

# HEI-SGP

## components

**Total fruits (5)**

**Whole fruits (5)**

**Dairy products  
(10)**

**Total grains (10)**

**Whole grains (5)**

**Total fat (10)**

**Dark green  
Leafy  
Orange  
Vegetables(5)**

**Total vegetables  
(10)**

**Total saturated fat  
(10)**

**raw score 90/90**

**Use of antenatal  
supplements (10)**

**Total protein food  
(10)**