

What Your Score Indicates

If your final score is between 85 and 100, with not less than 10 credits under each point, your food selection has been good. A score of 75 or 85 indicates a fair standard. Credits below 75 indicate a low standard.

Explanation of Terms



Milk includes whole milk for children. Skim or buttermilk may be included for adults, provided butter is eaten. Count milk cooked in food and that taken as a beverage.



Vegetables include all foods commonly known as vegetables.



Leafy Vegetables include cabbage, lettuce, and similar vegetables. Extra credit is given because of special value.



Fruits include all foods commonly known as fruits. Since tomatoes are botanically fruits and are similar to oranges in value, they may be counted either as vegetables or as fruits.



Raw Fruits and Vegetables and Canned or Fresh Tomatoes are given extra credit because of their special value.



Grain Products include all breakfast foods, breads, and other flour products. The whole grains are those containing all or most of the coating of the grain. Most dark colored cereals are in this class.



Water includes liquid in milk or in any beverage or soup, in addition to plain water.



Sweets include all confections, cake, and foods made with considerable sugar or syrup.



Meat includes fish, game, and poultry, but does not include bacon or salt pork, which are classified as fats.



Dried Beans and Peas do not contain as efficient proteins as do the animal protein foods. They are valuable to supplement these foods as sources of protein.

