|  |  |  |
| --- | --- | --- |
| **DIVERSITY SUB-SCORE (0-5 points)** | | |
| **Component** | **Cut-off (% of total food expenditure a)** | **Score** |
| **Fruits b** | [0-2,8[ | 0 |
| ≥ 2,8 | 1 |
| **Vegetables c** | [0-3,5[ | 0 |
| ≥ 3,5 | 1 |
| **Starches d** | [0-2,3[ | 0 |
| ≥ 2,3 | 1 |
| **Dairy products e** | [0-8,2[ | 0 |
| ≥ 8,2 | 1 |
| **Meat/fish/eggs f** | [0-19,7[ | 0 |
| ≥ 19,7 | 1 |
|  |  | |
| **QUALITY SUB-SCORE (-8 to +12 points)** | | |
| **Component** | **Cut-off (% of total food expenditure a)** | **Score** |
| **Fruits & vegetables g** | [0-6[ | 0 |
| [6-9[ | 1 |
| [9-12[ | 2 |
| [12-16[ | 3 |
| ≥ 16 | 4 |
| **Cheese h** | < 4 | 1 |
| [4 - 8[ | 0 |
| ≥ 8 | -1 |
| **Milk & yogurts i** | < 2 | 0.5 |
| [2 - 9[ | 1 |
| ≥ 9 | 0 |
| **Eggs & poultry j** | < 3 | 0 |
| ≥ 3 | 1 |
| **Fish k** | < 1,5 | 0 |
| [1,5 - 4[ | 1 |
| [4 - 7[ | 1.5 |
| ≥ 7 | 2 |
| **Red meat l** | ≤ 21 | 0 |
| > 21 | -1 |
| **Processed meat m** | ≤ 6 | 0 |
| ]6 - 10[ | -1 |
| ≥ 10 | -2 |
| **Fats n** | TF = 0 | 0 |
| TF > 0 and animal fats [0 – 1] | 1 |
| Animal fats ]1 – 2] | 0 |
| Animal fats > 2 | -1 |
| **Starches d** | Total starches = 0 | 0 |
| Total starches > 0 and unrefined starches = 0 | 0 |
| Unrefined starches ]0 - 18%[ of total starches | 1 |
| Unrefined starches [18 - 30%[ of total starches | 1.5 |
| Unrefined starches ≥ 30% of total starches | 2 |
| **Discretionary foods o** | < 7 | 0 |
| [7 - 13[ | -1 |
| [13 - 18[ | -2 |
| ≥ 18 | -3 |