

Think about your diet over the last MONTH.

Please tick or circle the answer that best applies to you.

		Never or very rarely	Once a week or less often	2- 4 times a week	5 - 6 times a week	1 – 2 times a day	3 or more times a day	Score
1.	How often did you eat a portion of vegetables? • Include fresh, tinned and frozen vegetables. A portion is 80g (see the back sheet for what this looks like).							
2.	How often did you eat a portion of fruit? • Include fresh, frozen, tinned and dried fruit. Do not count fruit juices. A portion is 80g (see the back sheet for what this looks like).							
3.	How often did you eat a cake, a sweet pastry like a Danish pastry, a donut or a sweet biscuit?							
4.	How often did you eat some sweets or a bar of chocolate?							
5.	How often did you drink sugary drinks? • Include non-diet fizzy drinks, squashes, mixers, energy drinks, fruit juices or coffee, tea or other hot drinks with sugar or flavoured syrups.							
6.	How often did you use full-fat spread (butter or a full fat margarine) on your bread, potatoes or vegetables?							
		Never or very rarely	Less than once a week	Once a week	2 – 5 times a week	Nearly every day or daily	Twice or more per day	Score
7.	How often did you eat full-fat cheese? Include cheese in sandwiches, on biscuits, in sauces and when used as a topping. • Full fat cheeses include hard cheeses like cheddar, blue cheeses and soft cheeses like brie or cream cheese or full-fat goat cheeses.							
8.	How often did you eat processed meat? Include processed meat in sandwiches, ready meals and if eaten as a snack. • Processed meat includes foods like bacon, ham, spam, sausages, salami or chorizo.							
9.	How often did you eat savoury foods like crisps, corn chips, corn puffs, salted nuts or Bombay mix?							
10.	How often did you eat a savoury pastry? • Think about food like pies, pasties, samosas, sausage rolls or vol-au-vents.							
11.	How often did you eat 'fast foods' from a take-away or in a restaurant? • Think about foods like burgers, fish and chips, fried chicken, donor kebabs, pizza, fried rice or curries with cream or ghee.							
12.	How often did you eat pudding or dessert, apart from fruit, with your meals?							
13.	How often did you drink alcohol?							
14.	How often did you eat oily fish? • Think about fresh or tinned salmon, trout, sardine, mackerel, pilchards, herring or red mullet, or fresh tuna.	Never	Less than once a week	Once a week	Twice or more per week			

Scoring

How many As or Bs?	How many Cs?	How many Ds?	How many Es?	How many Fs?
_____	_____	_____	_____	_____
20	20	20	20	20

What do the scores mean?

As and Bs = **Healthy** dietary choices
Cs and Ds = **Less healthy** dietary choices
Es and Fs = **Unhealthy** dietary choices

Lower scores mean better dietary habits. Look back at the questions where you scored more than D. You can use these as a guide to see where you can make healthy changes.

Use your answers to questions 23, 24 and 25 to think about and discuss how much you want to make changes to your diet and whether you think changes are possible.

I plan to think about these changes...

- 1.

- 2.

- 3.

Notes:

Question 2 (Fruit)	Be aware that more than 3 portions of fruit per day may contribute to raised blood glucose levels.
Question 13 (Alcohol)	Scoring for alcohol does not take into account binge drinking.
Question 14 (Oily fish)	The omega-3 fatty acids are essential and must be consumed in the diet. For vegetarians, or people who dislike oily fish, good alternate sources are rapeseed oil (commonly vegetable oil), flaxseed oil, walnut oil, ground flaxseeds, chia seeds and walnuts, edamame (cooked soy beans) and tofu. If appropriate consider foods fortified with omega-3s, such as omega-3 eggs.
Question 22 (Milk)	If the response is soya, oat, rice or other non dairy milk or no milk you may want to discuss other sources of calcium such as calcium fortified foods, tofu

Portion size guides

Question 1: How often did you eat a portion of vegetables?

A portion of fresh, raw, tinned and frozen vegetables is 80g

These are some examples of what counts as a portion:



2 florets of broccoli or cauliflower or 4 tablespoons green, leafy vegetables



3 heaped tablespoons of cooked vegetables like carrots, peas, okra or courgettes



A dessert or cereal bowl of salad



7 cherry tomatoes

Question 2: How often did you eat a portion of fruit?

A portion of fresh, tinned, frozen or cooked fruit is 80g

These are some examples of what counts as a portion:



1 medium fruit like a banana, apple, orange, pear, peach or nectarine



2 small fruit like plums or satsumas



10 chunks of tinned pineapple



A handful of grapes or berries



A 5cm slice of a large fruit like a melon or pineapple



A tablespoon of dried fruit

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	Never or very rarely	Once a week or less than once a week	2- 4 times a week	5 - 6 times a week	1 – 2 times a day	3 or more times a day
Question 1 (Vegetables)	F	E	D	C	B	A
Question 2 (Fruit)	F	E	D	C	B	A
Question 3 (Cakes, biscuits)	A	B	C	D	E	F
Question 4 (Sweets and chocolate)	A	B	C	D	E	F
Question 5 (Sugary drinks)	A	B	C	D	E	F
Question 6 (Full fat spreads)	A	B	C	D	E	F
	Never or very rarely	Less than once a week	Once a week	2 – 5 times a week	Nearly every day or daily	Twice or more per day
Question 7 (Cheese)	A	B	C	D	E	F
Question 8 (Processed meat)	A	B	C	D	E	F
Question 9 (Crisps and salty snacks)	A	B	C	D	E	F
Question 10 (Pies, pasties and savoury pastries)	A	B	C	D	E	F
Question 11 (Fast food)	A	B	C	D	E	F
Question 12 (Pudding)	A	B	C	D	E	F
Question 13 (Alcohol)	A	A	B	C	E	F
Question 14 (Oily fish)	Never	Less than once a week	Once a week	Twice or more per week		
Question 14 (Oily fish)	F	D	B	A		

UK Diabetes and Diet Questionnaire: Scoring page 2

	Never or very rarely	Less than once a week	Once a week	2 – 4 times a week	5 – 6 times a week	Every day
Question 15 (Regular meals)	F	E	D	C	B	A
Question 16 (Breakfast)	F	E	D	C	B	A
Question 17 (Snacking)	A	B	C	D	E	F
Question 18 (Breads, quantity)	No score. Can be used with question 19, 20 and 21 to discuss wholegrain / fibre intakes.					
Question 19 (High fibre breads)	All of the time	Most of the time	About half the time	Less than half the time	Never	I did not eat bread
	A	B	C	E	F	A
Question 20 (Breakfast cereal)	No score. Can be used with question 19, 20 and 21 to discuss wholegrain / fibre intakes.					
Question 21 (High fibre breakfast cereal)	All of the time	Most of the time	About half the time	Less than half the time	Never	I did not eat cereals
	A	B	C	E	F	A
Question 22 (Type of milk)	Full fat	Semi-skimmed	Skimmed	Mixture	Soya, oat, rice or other non-dairy milk	None
	F	C	A	D	A	A