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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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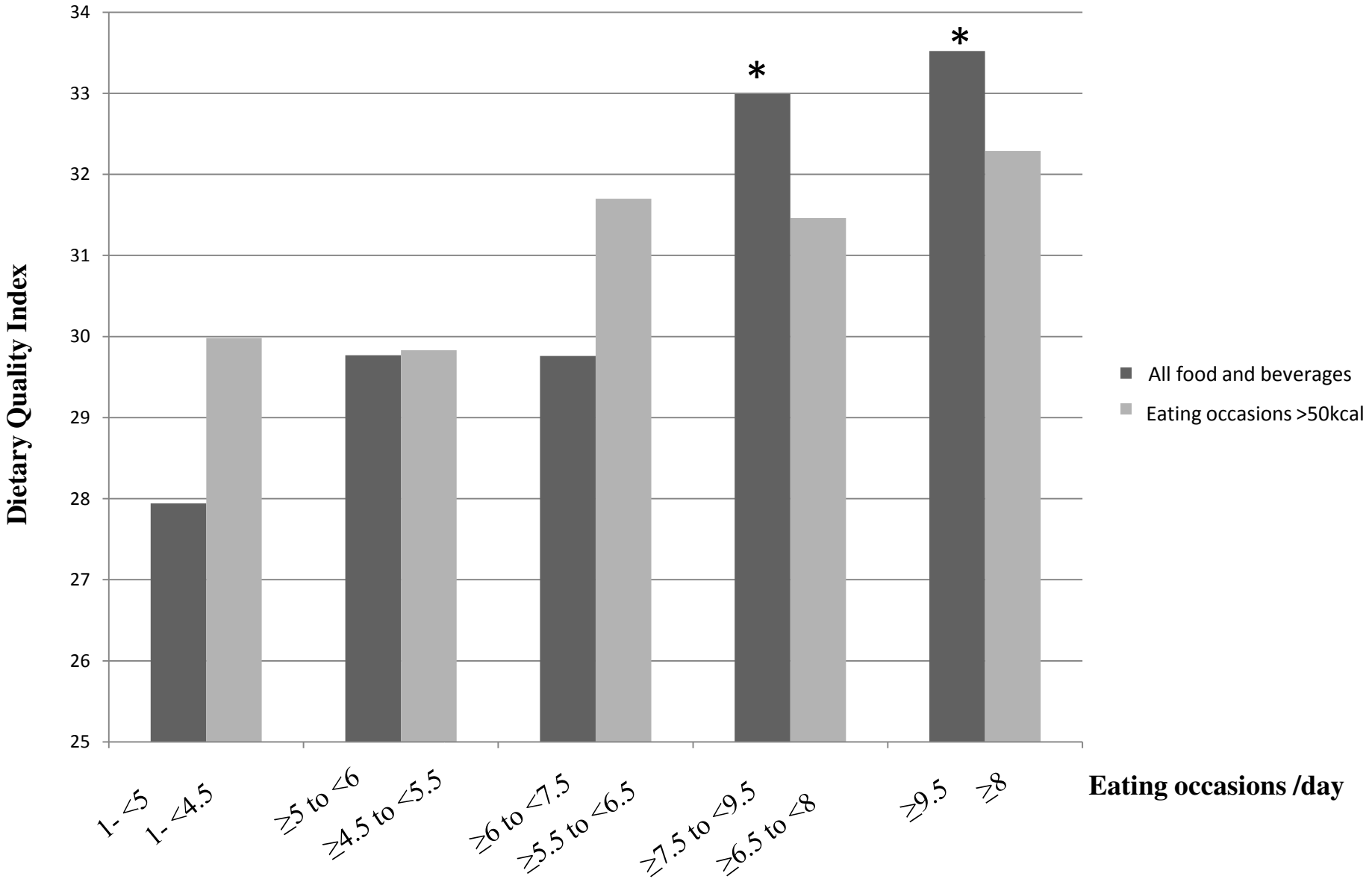
Dietary Quality Index
34
33
32
31
30
29
28
27
26
25
*
*
All food and beverages
Eating occasions >50kcal
1- <5
1- <4.5
≥5 to <6
≥4.5 to <5.5
≥6 to <7.5
≥5.5 to <6.5
≥7.5 to <9.5
≥6.5 to <8
≥9.5
≥8
Eating occasions /day