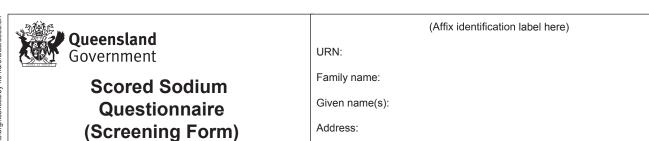
Facility:



The following questions ask you about your **usual** eating patterns over the last **6 months**.

Date of birth:

SCORED SODIUM QUESTIONNAIRE (SCREENING FORM)

Sex:

M

- Please answer as honestly as possible so we can best help you with your diet.
- Be sure to answer every question and tick only one box per question.
- Scoring to be completed by your health professional.

How many slices of bread do you usually eat per day?

		Please select one only			
Food type	Examples		3-4 slices per day	1-2 slices per day	I don't usually eat any bread
All types of bread	White, wholemeal, grain, bakery, homemade, chapatti etc.				
	Count 1 roll, crumpet, English muffin, small wrap, or small pocket bread as = 2 slices	□ 30	□ 25	<u> </u>	□ 0

		Please select one only				
Food type Examples		At least once daily	2-3 times per week	Once per week	Rarely or never eaten	
Ready-made breakfast cereals (exclude oats and semolina)	Corn flakes, puffed rice or corn, Froot Loops, Weet-Bix, muesli, bran flakes, Special K etc	□ 5	□ 3	□ 2	□ 0	
Sweet biscuits, cookies, and baking/bakery foods	Tea biscuits, shortbread, cream biscuits, cakes, scones, sweet buns, doughnuts, muffins (savoury or sweet) etc		□ 3	☐ 2	_ o	
Savoury biscuits and crackers	BBQ Shapes, rice or water crackers, Country Cheese, Jatz, Sao, Ryvita etc		□ 4	□ 3	□ 0	
Cheeses (exclude cottage and ricotta)	Block, slices, Cheddar, parmesan, Edam, brie, camembert, feta, gorgonzola, cream cheese, bottled cheese spread etc		□6	□ 4	□ 0	

	Queensland
SUT	Government

Scored Sodium Questionnaire (Screening Form)

	(Affix identification label here)				
URN:					
Family name:					
Given name(s):					
Address:					
Date of birth:		Sex:	M	F	

Facility: Date of					Sex: M	F I
				Please sele	ct one only	
Food type	Examples		At least once daily	2-3 times per week	Once per week	Rarely or never eaten
Commercial dips, pates, fish or meat spreads	French onion dip, chicker pate, fish paste etc	French onion dip, chicken liver pate, fish paste etc		<u> </u>	□ 0.5	□ 0
Tinned or packet soups	Chicken noodle soup mix, Cup-a- Soup, tinned and condensed soups, miso soup, ready-made chilled soups etc		□ 3	☐ 2	<u> </u>	□ 0
Processed meat (cooked, smoked or canned)	Ham, sausages, bacon, hock, corned beef, Spam, pickled pork, Devon, luncheon, salami, rotisserie chicken etc		□ 30	□ 20	□ 10	□ 0
Bottled sauces or marinades for cooking	Pasta sauce in a jar/bottle, barbecue marinades, curry sauce in a jar, satay/black bean/sweet and sour sauces		□ 10	□ 5	□ 3	□ 0
Salt added during cooking (include all types e.g. onion, garlic, chicken, organic, sea salt etc)	In: vegetable or pasta cooking water, soups, mashed potato, gravy, casseroles On: grilled, pan-fried or barbecued foods		□ 25	□ 15	□ 8	□ 0
Salt added at the table (include all types e.g. onion, garlic, chicken, organic, sea salt etc)	On: chips, meat, eggs, vegetables, soups, salads, sandwiches		<u> </u>	□ 6	<u> </u>	□ 0
Bottled table sauces and condiments	Tomato/barbecue sauce, Worcestershire sauce, soy/fish sauce, chilli sauce, fruit chutney, mustard pickles, horseradish, tartare sauce etc		□ 5	□3	□ 2	□0
Takeaway and deep- fried foods	Asian takeaway, pizza, fish and chips, burgers, hot dogs, fried chicken, kebabs, potato chips or wedges, Chiko Rolls, pies, pasties or sausage rolls		□ 5	□ 4	□ 3	□0
Do you have a stoma? Yes No If yes, what type? Illeostomy Colostomy						

Thank you for answering these questions, you have now finished

For health care professional use:

A score of 50 or greater generates referral to the Dietitian for full dietary assessment and counselling.

Max. score	Min. score	Patient's total score		
149				

	149			
Name:		Designa	tion:	
Signature:		Date:		