

Appendix 1 Healthy Diet Score (HDS) for Republic of Srpska

Nutrient or food group	Items giving 1 point	Max food score*
Vegetables	≥1 serving of vegetables/day; ≥1/week cooked potatoes; ≥1/week fresh vegetables; ≥1/week other vegetables (frozen, canned)	4
Fruits	≥1 serving of fruit or 1 fruit/day; ≥1/week fruit or vegetable juice; ≥1/week fresh fruit; ≥1/week frozen, canned fruit	4
Protein foods	≥1 week nuts (walnuts, almonds, hazelnuts); 1-5/week pork, beef, lamb; 1-5/week chicken; 1-5/week fish; ≥1/week beans, soybeans, peas; use up to 2 eggs per week	6
Cereals	≥1/week half-white bread; ≥1/week brown bread; ≥1/week other types of bread (integral, rye ..); ≥4slices of bread/day; ≥1/week rice, pasta; ≥1/week cereals	6
Milk and dairy products	Consuming skimmed or partially skimmed milk; full-fat cheese ≤1/week; consuming ≥500mL/day	3
Fats	use margarine with polyunsaturated and monounsaturated acids; does not use fat for food preparation or use vegetable oil	2
Alcohol	Drinking beer/wine/spirits ≤2-3 times/week; maximum of 1-2 glasses/day (beer 355 milliliters; wine: 148 milliliters, distilled spirits 44 milliliters)	2
"Junk food"	Never consuming or not once in the last week four subgroups: fried potatoes; crisps and snacks; food purchased in fast food restaurant (patés, muffins, pies, pizza ..); meat products	4
Sweets and refreshing soft drinks	Never consuming or not once in the last week: cakes and biscuits; candy (sweets, chocolate); sweetened soft drinks (carbonated/non-carbonated soft drinks, hot chocolate); dried fruits	4
Salt	Never add salt to food on the table	1
Regularly consuming meals	Daily consumption of breakfast; daily consumption of three main meals	2
Total		38

*Recommended by WHO