Supplementary Material 1. MediCul index tool

Name:__________________________  
Assessment:_____________________  
Date:___________________________  
Administrator:___________________

Short Dietary Survey

This is a survey about the food you eat. Read it carefully and identify the amounts that best describe your usual intake over the last six months. It’s important that the answers you provide reflect what you personally eat, rather than what you think you should or shouldn’t be having, or what someone else wants you to eat. When there are options, please choose one response most relevant to you. This survey will take around 20 minutes to complete.

But first, here are two sample questions with sample answers to give you an idea of how the survey works.

Sample Question 1: How often do you eat jelly beans? (Jelly beans of all colours are included).

Sample Response 1: If you usually don’t eat any eat jelly beans, or do this rarely, you would skip the first two options and tick the last option box, like this.

_______ times per day

OR

_______ times per week

OR

☑️ I don’t eat jelly beans
Sample Question 2: How many serves specifically of Lebanese bread do you usually eat each day? (1 serve is one quarter of a large Lebanese bread, which is the size of a dinner plate).

Sample Response 2: If you usually eat one whole Lebanese bread for lunch and another half a Lebanese bread for dinner, you would write 6 serves in the first option, like this.

___6____ serves per day

OR

________ serves per week

OR

________ serves per month

OR

☐ I don’t eat Lebanese bread
Now it’s over to you. Please start with the first question below.

Remember, your answers should represent your usual intake over the last six months.

1. How many serves of vegetables do you usually eat each day? (1 serve is ½ cup cooked vegetables or 1 cup of salad vegetables). Please choose one response most relevant to you.

   _______ serves per day

   OR

   _______ serves per week

   OR

   _______ serves per month

   □ I don’t eat vegetables or salad

2. How many different types of vegetables do you usually eat in one week? Count each type only once.

   _______ different vegetables are eaten over the week

3. How often do you usually eat raw vegetables such as salads, carrot sticks, and sprouts? Don’t count small garnishes. Please choose one response most relevant to you.

   _______ times per day

   OR

   _______ times per week

   OR

   _______ times per month

   OR

   □ I don’t eat raw vegetables
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4. How many times per week do you usually eat raw or cooked green vegetables? Write a number next to each of the two groups below. Place a ‘0’ (zero) on the line if you don’t usually eat any greens on a weekly basis. SEE PICTURE BELOW FOR EXAMPLES OF DARK GREEN LEAFY VEGETABLES.

______ times per week of broccoli, peas, beans, zucchini, Brussels sprouts, cabbage, bok choy
AND
______ times per week of dark green leafy varieties such as kale, spinach, silverbeet, amaranth, dandelion, chicory, endive, rocket

5. How often do you usually eat onions, garlic, spring onions or shallots? Count those used in cooking and eaten raw in salads. Please choose one response most relevant to you.

______ times per day
OR
______ times per week
OR
______ times per month
OR
☐ I don’t eat onions, garlic, spring onions or shallots

6. How many times per week do you usually eat dishes cooked in a sauce made with tomato and onion simmered in olive oil? The sauce may also include garlic and herbs. (Exclude canned/bottled tomato sauces if onion and olive oil are not used). Please choose one response most relevant to you.

______ times per week
OR
______ times per month
OR
☐ I don’t eat dishes cooked in a sauce made with tomato and onion simmered in olive oil
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7. How often do you usually eat hot chips, French fries, wedges or fried potatoes? Please choose one response most relevant to you.
   _______ times per day
   OR
   _______ times per week
   OR
   _______ times per month
   OR
   ☐ I don’t eat hot chips, French fries wedges or fried potatoes

8. Do you grow any of your own vegetables?
   ☐ No
   OR
   ☐ Yes

9. How often do you usually use herbs or spices? For example, in cooking, salad or dessert. This includes fresh or dried varieties such as parsley, oregano, cinnamon, cumin, pepper etc. Please choose one response most relevant to you.
   _______ times per day
   OR
   _______ times per week
   OR
   _______ times per month
   OR
   ☐ I don’t use herbs or spices
10. How often do you usually use lemon or vinegar when preparing food? For example, to make salad dressing, stirred into soup or for basting meat or seasoning vegetables before roasting. Please choose one response most relevant to you.

________ times per day
OR
________ times per week
OR
________ times per month
OR
☐ I don’t use lemon or vinegar when preparing food

11. How often do you usually eat olives? This includes black, green, kalamata or stuffed olives and tapenade (a paste) made from olives. Please choose one response most relevant to you.

_______ times per day
OR
_______ times per week
OR
_______ times per month
OR
☐ I don’t eat olives or tapenade

12. How many serves of fruit do you usually eat each day? Do not count juice. (1 serve is 1 medium piece or 2 small pieces of fruit or 1 cup of diced/canned fruit or 30 g dried fruit e.g. 4 dried apricot halves, 1 ½ tablespoons sultanas). Please choose one response most relevant to you.

_______ serves per day
OR
_______ serves per week
OR
_______ serves per month
OR
☐ I don’t eat fruit
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13. How many serves of red meat such as beef, veal, lamb, kangaroo or pork do you usually eat each day? Include all steaks, chops, roasts, mince, stir-fries and casseroles. (1 serve equals 100-150 g). Please choose one response most relevant to you.

________ serves per day
OR
________ serves per week
OR
________ serves per month
OR
☐ I don’t eat red meat

14. How many serves of processed meat such as sausages, bacon, ham, devon, frankfurts, salami, luncheon meats or meat pies do you usually eat each day? (1 serve equals 1 ½ thick or 2 thinner sausages, 2 rashers bacon, 4 slices processed meats (100 g), 1 meat pie/pastie/ sausage roll, 6 chicken nuggets). Please choose one response most relevant to you.

________ serves per day
OR
________ serves per week
OR
________ serves per month
OR
☐ I don’t eat processed meat

15. How many serves of white meat such as chicken, turkey or rabbit do you usually eat each day? Include all fillets, pieces, roasts, mince, stir-fries and casseroles. (1 serve is 100-150 g). Please choose one response most relevant to you.

________ serves per day
OR
________ serves per week
OR
________ serves per month
OR
☐ I don’t eat white meat
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16. How many serves of fish or shellfish do you usually eat each week? Include fresh and canned. (1 serve is 1 small fish fillet or 1 small can of fish or 200 g shellfish). Please choose one response most relevant to you.

________ serves per day
OR
________ serves per week
OR
________ serves per month
OR

☐ I don’t eat fish or shellfish

17. Which do you usually eat more often? Please choose one response most relevant to you.

☐ Chicken, turkey or rabbit
OR
☐ Beef, pork, hamburgers or sausages
OR
☐ I don’t eat chicken or meat

18. How many eggs do you usually eat each day? Please choose one response most relevant to you.

________ per day
OR
________ per week
OR
________ per month
OR

☐ I don’t eat eggs
19. How many serves of legumes do you usually eat each day? Legumes include baked beans, canned 4-bean mix, lentils, split peas, chickpeas and any other canned or dried beans. (1 serve is 1 cup (150 g) cooked or canned beans). They do not include fresh peas and green beans. Please choose one response most relevant to you. SEE PICTURE BELOW FOR EXAMPLES.

________ serves per day

OR

________ serves per week

OR

________ serves per month

OR

☐ I don’t eat legumes

20. How many times per week do you usually eat each of the following types of bread or wraps? Don’t worry about amounts. Place a ‘0’ (zero) on the line if you don’t usually eat certain types of bread or wraps.

_______ times per week white e.g. Tip Top, Wonder White, Molenberg

_______ times per week wholegrain e.g. Burgen, Helga’s, Schwob’s Swiss Bakery

_______ times per week wholemeal e.g. Buttercup, Glicks, Bill’s, Lawson’s

_______ times per week rye e.g. Country Life, Abbott’s Village Bakery, Van Der Meulin

_______ times per week sourdough e.g. Coles Bakery, Bill’s, Macro, Woolworths
21. How many serves of dairy products do you usually eat each day? (1 serve is 1 cup milk (250 ml), 2 slices hard cheese (40 g), ½ cup (120 g) ricotta/cottage, 80 g fetta cheese or 200 g (¾ cup) yoghurt). Don’t count dairy alternatives such as rice milk or soy yoghurt. Please choose one response most relevant to you.

________ serves per day
OR
________ serves per week
OR
________ serves per month
OR
□ I don’t eat dairy products

22. What type of milk do you usually have? Please choose one response most relevant to you.
□ Regular dairy milk (whole or full cream)
OR
□ Low or reduced fat dairy milk
OR
□ Skim dairy milk
OR
□ Other (please specify) ________________________
OR
□ I don’t have milk

23. How often do you usually eat the fermented dairy products below? Please choose one response most relevant to you.
   a) Yoghurt? This includes low fat, full cream, Greek yoghurt, probiotic yoghurt, fruit yoghurt and kefir.

      _________ times per day
      OR
      _________ times per week
      OR
      _________ times per month
      OR
      □ I don’t eat yoghurt
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b) Fetta cheese?

________ times per day
OR
________ times per week
OR
________ times per month
OR
□ I don’t eat fetta cheese

24. How many serves of nuts do you usually consume per day or per week? Nuts include peanuts, walnuts, Brazil nuts, cashews etc. (1 serve is 30 g nuts or a small handful, or 1 ½ tablespoons nut paste/peanut butter). SEE PICTURE FOR EXAMPLES.

________ serves per day
OR
________ serves per week
OR
________ serves per month
OR
□ I don’t eat nuts

25. How many days per week do you usually use each of the following fats and oils? Fats and oils may be used in your cooking, as spreads or on salads. Don’t worry about amounts. Place a ‘0’ (zero) on the line if you don’t usually eat certain types of fats/oils.

________ days per week butter
________ days per week margarine
________ days per week mayonnaise
________ days per week vegetable oil e.g. sunflower, grapeseed, canola, rice bran
________ days per week olive oil
26. How many serves of butter or cream do you usually eat each day? (1 serve is 1 teaspoon). Please choose one response most relevant to you.

_______ serves per day
OR
_______ serves per week
OR
_______ serves per month
OR
☐ I don’t eat butter or cream

27. How many serves of margarine do you usually eat each day? (1 serve is 1 teaspoon). This includes all types/brands of margarine such as those formulated with olive oil, plant sterols and omega-3. For example, Flora, Meadow Lea, Olive Grove, Bertolli, Gold N Canola, Logical. Please choose one response most relevant to you.

_______ serves per day
OR
_______ serves per week
OR
_______ serves per month
OR
☐ I don’t eat margarine

28. How many tablespoons of olive oil do you usually eat each day? This includes oil used in cooking, drizzled on salads or bread and food eaten away from home)? (1 tablespoon = 20 ml). Please choose one response most relevant to you.

_______ tablespoons per day
OR
_______ tablespoons per week
OR
_______ tablespoons per month
OR
☐ I don’t use olive oil
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29. a) Do you use olive oil as the main fat in your diet when considering all the types of fats/oils/spreads used in your cooking, food preparation and on your bread?

☐ No

OR

☐ Yes

b) If yes, what type of olive oil do you usually use? Please choose one response most relevant to you.

☐ Light

OR

☐ Classic/Mild/Pure

OR

☐ Extra Virgin

OR

☐ Other (please specify)______________________

You are over half way through the survey – we really appreciate your time 😊

30. How often do you usually have meals or snacks from takeaway food stores? Examples include McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster, fish/chicken shop or local take away food places and foods such as burgers, pizza, hot dogs, battered chicken or fish and chips.

_______ times per day

OR

_______ times per week

OR

_______ times per month

OR

☐ I don’t eat takeaway foods
31. How many times per day do you eat biscuits or cakes of any type? This includes sweet biscuits, muffins, sponge cakes, sweet buns, doughnuts and Danish pastries. Please choose one response most relevant to you.

_______ times per day
OR
_______ times per week
OR
_______ times per month
OR
☐ I don’t eat biscuits or cakes

32. How many times per week do you usually consume custard or ice cream? Place a ‘0’ (zero) on the line if you don’t usually consume any.

_______ times per week custard
_______ times per week ice cream

33. How many cups of sugar sweetened/carbonated beverages do you usually drink each day? This includes soft drink, cordial, sports drink, vitamin water and energy drink. Don’t forget any used to mix with spirits. (1 cup is 250 ml, 1 can of soft drink is 1.5 cups). Do not count ‘diet’ drinks. Please choose one response most relevant to you.

_______ cups per day
OR
_______ cups per week
OR
_______ cups per month
OR
☐ I don’t drink sugar sweetened/carbonated beverages
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34. How many cups of fruit juice do you usually drink each day? Fruit juice includes all types of fruit juices, fresh or commercial. (1 cup is 250 ml). Please choose one response most relevant to you.

_______ cups per day
OR
_______ cups per week
OR
_______ cups per month
OR
☐ I don’t drink fruit juice (if so, skip the next question)

35. What type of fruit juice do you usually drink? Please choose one response most relevant to you.

☐ Fruit juice commercially packaged in bottles or tetra paks.
OR
☐ Freshly squeezed fruit juice

36. How many cups of water do you usually drink each day? (1 cup is 250 ml; 1 litre equals 4 cups). Please choose one response most relevant to you.

_______ cups per day
OR
_______ cups per week
OR
_______ cups per month
OR
☐ I don’t drink water

37. How many cups of coffee do you usually drink each day? Please choose one response most relevant to you.

_______ cups per day
OR
_______ cups per week
OR
_______ cups per month
OR
☐ I don’t drink coffee
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b) If you drink coffee, which type do you mostly drink?

☐ Caffeinated

OR

☐ De-caffeinated

38. How many cups of tea do you usually drink each day? Please choose one response most relevant to you.

_______ cups per day

OR

_______ cups per week

OR

_______ cups per month

OR

☐ I don’t drink tea (if so, skip the next question)

39. What type of tea do you mostly drink? Please choose one response most relevant to you.

☐ Black tea, with milk

OR

☐ Black tea, no milk

OR

☐ Green tea

OR

☐ Herbal tea (this contains no caffeine)

40. How often do you usually drink alcoholic beverages? Please choose one response most relevant to you.

_______ days per week

OR

_______ days per month

OR

☐ I don’t drink alcoholic beverages (if so, skip the next two questions)
41. a) If you drink full strength beer, how many stubbies/cans (375 ml) do you usually have? Please choose one response most relevant to you.

_______ stubbies/cans per day
OR
_______ stubbies/cans per week
OR
_______ stubbies/cans per month
OR
☐ I don’t drink full strength beer

b) If you drink lite beer, how many stubbies/cans (375 ml) do you usually have? Please choose one response most relevant to you.

_______ stubbies/cans per day
OR
_______ stubbies/cans per week
OR
_______ stubbies/cans per month
OR
☐ I don’t drink lite beer

c) If you drink wine, how many glasses (150 ml) do you usually have? Please choose one response most relevant to you.

_______ glasses per day
OR
_______ glasses per week
OR
_______ glasses per month
OR
☐ I don’t drink wine
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d) If you drink spirits, how many pub-sized nips (30 ml) do you usually have? Please choose one response most relevant to you.

________ nips per day
OR
________ nips per week
OR
________ nips per month
OR
☐ I don’t drink spirits

42. a) If you drink wine, what type do you usually have? (If not, skip this question).

☐ White wine
OR
☐ Red wine

b) When do you usually drink the wine?

☐ Only with main meals
OR
☐ With meals and/or at other times, outside of main meal occasions

Finally, we’d like to ask you a few questions about your personal eating and lifestyle habits as well as the cooking methods used to prepare your food.

43. How often is your main or evening meal cooked at home? This may be prepared by you, your family or your friends.

________ times per week
OR
________ times per month
OR
☐ I don’t eat home cooked meals

44. How many of your main or evening meals do you eat alone (without company)?

________ meals per week
45. During the **warmer weather** how many times per week do you usually eat foods/meals prepared using each of the following cooking methods? Place a ‘0’ (zero) on the line if you don’t use a certain cooking method.

- _______ times per week prepared by grilling, BBQing or dry frying in a pan
- _______ times per week prepared by shallow or deep frying
- _______ times per week prepared by roasting or baking
- _______ times per week prepared by boiling or stewing
- _______ times per week prepared by steaming
- _______ times per week prepared by stir frying

46. During the **cooler weather** how many times per week do you usually eat foods/meals prepared using each of the following cooking methods? Place a ‘0’ (zero) on the line if you don’t use a certain cooking method.

- _______ times per week prepared by grilling, BBQing or dry frying in a pan
- _______ times per week prepared by shallow or deep frying
- _______ times per week prepared by roasting or baking
- _______ times per week prepared by boiling or stewing
- _______ times per week prepared by steaming
- _______ times per week prepared by stir frying

47. a). How many times per day do you usually snack? Snacking is an eating occasion that occurs between main meals. Count snacks such as morning/afternoon tea, supper, eating while driving or while watching TV. If you snack multiple times between meals, count each occasion once if it is separated by 15 minutes.

- _______ times per day

OR

☐ I don’t usually snack between meals or I snack less often than daily

b). If you do snack daily, name the three most frequent types of snacks you usually have.

- ____________________________
- ____________________________
- ____________________________
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48. How often do you usually fast? Fasting means deliberately abstaining from eating all foods or avoiding certain types of foods for given periods. For example Lent, Ramadan, 5:2 diet. It does not mean occasionally skipping meals or missing breakfast.

_______ days per week
OR
_______ days per month
OR
_______ days per year
OR
☐ I don’t fast (if so, skip the next question and go straight to the last question)

49. What option would best describe the type of fasting you usually practise? Please choose one response most relevant to you.

☐ I avoid certain types of foods when I fast e.g. avoid meat and dairy
OR
☐ I restrict the amount of food for a given period e.g. reduce portion sizes or calories
OR
☐ I avoid all foods for a given time period e.g. don’t eat at all during the day
OR
☐ Other (please specify)_______________________________________

50. a). How many days per week do you usually take a nap after lunch?

_______ days per week
OR
☐ I don’t take a nap after lunch (if so, you are finished the survey)

b). If you nap after lunch three days per week or more often, how long do you usually nap for? Please pick one option.

☐ Less than 30 minutes
OR
☐ 30 minutes or longer

Thank you for completing this survey 😊
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