

Numeric scoring method



The VEGAN Screener is a brief questionnaire designed to assess plant-based diet quality. It includes 29 items capturing the frequency of consumption of key food groups and supplements relevant to plant-based diets.

Food group and nutrient intake responses are assigned scores according to a numeric approach (range: 0–8), with higher scores reflecting a more favourable dietary intake. Scores are summed to derive a total score (0–230), with higher values indicating better plant-based diet quality. The traffic light scoring approach is provided on a separate sheet.

VEGAN Screener - Numeric scoring

	Frequency of intake								
	Never	≤1/month	2-3/month	1/week	2-3/week	4-6/week	1/day	2/day	≥3/day
Green Vegetables	0	1	2	3	4	5	6	7	8
Orange/Red Fruits & Vegetables	0	1	2	3	4	5	6	7	8
Other Vegetables	0	1	2	3	4	5	6	7	8
Other Fruits	0	1	2	3	4	5	6	7	8
White/yellow potatoes	8	7	6	5	4	3	2	1	0
White Bread	8	7	6	5	4	3	2	1	0
White Rice/Pasta	8	7	6	5	4	3	2	1	0
Wholegrain Bread	0	1	2	3	4	5	6	7	8
Other Whole Grains	0	1	2	3	4	5	6	7	8
Nuts and Seeds	0	1	2	3	4	5	6	7	8
Nut and Seed Butters	0	1	2	3	4	5	6	7	4
Vegan Butter/Coconut Oil	8	7	6	5	4	3	2	1	0
Plant-Based Oils	0	1	2	3	4	5	6	7	8
EPA/DHA Supplements	0	1	2	3	4	5	6	7	8
Plant Proteins (Tofu, etc.)	0	1	2	3	4	5	6	7	4
Legumes (Beans, Lentils, etc)	0	1	2	3	4	5	6	7	8
Packaged Meat/Fish Alternatives	8								
Low in salt? If yes,		8	7	6	5	4	3	2	1
Low in salt? If no/unknown		7	6	5	4	3	2	1	0
Calcium-Fortified Plant Milks/Yogurts	0	1	2	3	4	5	6	7	8
Vegan Cheese Alternatives	8	7	6	5	4	3	2	1	0
Savory Snacks	8	7	6	5	4	3	2	1	0
Ready-to-Eat Meals	8	7	6	5	4	3	2	1	0
Vegan Sweets/Desserts	8	7	6	5	4	3	2	1	0
Sugar-Sweetened Beverages	8	7	6	5	4	3	2	1	0
Artificially Sweetened Beverages	8	7	6	5	4	3	2	1	0
Alcoholic Beverages	8	7	6	5	4	3	2	1	0
	Yes	no							
Vitamin B12 Supplement	8	0							
Iodine Supplement/iodized salt	8	0							
Vitamin D Supplement	8	0							
Selenium Supplement	8	0							