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Article:
Llauradó, E, Albar, SA, Giralt, M et al. (2016) The effect of snacking and eating frequency on dietary quality in British adolescents. European Journal of Nutrition, 55 (4). pp. 1789-1797. ISSN: 1436-6207

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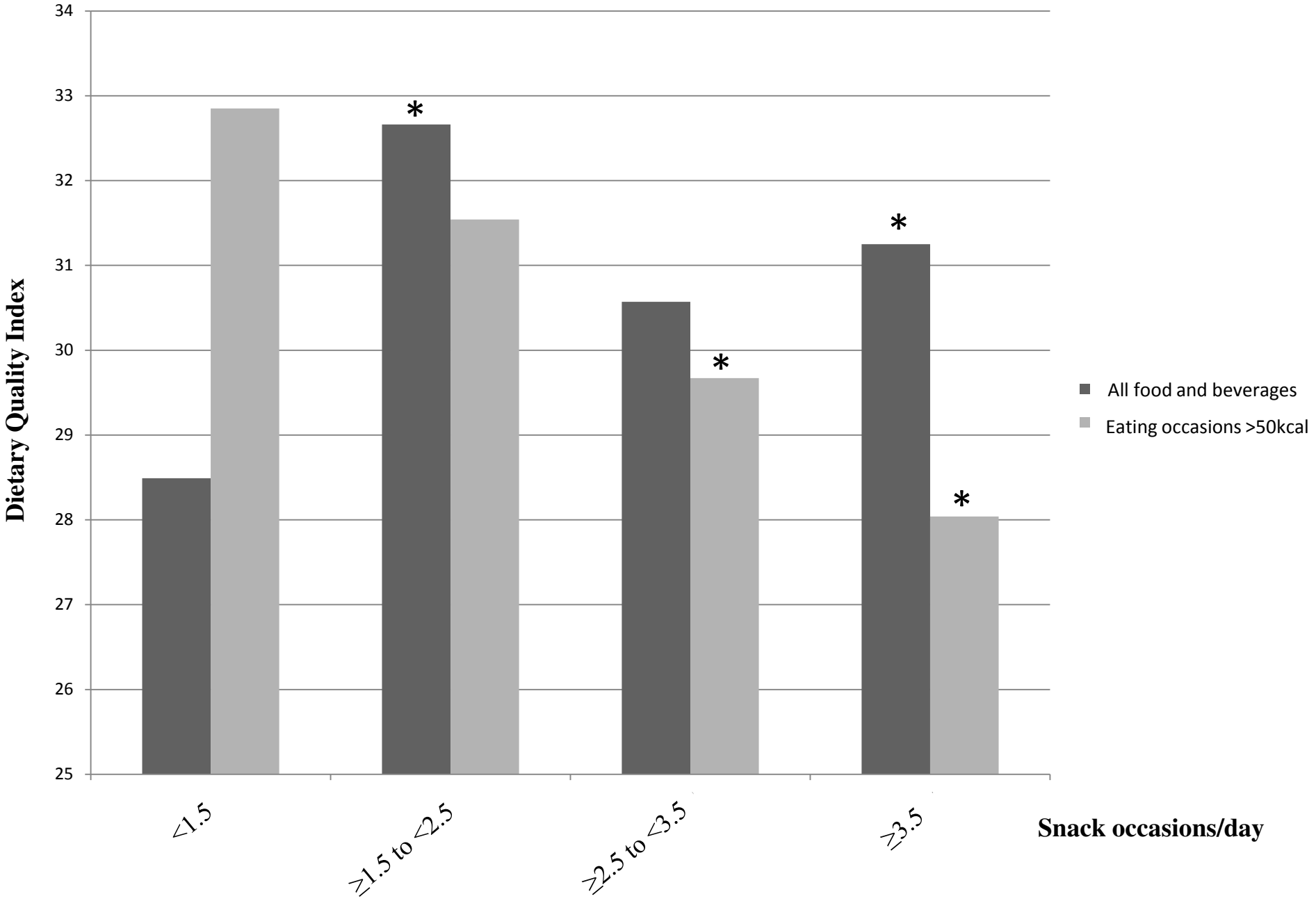
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Dietary Quality Index
*
*
*
*
All food and beverages
Eating occasions >50kcal
<1.5
≥1.5 to <2.5
≥2.5 to <3.5
≥3.5
Snack occasions/day