

VEGANScreener

Adapted from:

Kronsteiner-Gicevic S, Bogl LH, Wakolbinger M, et al. *Development of the VEGANScreener, a Tool for a Quick Diet Quality Assessment among Vegans in Europe*. Nutrients. 2024;16(9):1344, <https://doi.org/10.3390/nu16091344>.

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Over the past month, how often did you, on average, consume at least one serving of foods or beverages from the following food groups:			Never	Rarely/ 1x/month	2-3x/ month	1x/ week	2-3x/ week	4-6x/ week	1x/ day	2x/ day	≥3 times /day	1 serving example
Q1	The following* green vegetables, fresh or cooked; whole, cut or blended:											1 handful cooked / 2 handfuls fresh vegetables
	Broccoli	Chinese cabbage										
	Kale											
	Bok choy	Green cabbage										
	Arugula	Savoy cabbage										
Q2	The following* dark orange and red fruits and vegetables, fresh or cooked; whole, cut or blended:											2 handfuls fresh/1 handful cooked, 1 medium piece
	Carrot	Hokkaido pumpkin										
	Apricot	Butternut squash										
	Mango	Dark orange pumpkin										
	Cantaloupe											
	Orange sweet potato											
Q3	Other vegetables, such as tomato, cucumber, onion, zucchini or eggplant, fresh, frozen, canned, cooked, fried (do not include potatoes, legumes or vegetables listed in previous questions)											1 medium tomato, 1 handful cooked/2 handfuls fresh vegetables
Q4	Other fruits, such as apples, berries, melons or oranges, whole or cut (do NOT include fruit juices and smoothies)											1 medium apple/orange, 1-2 slices melon, 1 handful berries
Q5	White/yellow potatoes											2-3 medium potatoes
Q6	White bread, white bun or white roll											2 slices of bread, 1 bun

Q7	White rice, pasta/noodles, instant couscous, instant polenta or instant breakfast cereals (e.g. crisps, flakes, crunch)										1 cup of cooked rice, pasta, couscous, polenta or instant breakfast cereals
Q8	Wholegrain bread, bun or roll, wholegrain crackers or crispbread										2 slices of bread, 1 roll, 2-3 crackers/crispbreads
Q9	Other whole grains (e.g. brown rice, brown pasta, grain kernels such as spelt, wheat, oats or barley, porridge, unsweetened wholegrain muesli, whole grain couscous, whole grain bulgur, quinoa, buckwheat or amaranth)										1 cup cooked rice, pasta, porridge, kernels, couscous, bulgur, quinoa, buckwheat, amaranth, or muesli
Q10	Nuts and seeds , such as walnuts, almonds, hazelnuts, pumpkin seeds, sunflower seeds or flaxseeds										1 handful of nuts, 1 tablespoon of seeds
Q11	Nut and seed butters , such as peanut butter or tahini										1 tablespoon
		Never	Rarely/ 1x/month	2-3x/ month	1x/ week	2-3x/ week	4-6x/ week	1x/ day	2x/ day	≥3 times /day	1 serving example
Q12	Vegan butter or coconut oil										1 tablespoon
Q13	Plant-based oils such as olive, soybean, flaxseed or rapeseed oil (do NOT include here palm or coconut oil), avocado or olives										1 tablespoon oil, 1/2 avocado, 5-10 olives
Q14	EPA/DHA (omega 3) - fortified oils, EPA/DHA (omega 3), supplements or microalgae oil?										1 tablespoon oil, 1 dose as per packaging instructions.
Q15	Traditional plant protein sources and derivates like tofu, seitan, natto, tempeh, falafel, hummus, 100% red lentil or chickpea pasta, or soy cubes/granules										½ small block tofu, seitan, tempeh, 4 falafel; 1 cup cooked pasta, 1 small bowl soy granules/ cubes, 2-3 tablespoons hummus
Q16	Beans, soybeans, lentils, chickpeas or peas (excluding green peas and green beans) (do NOT include here their products, such as tofu, tempeh or hummus)										1/2 cup cooked legumes
Q17	Packaged meat/fish alternatives such as vegan salami, cold cuts, sausages, burger patties or fish fingers (excluding homemade recipes from raw sources) If 17='never', go to Q18										1 palm-sized piece, 1 sausage, 3-4 slices of salami etc.
Q17a	When you buy these products, do you usually choose products low in salt?	Yes	No	Don't know							
Q18	Calcium-fortified plant-based milks, yogurts (e.g., almond, soy, oat) or calcium-set tofu										1 glass of milk, 1 cup yogurt, ½ small block of tofu
Q19	Cheese alternatives										1 slice of cheese, 1 tablespoon cream

	containing coconut oil , such as sliced, solid or grated vegan cheese (e.g. vegan feta, mozzarella or cream cheese)										<i>cheese or grated cheese</i>
Q20	Savory snacks , such as crisps/chips or salted crackers										<i>1 handful</i>
Q21	Ready-to-eat meals such as frozen pizza, croquettes, fried foods, spring rolls, dumplings, instant pasta or instant soup										<i>1 serving according to the package</i>
Q22	Vegan sweets and desserts , such as candy, “milk” chocolate, cake, ice cream or pudding										<i>1 piece of cake, 4 cookies, 1 handful of candy, 1 rip of chocolate, 1 scoop ice cream, 1 bowl of pudding</i>
Q23	Sugar-sweetened beverages such as soft/fizzy drinks, lemonades, sweetened ice tea, flavored plant-based milk, energy drinks, ginger beer or sports drinks										<i>1 glass</i>
Q24	Artificially sweetened beverages , such as diet/zero sugar soft/fizzy drinks, lemonades, energy drinks, “light” beverages, or sports drinks										<i>1 glass</i>
Q25	Alcoholic beverages such as beer, wine, cocktails or spirits										<i>1 can, 1 glass, 1 jigger/shot</i>
		Never	Rarely/ 1x/month	2-3x/ month	1x/ week	2-3x/ week	4-6x/ week	1x/ day	2x/ day	≥3 times /day	1 serving example

*These lists may be edited by adding country-specific fruits/vegetables, if they are: commonly consumed in a country AND if they contain >40mg Ca/100g AND have a low oxalate content (due to inhibited Ca absorption).

	Do you regularly use:	Yes	No
Q26	Supplement for vitamin B12 (either individually or as part of a multivitamin supplement) (e.g. pills, drops, injections, fortified toothpaste)?		
Q27	Iodised salt in food preparation, use an iodine supplement (either individually or as part of a multimineral supplement) or consume seaweed to supplement for iodine intake (for Czech Republic also: iodine-rich mineral water)		
Q28	Vitamin D supplement (either individually or as part of a multivitamin supplement) during autumn and winter months?		
Q29	Selenium supplement (either individually or as part of a multimineral supplement) or regularly consume Brazil nuts ?		