

Traffic light scoring method

The VEGANScreener 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 traffic light approach (range: 0–4), with higher scores reflecting a more favourable dietary intake. Scores are summed to derive a total score (0 – 66), with higher values indicating higher plant-based diet quality. A numeric scoring approach is provided on a separate sheet.

VEGANScreener - Traffic light 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	0	0	0	0	2	2	4	4
Orange/Red Fruits & Vegetables	0	0	0	0	0	1	1	2	2
Other Vegetables	0	0	0	0	0	1	2	2	2
Other Fruits	0	0	0	0	0	1	2	2	2
White/yellow potatoes	2	2	2	2	1	0	0	0	0
White Bread	2	2	2	2	1	1	0	0	0
White Rice/Pasta	2	2	2	2	1	1	0	0	0
Wholegrain Bread	0	0	0	1	1	2	2	2	2
Other Whole Grains	0	0	0	1	1	2	2	2	2
Nuts and Seeds	0	0	0	0	0	2	4	4	4
Nut and Seed Butters	0	0	0	0	0	1	2	2	1
Vegan Butter/Coconut Oil	2	2	1	1	1	1	1	0	0
Plant-Based Oils	0	0	0	0	0	1	2	2	2
EPA/DHA Supplements	0	0	0	0	1	2	2	2	2
Plant Proteins (Tofu, etc.)	0	0	0	0	1	1	2	2	1
Legumes (Beans, Lentils, etc)	0	0	0	0	2	2	4	4	4
Packaged Meat/Fish Alternatives	2								
Low in salt? If yes,		2	2	2	1	1	0	0	0
Low in salt? If no/unknown		2	1	1	1	0	0	0	0
Calcium-Fortified Plant Milks/Yogurts	0	0	0	0	0	1	1	2	2
Vegan Cheese Alternatives	2	2	1	1	1	1	1	0	0
Savory Snacks	2	2	1	1	0	0	0	0	0
Ready-to-Eat Meals	2	2	1	1	0	0	0	0	0
Vegan Sweets/Desserts	2	2	2	1	1	0	0	0	0
Sugar-Sweetened Beverages	2	2	1	1	0	0	0	0	0
Artificially Sweetened Beverages	2	2	1	1	1	0	0	0	0
Alcoholic Beverages	2	1	1	0	0	0	0	0	0
	Yes	no							
Vitamin B12 Supplement	4	0							
Iodine Supplement/iodized salt	2	0							
Vitamin D Supplement	2	0							
Selenium Supplement	2	0							