.3 | 3.8 ± 1.9 | < 0.001 | | Whole Grains | 2.7 ± 3.5 | 0.9 ± 1.8 | 1.8 ± 2.8 | 3.0 ± 3.6 | 5.2 ± 3.9 | < 0.001 | | Dairy | 4.9 ± 3.4 | 5.1 ± 3.4 | 4.6 ± 3.4 | 4.7 ± 3.4 | 5.1 ± 3.4 | 0.003 | | Total Protein Foods | 4.3 ± 1.3 | 3.9 ± 1.5 | 4.2 ± 1.3 | 4.4 ± 1.1 | 4.6 ± 0.9 | < 0.001 | | Seafood and Plant Proteins | 2.5 ± 2.3 | 1.0 ± 1.7 | 2.0 ± 2.2 | 3.1 ± 2.2 | 4.0 ± 1.8 | < 0.001 | | Fatty Acids | 5.3 ± 3.7 | 2.7 ± 2.8 | 4.9 ± 3.4 | 6.1 ± 3.4 | 7.6 ± 3.1 | < 0.001 | | Sodium | 4.4 ± 3.5 | 3.7 ± 3.3 | 4.2 ± 3.5 | 4.5 ± 3.4 | 5.2 ± 3.6 | < 0.001 | | Refined Grains | 6.1 ± 3.7 | 4.0 ± 3.6 | 5.8 ± 3.7 | 6.6 ± 3.5 | 8.1 ± 2.7 | < 0.001 | | Saturated Fats | 6.2 ± 3.5 | 3.9 ± 3.4 | 5.9 ± 3.4 | 6.8 ± 3.2 | 8.4 ± 2.3 | < 0.001 | | Added Sugars | 6.9 ± 3.3 | 5.4 ± 3.6 | 6.3 ± 3.5 | 7.4 ± 2.9 | 8.6 ± 2.1 | < 0.001 | |