

The UK Diabetes and Diet Questionnaire

Instructions

This questionnaire asks about your diet over the past month.

Answer the questions by circling the letter that is most like your **usual** diet. Write the number of As, Bs, Cs, Ds, Es and Fs you have circled on page 4. You will be able to see whether your diet is healthy or whether you could think about some changes.

There are 24 questions about your diet, please answer them all

You may want to discuss your answers with your health care provider.

Name:

Date:

Think about your diet over the last MONTH. Circle the answer that best applies to you. Put the letter score in the ovals.

1. How often did you eat a portion of vegetables?

Include fresh, tinned and frozen vegetables and pulses like lentils and kidney beans.

Never or very rarely (F)	Once a week or less often (E)	2- 4 times a week (D)	5 - 6 times a week (C)	1 - 2 times a day (B)	3 or more times a day (A)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

2. How often did you eat a portion of fruit? Include fresh, frozen, tinned and dried fruit. Do not count fruit juices.

Never or very rarely (F)	Once a week or less often (E)	2- 4 times a week (D)	5 - 6 times a week (C)	1 - 2 times a day (B)	3 or more times a day (A)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

A portion of vegetables or fresh, frozen or tinned fruit is 80g (2.9oz) or about a handful. These are some examples:



2 florets



3 heaped tablespoons of cooked vegetables



A dessert bowl of salad



7 cherry tomatoes



1 medium fruit



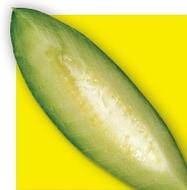
2 small fruits



10 chunks



A handful



A 5cm slice



A tablespoon of dried fruit (30g or 1/2 handful)

3. How often did you eat a cake, a sweet pastry like a Danish pastry, a donut or a sweet biscuit?

Never or very rarely (A)	Once a week or less often (B)	2- 4 times a week (C)	5 - 6 times a week (D)	1 - 2 times a day (E)	3 or more times a day (F)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

4. How often did you eat sweets, chocolate or sugary foods like gulab jamun, halva or sweet popcorn?

Never or very rarely (A)	Once a week or less often (B)	2- 4 times a week (C)	5 - 6 times a week (D)	1 - 2 times a day (E)	3 or more times a day (F)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

5. How often did you drink sugary drinks? Include non-diet fizzy drinks, squashes, mixers, energy drinks, fruit juices, sweetened milk drinks or coffee, tea or other hot drinks with sugar or flavoured syrups.

Never or very rarely (A)	Once a week or less often (B)	2- 4 times a week (C)	5 - 6 times a week (D)	1 - 2 times a day (E)	3 or more times a day (F)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

6. How often did you use butter, full-fat margarine, ghee, lard or coconut oil or palm oil on your bread, potatoes or vegetables or in cooking?

Never or very rarely (A)	Once a week or less often (B)	2- 4 times a week (C)	5 - 6 times a week (D)	1 - 2 times a day (E)	3 or more times a day (F)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

7. How often did you eat oily fish? Think about fresh or tinned salmon, trout, sardine, mackerel, pilchards, herring, red mullet, or fresh tuna.

Never (F)	Less than once a week (E)	Once a week (B)	Twice or more per week (A)
-----------	---------------------------	-----------------	----------------------------

Score:

8. How often did you drink alcohol?

Never or very rarely (A)	Once a week or less often (A)	2- 4 times a week (B)	5 - 6 times a week (C)	1 - 2 times a day (E)	3 or more times a day (F)
--------------------------	-------------------------------	-----------------------	------------------------	-----------------------	---------------------------

Score:

Turn over to answer questions on page 2

Think about your diet over the last MONTH. Circle the answer that best applies to you . Put the letter score in the ovals

9. How often did you eat full-fat cheese? Include cheese in sandwiches, on biscuits, in sauces and when used as a topping. Include hard cheeses like cheddar, blue cheeses and soft cheeses like brie, cream cheese, pannier or full-fat goat cheeses.

Never or very rarely (A)	Less than once a week (B)	1 - 2 times a week (C)	3 - 5 times a week (D)	Nearly every day or daily (E)	Twice or more per day (F)	Score:
--------------------------	---------------------------	------------------------	------------------------	-------------------------------	---------------------------	--------

10. 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.

Never or very rarely (A)	Less than once a week (B)	1 - 2 times a week (C)	3 - 5 times a week (D)	Nearly every day or daily (E)	Twice or more per day (F)	Score:
--------------------------	---------------------------	------------------------	------------------------	-------------------------------	---------------------------	--------

11. How often did you eat savoury foods like crisps, corn chips, corn puffs, salted nuts or Bombay mix?

Never or very rarely (A)	Less than once a week (B)	1 - 2 times a week (C)	3 - 5 times a week (D)	Nearly every day or daily (E)	Twice or more per day (F)	Score:
--------------------------	---------------------------	------------------------	------------------------	-------------------------------	---------------------------	--------

12. How often did you eat a savoury pastry? Think about food like pies, pasties, samosas, sausage rolls, patties or vol-au-vents.

Never or very rarely (A)	Less than once a week (B)	1 - 2 times a week (C)	3 - 5 times a week (D)	Nearly every day or daily (E)	Twice or more per day (F)	Score:
--------------------------	---------------------------	------------------------	------------------------	-------------------------------	---------------------------	--------

13. 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.

Never or very rarely (A)	Less than once a week (B)	1 - 2 times a week (C)	3 - 5 times a week (D)	Nearly every day or daily (E)	Twice or more per day (F)	Score:
--------------------------	---------------------------	------------------------	------------------------	-------------------------------	---------------------------	--------

14. How often did you eat pudding or dessert, apart from fruit, with your meals?

Never or very rarely (A)	Less than once a week (B)	1 - 2 times a week (C)	3 - 5 times a week (D)	Nearly every day or daily (E)	Twice or more per day (F)	Score:
--------------------------	---------------------------	------------------------	------------------------	-------------------------------	---------------------------	--------

15. How often did you have 3 or more regular meals in a day?

Include light meals like a sandwich, a soup and roll or something on toast. Don't include snack times when you ate only a biscuit or cake or a piece of fruit or vegetable sticks or a packet of crisps or piece of cheese.

Never or very rarely (F)	Less than once a week (E)	Once a week (D)	2 - 4 times a week (C)	5-6 times a week (B)	Every day (A)	Score:
--------------------------	---------------------------	-----------------	------------------------	----------------------	---------------	--------

16. How often did you eat breakfast (more than just a drink or one or two sweet biscuits) within about 2 hours of waking?

Never or very rarely (F)	Less than once a week (E)	Once a week (D)	2 - 4 times a week (C)	5-6 times a week (B)	Every day (A)	Score:
--------------------------	---------------------------	-----------------	------------------------	----------------------	---------------	--------

17. How often did you 'snack' or 'pick' on high-fat or high-sugar foods between meals? Think about food like biscuits, chocolate, cakes, crisps, nuts and cheese.

Never or very rarely (A)	Less than once a week (B)	Once a week (C)	2 - 4 times a week (D)	5-6 times a week (E)	Every day (F)	Score:
--------------------------	---------------------------	-----------------	------------------------	----------------------	---------------	--------

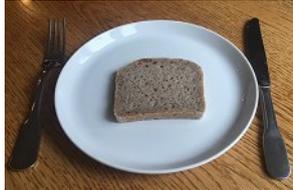
Now answer the questions on page 3

Think about your diet over the last MONTH. Circle the answer that best applies to you. Put the letter score in the ovals.

Each photo is a serving or portion. Use them to help work out how many servings you eat each week or day.



3 tablespoons cereal or porridge (about 30g or 1oz)



Breads (about 28g or 1oz)



2-3 tablespoons cooked rice, cooked pasta or noodles (about 80g or 2.9oz)



18. How often did you eat a portion of bread? Include bread in sandwiches and wraps.

A portion of bread is 1 small slice of bread, a bread roll, half a baguette, a bagel, a pikelet a tortilla wrap, a small naan, a chapatti or a paratha.

Circle the answer that applies. There is no score because there is no most healthy or least healthy choice. Use this question with question 19 to see if bread could be an important source of fibre for you.

Never or very rarely	Once a week or less than once a week	2- 6 times a week	1 – 2 times a day	3 – 4 times a day	More than 4 times a day
----------------------	--------------------------------------	-------------------	-------------------	-------------------	-------------------------

19. When you ate bread did you choose higher fibre breads?

Breads that are high in fibre include wholemeal, granary or wholegrain wheat and rye breads. If you follow a gluten free diet include high fibre gluten free breads.

All of the time (A)	Most of the time (B)	About half the time (C)	Less than half the time (D)	Never (E)	I did not eat bread (no score)
---------------------	----------------------	-------------------------	-----------------------------	-----------	--------------------------------

Score:

20. How often did you eat a bowl of breakfast cereal, porridge or muesli?

Circle the answer that applies. There is no score because there is no most healthy or least healthy choice. Use this question with question 21 to see if cereal could be an important source of fibre for you.

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
----------------------	-----------------------	-------------	--------------------	---------------------------	-----------------------

21. When you ate cereal did you choose higher fibre cereals?

Cereals that are high in fibre include porridge, muesli, Weetabix, Shredded Wheat, multi-grain cereals and wheat or oat bran cereals.

All of the time (A)	Most of the time (B)	About half the time (C)	Less than half the time (D)	Never (E)	I did not eat cereal (no score)
---------------------	----------------------	-------------------------	-----------------------------	-----------	---------------------------------

Score:

22. How often did you eat a serving of rice, pasta or noodles? A serving is 2-3 tablespoons cooked rice, cooked pasta or noodles.

Circle the answer that applies. There is no score because there is no most healthy or least healthy choice. Use this question with question 23 to see if rice, pasta or noodles could be an important source of fibre for you.

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
----------------------	-----------------------	-------------	--------------------	---------------------------	-----------------------

23. When you ate rice, pasta or noodles did you choose brown rice or wholegrain pasta / noodles?

All of the time (A)	Most of the time (B)	About half the time (C)	Less than half the time (D)	Never (E)	I did not eat rice / noodles / pasta (no score)
---------------------	----------------------	-------------------------	-----------------------------	-----------	---

Score:

24. And finally, what type of milk did you usually use, if any?

Full fat (cow, goat or sheep) (F)	Semi-skimmed (cow, goat or sheep) (B)	Skimmed (cow, goat or sheep) (A)	Sometimes full fat, sometimes skimmed or semi skimmed (D)	Soya, oat, rice or other non-dairy milk (A)	None (A)
-----------------------------------	---------------------------------------	----------------------------------	---	---	----------

Score:

Now go to page 4 for scoring

Scoring

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

What do the scores mean?

A and B = Healthy dietary choices
C and D = Less healthy dietary choices
E and F = Unhealthy dietary choices

More As and Bs mean healthier dietary habits. Look back at the questions where you scored E or F. You can use these as a guide to see where you can make healthy changes.

Use your answers to the questions below to think about and discuss how much you want to make changes to your diet and whether you think changes are possible.

25. Are you concerned about your weight?

I am not concerned about my weight	I am a little concerned about my weight	I am moderately concerned about my weight	I am very concerned about my weight
---------------------------------------	--	--	--

26. How important is it to you to change your diet? Not at all important Extremely important

27. How confident are you that you could change your diet? Not at all confident Extremely confident

Notes:

Fruit: Be aware that large portions of fruit in one go MAY contribute to raised blood glucose levels. Spread fruit out evenly through the day.

Oily fish: Contains essential omega-3 fatty acids. For vegetarians, or people who dislike oily fish, the best alternate sources are walnuts, ground linseeds (flaxseeds) and linseed oil. Other sources are rapeseed oil (commonly vegetable oil), walnut oil, chia seeds and edamame (cooked soy beans) and tofu. If appropriate consider foods fortified with omega-3s, such as omega-3 eggs.

Alcohol: Scoring for alcohol does not take into account binge drinking. Drinking more than 14 units of alcohol a week exceeds guidelines. A unit is half a pint beer, a small glass of wine or a single shot of spirits.

Milk: If you drink soya, oat, rice or other non dairy milk or no milk try to include other sources of calcium such as calcium fortified foods and drinks, tofu set with calcium salts, tinned fish with bones, broccoli and spring greens.