Table 1

The 11-component dietary index

Food item	Points
Snacks	0-2
Sugar-sweetened beverages	0-1
Vegetables	0-2
Fruit and berries	0-1
Low-fat cheese	0-1
Cooking fat	0-1
Spread fat	0-2
Fast food	0-1
High-fibre bread and cereals	0-2
Fish	0-2
Low-fat milk	0-2
Maximum score	**17 points**