
FOOD SCORING SYSTEMS COMPARED

These food scoring systems use numerous factors to rate foods according to their overall healthfulness.

PROFILING SYSTEM

FACTORS USED FOR RATING

Guiding Stars (used by Hannaford supermarkets)

Protein, vitamins A and C, iron, calcium, fiber, total fat, saturated fat, *trans* fat, cholesterol, sodium, added sugar, whole grains

Overall Nutrition Quality Index (ONQI)

Fiber, folate (folic acid), vitamins A, C, D, E, B₆, and B₁₂, potassium, calcium, zinc, omega-3 fatty acids (DHA and EPA), bioflavonoids, carotenoids, magnesium, iron, total fat, saturated fat; *trans* fat, sodium, added sugar, cholesterol, fat quality (ratio of unsaturated to saturated and *trans* fats), protein quality (amino acid content), energy density (number of calories per serving), glycemic load

Note: This information comes from www.hannaford.com, the Hannaford Web site, and from www.onqi.com, the portion of the Yale Griffin Prevention Research Center Web site devoted to the Overall Nutrition Quality Index.

Diabetes Self-Management, "Food Scoring For Better Nutrition" by Rita Carey, M.S., R.D., C.D.E.

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