

Recommended intake	HEI-NFG score	Maximum score	HEI-NNR score	Maximum score
Minimum (A)	Fresh fruits	10	Fibre	10
	Vegetables	10		
	Whole-grain products	10		
Range (B)	Fish / seafood	5	MUFA	5
	Fatty fish	5	PUFA	5
			Total fat	5
			Total protein	10
Maximum (C)	Red meat	10	SFA / TFA	5
	Sodium	10	Added sugar	10
	Sugar	10		

