

Diet score from 100 to 174 = POOR diet quality	Diet score from 250 to 274 = GOOD diet quality
Diet score from 175 to 249 = FAIR diet quality	Diet score from 275 to 300 = VERY GOOD diet quality

Diet Category	Diet Quality and Diet Scores at Baseline
Meat	216
Chicken and Turkey	200
Fish and Shellfish	200
Milk, Dairy, and Eggs	166
Grains	200
Fruits and Vegetables	250
Cooking Methods	233
Types of Fat in Cooking	220
Snacks	200
Desserts	250
Salt	300
Dining Out, Frozen Meals	200
Overall Diet Score and Diet Quality	219