

### Scoring of the DINE food frequency categories and conversion to food type scores

Food type	Scores for DINE frequency categories	Conversion to food type scores
<b>Fatty food score (possible range 8-68)</b>		
Cheese Beef burgers or sausages Beef, pork or lamb Chips Fried food	no times a week = 1 1-2 times a week = 2 3-5 times a week = 6 6 or more times a week = 9	Scores for cheese + beef burger or sausages + beef, pork or lamb + bacon or processed meat + pies, quiches, pastries + crisps + (fried food + chips)/2 + (milk frequency x milk type)
Pies, quiches, pastries	no times a week = 1 1-2 times a week = 2 3-5 times a week = 5 6 or more times a week = 8	
Bacon or processed meat Crisps	no times a week = 1 1-2 times a week = 2 3-5 times a week = 5 6 or more times a week = 6	
Milk amount	less than a quarter pint a day = 1 about a quarter pint a day = 2 about half a pint a day = 3 1 pint or more a day = 4	
Milk type	full cream = 3 semi-skimmed = 2 skimmed = 1	
<b>Sugary food scores (possible range 3-16)</b>		
Biscuits Chocolate and sweets	less than once a day = 1 1-2 times a day = 2 3-5 times a day = 4 6 or more times a day = 6	Scores for biscuits + chocolate and sweets + sugary drinks
Sugary drinks	less than once a day = 1 1-2 times a day = 2 3-5 times a day = 3 6 or more times a day = 4	
<b>Fruit and vegetables score (possible range 0.5-6)</b>		
Fruit and vegetables	less than once a day = 0.5 1-2 times a day = 1.5 3-5 times a day = 4 6 or more times a day = 6	