

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))

Food groups	Food items	Reference value for the maximal score of 10	Intake		
			Median	IQR	
Individual score components common to both MQHD score and aMQHD score					
		Servings/d	Servings/d		
Grains	Spaghetti/pasta, rice, cereal, bread, sweet roll/donut, cake/pie/pastry	8	6	4–7	
Fruits	Fruits, fruit juice	3	2	1–3	
Vegetables	Salad, cooked vegetables	6	2.5	2–3	
Dairy products	See footnote†‡	2	4.5† or 2.0‡	3.1–6.0† or 1.2–3.0‡	
Alcohol	Beer, wine, other alcoholic beverages (spirit, cocktail)	2	0.6	0–1.6	
		Servings/week	Servings/d	Servings/week	
Fish and shellfish	Shellfish, non-shellfish	4	0.57	1.5	0–3
Poultry	Chicken/turkey, fried chicken	2	0.29	2	1–3
Red meat	Pork, ham, bacon, sausage, steak, pot roast, beef, hamburger, luncheon meat, hotdog, liver, sweetbreads, brain, fried meat	3	0.43	14	11–18
Eggs	Eggs, fried egg	3	0.43	6	3–11
Nuts	Peanut butter, nuts	4	0.57	3	1–5
Potatoes and maize chips	Potatoes, fried potatoes, potato chips, maize chips	3	0.43	9	5–12
Sweets	Candy, sugar, chocolate, jam, jelly, syrup, desserts	3	0.43	19	12–17
	–	4	0.57	1.56	1.39–1.74

Table 1. Continued

Food groups	Food items	Reference value for the maximal score of 10	Intake		
			Median	IQR	
Individual score components common to both MQHD score and aMQHD score					
		Servings/d	Servings/d		
	Ratio of unsaturated: saturated fat				
	Ratio of fried foods§:non-fried foods	–	0.8	0.35	0.18–0.60
Individual score components unique to aMQHD score					
Lamb or veal	Lamb or veal	>0	0	0–0	
Skimmed milk	Skimmed milk	>0	0¶	0–0.29	
	Ratio of white meat**: red meat	–	≥1	0.25	0.12–0.40
	Ratio of ice cream:dairy products	–	≤0.1	0.04	0–0.04

* 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

Dai J, Krasnow RE & Reed T (2016) Midlife moderation-quantified healthy diet and 40-year mortality risk from CHD: the prospective National Heart, Lung, and Blood Institute Twin Study. *Br J Nutr* **116**, 326–334.