

Dietary Screening Tool¹

How often do you usually eat fruit as a snack?

- 0 Never
- 2 Less than once a week
- 4 1 or 2 times a week
- 5 3 or more times a week

How often do you usually eat whole grain breads?

- 0 Never or less than once a week
- 3 1 or 2 times a week
- 5 3 or more times a week

How often do you usually eat whole grain cereals?

- 0 Never or less than once a week
- 3 1 or 2 times a week
- 5 3 or more times a week

How often do you usually eat candy or chocolate?

- 4 Never
- 3 Less than once a week
- 2 1 or 2 times a week
- 0 3 or more times a week

How often do you eat crackers, pretzels, chips, or popcorn?

- 4 Never
- 3 Less than once a week
- 2 1 or 2 times a week
- 0 3 or more times a week

How often do you eat cakes or pies?

- 4 Never
- 3 Less than once a week
- 2 1 or 2 times a week
- 0 3 or more times a week

How often do you eat cookies?

- 4 Never
- 3 Less than once a week
- 2 1 or 2 times a week
- 0 3 or more times a week

How often do you eat ice cream?

- 4 Never
- 3 Less than once a week
- 2 1 or 2 times a week
- 0 3 or more times a week

How often do you eat cold cuts, hot dogs, lunchmeats or deli meats?

- 5 Never or less than once a week
- 3 1 or 2 times a week
- 0 3 or more times a week

How often do you eat bacon or sausage?

- 5 Never or less than once a week
- 3 1 or 2 times a week
- 0 3 or more times a week

How often do you eat carrots, sweet potatoes, broccoli, or spinach?

- 0 Never
- 2 Less than once a week
- 6 1 or 2 times a week
- 8 3 or more times a week

How often do you eat fruit (not including juice)? Please include fresh, canned or frozen fruit.

- 0 Never or Less than once a week
- 2 1 or 2 times a week
- 4 3 to 5 times a week
- 5 Every day or almost every day

How often do you eat hot or cold breakfast cereal?

- 0 Never
- 1 Less than once a week
- 3 1 or 2 times a week
- 4 3 to 5 times a week
- 5 Every day or almost every day

How often do you drink some kind of juice at breakfast?

- 0 Never or Less than once a week
- 2 1 or 2 times a week
- 4 3 to 5 times a week
- 5 Every day or almost every day

How often do you eat chicken or turkey?

- 0 Never or less than once a week
- 3 1 or 2 times a week
- 5 More than 3 times a week

How often do you drink a glass of milk?

- 0 Never or Less than once a week
- 1 1 or 2 times a week
- 3 3 to 5 times a week
- 4 Every day or almost every day
- 5 More than once every day

Do you usually add butter or margarine to foods like bread, rolls, or biscuits?

- 0 Yes
- 1 No

Do you usually add fat (butter, margarine or oil) to potatoes and other vegetables?

- 0 Yes
- 1 No

Do you use gravy (when available) at meals?

- 0 Yes
- 1 No

Do you usually add sugar or honey to sweeten your coffee or tea?

- 0 Yes
- 1 No

Do you usually drink wine, beer or other alcoholic beverages?

- 0 Yes
- 1 No

How often do you eat fish or seafood that IS NOT fried?

- 0 Never
- 1 Less than once a week
- 3 Once a week
- 5 More than once a week

How many servings of milk, cheese, or yogurt do you usually have each DAY?

- 0** None
- 3** One
- 5** Two or more

How many different vegetable servings do you usually have at your main meal of the day?

- 0** None
- 1** One
- 5** Two
- 7** Three or more

Which of the following best describes your nutritional supplement use.

- 0** I don't use supplements
- 0** I use supplements other than vitamins and mineral
- 5** I use a multivitamin/mineral preparation (e.g. Centrum)

¹ The bolded score values were not presented on the DST when it was completed by the participants.