

Dietary Guidelines for Australian Adults	Indicator and Description	Composite Sub Scores ^a
To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious foods and drinks to meet energy needs	Measure of unhealthy choices, Discretionary foods: frequency of consumption of discretionary foods per day.	Discretionary Foods/day: Male: 0 serves/d = 10, 0.1-2.9 = 7.5 3 = 5 3.1-5.9 = 2.5 ≥6 serves = 0 Female: 0 serves = 10, 0.1-2.4 = 7.5; 2.5 = 5; 2.6-4.9 = 2.5 ≥5 serves = 0
Eat plenty of vegetables of different types and colors and legumes/beans	Total Vegetables: servings of vegetables and legumes per day. Variety of vegetable servings/day	Total vegetable serves per day Male: ≥6 serves = 5, ≥4.8 < 6 serves = 4, ≥3.6 < 4.8 serves = 3, ≥2.4 < 3.6 = 2, ≥1.0 < 2.4 serves = 1, No vegetables = 0 Female: ≥ 5 serves = 5, ≥4 < 5 serves = 4, ≥3 < 4 serves = 3 ≥2 < 3 serves = 2, ≥1 < 2 serves = 1, No vegetables = 0 Vegetable variety score/day: ≥1 serve green = 1, ≥1 serve orange = 1, ≥1 serve of cruciferous = 1, ≥1 serve of tuber or bulb = 1, ≥0.5 serves of legumes = 1
Enjoy a wide variety of fruits	Fruit servings of fruit per day; Variety of fruit servings/day	Total Fruit serves per day: ≥2 serves = 5, ≥1.5 < 2 serves = 3.75, ≥1 < 1.5 serves = 2.5, ≥0.5 < 1 serves = 1.25, ≥0 < 0.5 serves = 0 Fruit variety score/day 2 OR MORE varieties 5 points
Enjoy a wide variety of grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley	Whole grains Refined grains Cereals: frequency of consumption of breads and cereals per day. Whole grain cereals: proportion of wholemeal/whole grain bread consumed relative to total bread.	Total cereals serves/d: 6 serves = 5, 5 serves = 4.17, 4 serves = 3.34, 3 serves = 2.5, 2 serves = 1.67, 1 serve = 0.84 Whole-grain cereal serves/d: ≥ 3 serves = 5, ≥2.5 < 3 serves = 4, ≥2 < 2.5 serves = 3, ≥1.5 < 2 serves = 2, 1 ≤ 1.5 serve = 1, No wholegrain = 0

Enjoy a wide variety of lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Total protein foods, Seafood and plant proteins, Lean meat and meat alternatives: frequency of consumption of lean meats and alternatives per day.

Meat/Meat Alternative serves/day
Male:

≥ 3 serves = 10,
≥ 2.5 serves = 8,
≥ 2 serves = 6,
≥ 1.5 serves = 4,
≥ 1 serves = 2,
≤ 0.5 serves = 0

Female:

≥ 2.5 serves = 10,
≥ 2 serves = 8,
≥ 1.5 serves = 6,
≥ 1 serves = 4,
≥ 0.5 serves = 2,

No Meat/Meat Alternative = 0

Enjoy a wide variety of milk, yoghurt, cheese and/or their alternatives mostly reduced fat

Dairy consumption Dairy foods/alternatives: frequency of consumption of dairy products per day

Dairy/Dairy alternatives/day:

≥ 2.5 serves = 5,
≥ 2 serves = 4,
≥ 1.5 serves = 3,
≥ 1 serves = 2,
≥ 0.5 serves = 1,

No Dairy/Dairy Alternative = 0

Low fat dairy score

Mainly skim or low fat milk consumed = 5

Soy milk consumed = 2.5

Full fat milk consumed = 0

Low-fat/reduced-fat dairy: type of milk usually consumed.

Drink plenty of water^b

Fluids: Number of cups of water consumed per day

Cups of water/day

>9 cups/day = 5,
8-9 cups/day = 4,
6-7 cups/day = 3,
4-5 cups/day = 2,
2-3 cups/day = 1
0-1 = 0,

NOTE only scored out of 5

Limit intake of foods high in saturated fat and replace high fat foods with foods which contain predominately PUFA and MUFA

Consumption of high saturated of fat, nutrient low-density foods and fatty acids.

Saturated fat ≤ 10% of energy = 5,
>10% to 12% = 2.5 of energy >12% total energy = 0,

PUFA and MUFA

Males

4 serves = 5
3 to <4 serves = 3.75
2 to <3 serves = 2.5;
1 to <2 serve = 1.25;
0 to <1 serves = 0

Females

2 serves = 5
1.5 to <2 = 3.75
1 to <1.5 serves = 2.5;
0.5 to < 1 serve = 1.25;
0 to <0.5 serves = 0

Choose lower sodium options and do not add salt to foods in cooking or at the table

Sodium: total sodium intake excluding salt added in cooking and at table

Sodium/day:

0-≤70mmol (920-1610mg) = 10.,
70-≤100mmol (1610-2300mg) = 5
≥100mmol (2300mg) of Na/day = 0
<15% total energy = 10
>15- <20% total energy = 5
>20% energy = 0

Limit intake of foods containing added sugars^c

Percentage of energy from Total sugar

If you choose to drink alcohol, limit intake

Encourage, support and promote breastfeeding.

Care for your food; prepare and store it safely.

Alcohol: frequency of consumption of all alcoholic beverages per day.

Not Scored; subjects not pregnant or breast feeding

Not Scored; not adequately measured

≤ 2 per day = 5

>2 per day = 0

^a Servings unless otherwise indicated. Participants with intakes between the maximum and minimum amount were assigned scores proportionately.

^b No quantitative Australian guidelines currently exist. Maximum score cut-offs are based on response categories of short question on water intake in TXT2BFiT baseline survey.

^c Scored based on total sugar intake as DQESv2 does not measure intake of added sugars, maximum cut-offs are based on the World Health Organization (WHO) guidelines for total sugars informed by two systematic reviews [1,2]

References

1. Te Morenga L, Mallard S, Mann J. Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. *BMJ*. 2013;346:e7492. DOI: <http://dx.doi.org.ezproxy1.library.usyd.edu.au/10.1136/bmj.e7492>
2. Moynihan P, Kelly S. Effect on Caries of Restricting Sugars Intake Systematic Review to Inform WHO Guidelines. *J Dent Res*.2014;93(1): 8–18. DOI: 10.1177/0022034514526408