



Dietary Assessment & Education: Tool 2 - Weekly Food Variety Score

- This score was developed by **HEC nutrition experts** and published in "Current Therapeutics" in March 1997.
- A higher score suggests that your diet is more likely to be **nutritionally adequate** and to have adequate amounts of **phytochemicals** (many of which are antioxidants) associated with better health and longevity.
- A **score of ONE** is given to each food only ONCE if consumed over a 7 day period (no matter how often the foods within that group are eaten e.g. milk may be consumed daily for 7 days but still receives a score of 1).
- A **minimum quantity of 2 tablespoons (or 40g)**, however, must be consumed before it can be scored e.g. slice of tomato in a hamburger does not score. This rule does not apply to oils, fats, nuts, seeds, vegemite which are very nutrient and/or energy dense e.g. a scrape of vegemite or butter on bread still scores.
- Score: <20 marginal; 20-24 fair; 25-29 good; >30 very good.**

Biologically distinct food groups	SCORE	Continued.	SCORE
1. Eggs (all variety)		BEVERAGES	////////
DAIRY	////////	29. Water (& mineral)	
2. Milk, ice-cream, cheese		30. Tea, coffee, herbal teas,	
LIVE CULTURES	////////	31. Wine, beer, spirits	
3. Yoghurt (e.g. acidophilus, bifidobacteria)		FERMENTED FOODS	////////
YEAST	////////	32. Miso, tempeh, soy sauce	
4. Vegemite		33. Sauerkraut	
FISH (+canned)	////////	34. All other variety	
5. Fatty fish (tuna, anchovies, salmon, sardines, herring, mackerel, kipper)			
6. Saltwater fish		SUGAR/CONFECTIONERY	////////
7. Fresh water fish		35. All variety (+ soft drinks)	
8. Fish Roe (caviar salad)		VEGETABLES (+canned, frozen)	////////
9. Shellfish (mussels, oysters, squid)		36. Root (potato, carrot, sweet potato, beetroot, parsnip, bamboo shoot, ginger, radish, water chestnut)	
10. Crustaceans (prawns, lobster)		37. Flowers (broccoli, cauliflower)	
MEAT	////////	38. Stalks (celery, asparagus)	
11. Ruminants (lamb, beef, veal)		39. Onion (spring, garlic, leeks)	
12. Monogastric (pork, ham, bacon)		40. Tomatoes, okra	
13. Poultry (chicken, duck, turkey)		41. Beans (green, snow peas)	
14. Game (quail, wild duck, pigeon)		42. Leafy greens (spinach, silverbeet, endive, kale, chicory, parsley, lettuce)	
15. Game (kangaroo, rabbit)		43. Peppers (capsicum, chillies)	
16. Liver		44. Marrow (zucchini, squash, cucumber, turnip, eggplant, swede, pumpkin)	
17. Brain		45. Fungi e.g. mushrooms	
18. All other organ meats		46. Herbs/spices	
LEGUMES (+canned)	////////	NUTS & SEEDS	////////
19. Peas (fresh, dried, split peas); chickpeas (dried, roasted); beans (haricot, kidney, lima, broad); lentils (red, brown, green); soy products (tofu, milk).		47. Almond, cashew, chestnut, coconut, hazelnut, peanuts, peanut butter, pine nut, pistachio, pumpkin seed, sesame seed, tahini, walnut	
CEREALS	////////	FRUIT	////////
20. Wheat (bread, pasta, ready-to-eat)		48. Stone (peach, cherry, plums, apricot, avocado, olive, prune)	
21. Corn (cornflakes, polenta)		49. Apples	
22. Barley (bread, barley cereal)		50. Pears, nashi	
23. Oats (porridge, cereal, bread)		51. Berries (strawberries)	
24. Rye (bread; ready-to-eat)		52. Grapes (& raisins, sultana)	
25. Rice (grain, ready-to-eat)		53. Bananas	
26. Other grains (millet, linseed)		54. Citrus (orange, lemon)	
FATS & OILS	////////	55. Melon (honeydew, watermelon)	
27. Oils		56. Kiwi, date, passionfruit	
28. Hard/soft spreads		57. Tropical (mango, pineapple)	
		TOTAL WEEKLY VARIETY SCORE =	