

Selection of index components

Five food groups: FRUIT, VEGGIE, CEREAL, DAIRY, MEAT



Partition of each index component
into 'Variety' and 'Adequacy' elements



Designation of index component scoring and cut-offs



Aggregation of score for the five index components
by multiplying the 'Variety' by 'Adequacy'



Calculation of total score
ranging from 0 to 100