Each participant is given a 139-item FFQ.
Example: Question 42: Did you eat roast turkey?

If "YES"

How often was food item consumed?
3-4 times per week
Assign corresponding multiplication factor* 3.5

Assume AGE value to food item based on measured AGE content from prior published database
Roast turkey AGE value: 4.2

Calculate weekly AGE score of food item:
Roast turkey weekly AGE score: 4.2 x 3.5 = 14.7

If "NO"

Weekly AGE score for all items in FFQ calculated?

If "YES"

Summate weekly AGE scores for all food items
Total weekly AGE score: 102.6

Calculate daily AGE score
Daily AGE score: 102.6 / 7 = 14.7

Adjust for total caloric intake
Total caloric intake: 2,241 kcal
Final daily AGE score: 14.7 x 2,241 = 6.6

If "NO"

Daily AGE intake for this food item = 0
Move on to next FFQ item

Consumption frequency
Never
1-6 times per year
7-11 times per year
1 time per month
3-3 times per month
1 time per week
2 times per week
3-4 times per week
5-6 times per week
1 time per day
>5 times per day

Multiplication factor
0
0
0
0
1
2
3.5
5.5
7
14