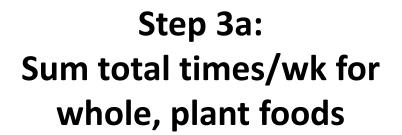
Figure 1: Scoring the ACLM Diet Screener

#### Step 1: **Convert responses for all** line items to times/wk

- Step 2: Sum total times/wk for 20 food items\*







- *Never*=0 times/wk
- < once per wk=0.5 times/wk</li>
- 1-3 times/wk=2 times/wk
- 4-6 times/wk=5 times/wk
- *1-2 times/day*=10.5 times/wk
- 3+ times/day=21 times/wk

- Fruit
- Leafy green vegetables
- Other vegetables or vegetable dishes
- Whole grains or whole grain products
- Refined grains or refined grain products
- Beans/legumes, or products made from them
- Nuts, nut butters, seeds, avocado, or coconut
- Meat or poultry or meat-based dishes
- Fish or shellfish or seafood-based dishes
- Eggs or egg-based dishes
- Dairy milk
- Other dairy foods
- Packaged "meat" or "dairy" replacement/ alternatives
- Packaged/prepared foods or frozen meals
- Restaurant/takeout foods
- Fast foods
- Packaged bars, shakes, or powders
- Salty snacks or foods w/added salt
- Sweetened foods or foods w/ added sugar
- Fried foods or foods w/ added butter, fats, or oil

- Fruit
- Leafy green vegetables
- Other vegetables or vegetable dishes
- Whole grains or whole grain products
- Beans/legumes, or products made from them
- Nuts, nut butters, seeds, avocado, or coconut



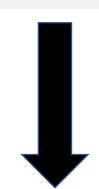
## Step 4a: **Calculate proportion of** whole, plant foods out of total food items

Whole, plant foods (step 3)

Total food items (step 2)

## Step 3b: Sum total times/wk for 7 beverage items

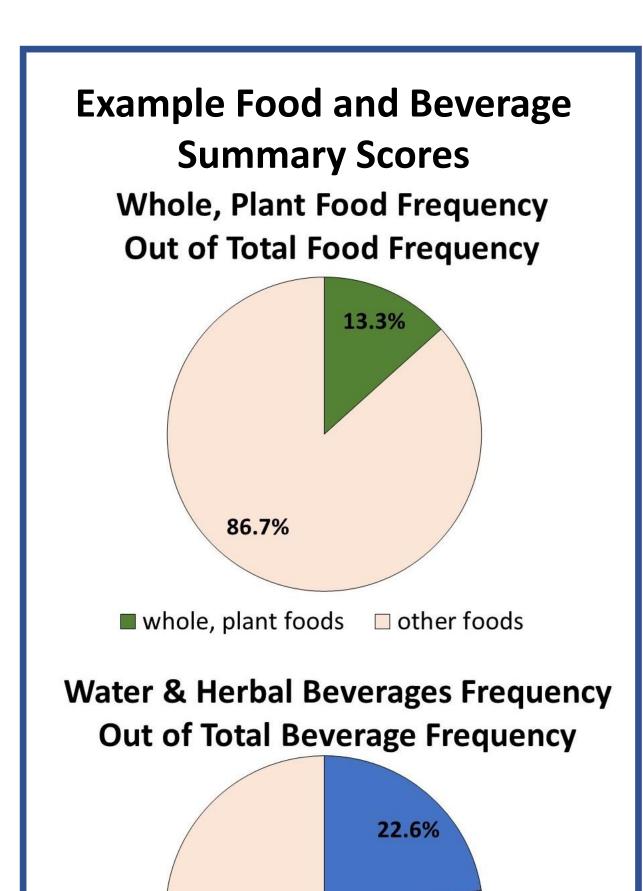
- Water or plain herbal beverages
- Dairy milk
- Non-dairy milk
- 100% juice (fruit or vegetable)
- Beverages with added sugars/ sweeteners
- Coffee or other caffeinated beverages
- Alcoholic beverages



## Step 4b: **Calculate proportion of** water out of total beverage items

Water or plain herbal beverages

Total beverage items (step 4)



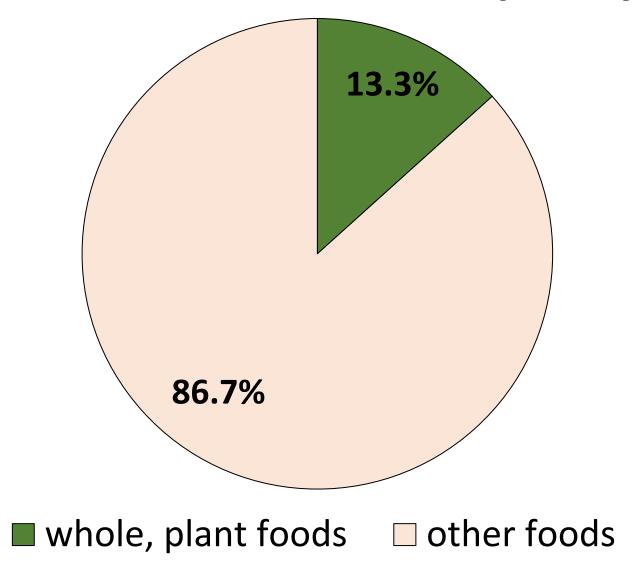
77.4%

other beverages

water, herbal beverages

<sup>\*</sup>B12 is not used in scoring calculations

# Whole, Plant Food Frequency Out of Total Food Frequency



Water & Herbal Beverages Frequency
Out of Total Beverage Frequency

