

GDQS and GDQS Sub-Metric Food Groups and Scoring

Inclusion in Metrics	Scoring Classification	Food Group	Categories of Consumed Amounts (g/day)				Points Assigned			
			Low	Middle	High	Very High	Low	Middle	High	Very High
GDQS and GDQS+	Healthy	Citrus fruits	<24	24–69	>69		0	1	2	
		Deep orange fruits	<25	25–123	>123		0	1	2	
		Other fruits	<27	27–107	>107		0	1	2	
		Dark green leafy vegetables	<13	13–37	>37		0	2	4	
		Cruciferous vegetables	<13	13–36	>36		0	0.25	0.5	
		Deep orange vegetables	<9	9–45	>45		0	0.25	0.5	
		Other vegetables	<23	23–114	>114		0	0.25	0.5	
		Legumes	<9	9–42	>42		0	2	4	
		Deep orange tubers	<12	12–63	>63		0	0.25	0.5	
		Nuts and seeds	<7	7–13	>13		0	2	4	
		Whole grains	<8	8–13	>13		0	1	2	
		Liquid oils	<2	2–7.5	>7.5		0	1	2	
		Fish and shellfish	<14	14–71	>71		0	1	2	
		Poultry and game meat	<16	16–44	>44		0	1	2	
		Low-fat dairy	<33	33–132	>132		0	1	2	
		Eggs	<6	6–32	>32		0	1	2	
		GDQS and GDQS–	Unhealthy in excessive amounts	High-fat dairy* (in milk equivalents)	<35	35–142	>142–734	>734	0	1
Red meat	<9			9–46	>46		0	1	0	
Unhealthy	Processed meat		<9	9–30	>30		2	1	0	
	Refined grains and baked goods		<7	7–33	>33		2	1	0	
	Sweets and ice cream		<13	13–37	>37		2	1	0	
	Sugar-sweetened beverages		<57	57–180	>180		2	1	0	
	Juice		<36	36–144	>144		2	1	0	
	White roots and tubers		<27	27–107	>107		2	1	0	
Purchased deep fried foods	<9	9–45	>45		2	1	0			

* Hard cheese should be converted to milk equivalents using a conversion factor of 6.1 when calculating total consumption of high-fat dairy for the purpose of assigning a GDQS consumption category. Refer to Annexes 2, 3, and 4, respectively, for details on how to apply this conversion factor appropriately, according to whether a quantitative 24-hour dietary recall survey, a FFQ, or the GDQS app was used to collect the data.

Reference: Table adapted from Table 3 in Bromage S, Batis C, Bhupathiraju SN, Fawzi WW, Fung TT, Li Y, Deitchler M, Angulo E, Birk N, Castellanos-Gutiérrez A, Fang T, He Y, Matsuzaki M, Zhang Y, Moursi M, Gicevic S, Holmes MD, Isanaka S, Kinra S, Sachs SE, Stampfer MJ, Stern D, Willett WC. Development and validation of a novel food-based Global Diet Quality Score. Manuscript submitted in February 2021 for publication consideration in a *Journal of Nutrition* Supplement: “The Global Diet Quality Score (GDQS): A New Method to Collect and Analyze Population-Based Data on Diet Quality.”