



**TABLE 4.1 HOW TO SCORE YOUR DIET QUALITY**

		<b>SERVING NUMBER</b>					
<b>FOOD TYPE</b>		<b>1ST</b>	<b>2ND</b>	<b>3RD</b>	<b>4TH</b>	<b>5TH</b>	<b>6TH</b>
 <p><b>HIGH</b> QUALITY</p>	Fruits	2	2	2	1	0	0
	Vegetables	2	2	2	1	0	0
	Lean meats & fish	2	2	1	0	0	-1
	Nuts & seeds	2	2	1	0	0	-1
	Whole grains	2	2	1	0	0	-1
	Dairy	1	1	1	0	-1	-2
<p><b>LOW</b> QUALITY</p> 	Refined grains	-1	-1	-2	-2	-2	-2
	Sweets	-2	-2	-2	-2	-2	-2
	Fried foods	-2	-2	-2	-2	-2	-2
	Fatty proteins	-1	-1	-2	-2	-2	-2