

Food Selection Score Card
For the Person over Six Years of Age

Note:—This score card emphasizes the need of certain essential foods in a well-selected diet. It is not intended to represent a complete diet. Moderate amounts of fats, sweets, and other desirable foods should be added to the foods listed below. An average serving of vegetables, fruits, or cereals is one-half cup. Servings will be smaller for children under six years.

Maximum Score	Credits	Score by days
20	Milk: Adults 1/2 pint 10, 3/4 pint 15, 1 pint 20	
40	Vegetables and Fruits: Vegetables-- 1 serving 5, 2 servings 10, 3 servings 15 (Potatoes may be included as one serving) If leafy vegetable is included, extra credit 5 Fruits-- 1 serving 10, 2 servings 15 If raw fruit or vegetables or canned tomato is included, extra credit 5	
15	Cheese, Eggs, Meat, Dried Beans or Peas: 1 serving of any one of above 10 1 serving each of any two of above 15	
15	Whole Grain Products: 1 serving 10 2 servings 15	
10	Water (total liquid): Adults 1 1/2 quarts 5, 2 quarts 10 Children 1 quart 5, 1 1/2 quarts 10	
100	Total Credits.....	
	Deductions	
	Use of tea or coffee for children, 10	
	Use of over 2 cups of tea or coffee, or both, for adults, 10	
	Eating sweets between meals, 10	
	Total Deductions.....	
	Total Score.....	

