

### Model SSCg3d

This is a “simple scoring” system, where points are awarded for the content of eight nutrients in 100g of the food. (In the case of drinks, the criteria apply on the basis of 200g of the food). A maximum of ten points can be awarded for each nutrient. There are three steps to working out the overall score for the food - as follows:

#### Step one: Work out total ‘A’ points

Total ‘A’ points = (points for energy) + (points for saturated fat) + (points for NME sugars) + (points for sodium)

The following table indicates the points scored, depending on the content of each nutrient in 100g of the food:

<b>Points</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Energy (kJ)</b>	≤335	≤670	≤1005	≤1340	≤1675	≤2010	≤2345	≤2680	≤3015	≤3350	>3350
<b>Sat Fat (g)</b>	≤1	≤2	≤3	≤4	≤5	≤6	≤7	≤8	≤9	≤10	>10
<b>NME Sugar (g)</b>	≤2.4	≤4.8	≤7.2	≤9.6	≤12	≤14.4	≤16.8	≤19.2	≤21.6	≤24	>24
<b>Sodium (mg)</b>	≤90	≤180	≤270	≤360	≤450	≤540	≤630	≤720	≤810	≤900	>900

#### Step two: Work out total ‘C’ points

Total ‘C’ points = (points for iron) + (points for calcium) + (points for n-3 PUFAs) + (points for fruit and veg content)

The following table indicates the points scored, depending on the content of each nutrient in 100g of the food:

<b>Points</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Iron (mg)</b>	≤1.5	≤3	≤4.5	≤6	≤7.5	≤9	≤10.5	≤12	≤13.5	≤15	>15
<b>Calcium (mg)</b>	≤105	≤210	≤315	≤420	≤525	≤630	≤735	≤840	≤945	≤1050	>1050
<b>n-3 PUFAs (g)</b>	≤0.05	≤0.1	≤0.15	≤0.2	≤0.25	≤0.3	≤0.35	≤0.4	≤0.45	≤0.5	>0.5
<b>Fruit &amp; Veg (%)</b>	≤30	-	≤50	-	≤70	-	-	-	-	-	100

#### Step three: Work out overall score

Overall score = (total ‘A’ points) minus (total ‘C’ points)

The following table gives the category depending on the overall score

<b>Overall score</b> ⇒	<b>0 or less</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9 or more</b>
<b>Category:</b>	Healthier			Intermediate						Less Healthy