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