

VitaScore

A NEW APPROACH. Meal related risk indicator based on the Global Burden of Disease project's results.



Menus with at least 20% less diet related risk points earn the Vita Score Award.

Dietary Risk Factors

Each meal counts. We look at 8 diet related risk factors. Better ingredients score less risk points.



Diet low in Whole Grains
between 100 g and 150 g per day



Diet low in Fruits
between 200 g and 300 g per day



Diet low in Nuts and Seeds
between 16 g and 25 g per day



Diet high in Salt
between 1 g and 5 g per day



Diet low in Vegetables
between 290 g and 430 g per day



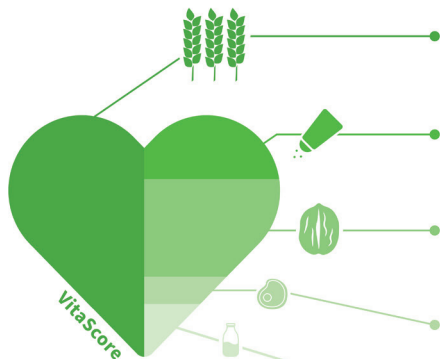
Diet high in Processed Meat
between 0 g and 4 g per day



Diet high in Red Meat
between 16 g and 25 g per day



Diet low in Milk
between 350 g and 520 g per day



Whole grains



64.4 DALY



28.7 DALY

Salt



0.63 DALY



16.4 DALY



1.7 DALY

Nuts and seeds



21.3 DALY



13.5 DALY

Red meat



1.7 DALY



4.6 DALY

Milk



6.48 DALY



For a Swiss woman between 15-49 years.
DALY are given per 100'000 people.