Supplementary figure 2 Example of a DHD15-index score result

Total Advice Progress
Your total score: 99 out of 160

Your diet is fully not in line with the Dutch
Your diet is fully in line with the Dutch
dietary guidelines dietary guidelines

Total dietary advice
Your diet is not yet fully in line with the Dutch guidelines for a healthy diet. You already eat fairly healthy, but several improvements are possible. Under advice you will find tips on how to work towards a healthier diet.

