



Queensland Government

Scored Sodium Questionnaire (SSQ)

(Affix identification label here)

URN:

Family name:

Given name(s):

Address:

Date of birth:

Sex: M F I

Facility:

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

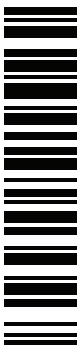
- Please answer as honestly as possible so we can best help you with your diet.
- Be sure to answer every question and tick only **one box per question**.
- Scoring to be completed by your health professional.

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

Food type	Examples	Please select one only (tick box)			
		5 + slices per day	3-4 slices per day	1-2 slices per day	I don't usually eat any bread
1. Breads					
White, wholemeal, grain, bakery, homemade, chapatti etc. Count 1 roll, crumpet, English muffin, small wrap, or small pocket bread as = 2 slices		<input type="checkbox"/> 30	<input type="checkbox"/> 25	<input type="checkbox"/> 15	<input type="checkbox"/> 0
Food type	Examples	At least once daily	2-3 times per week	Once per week	Rarely or never eaten
2. Spreads					
2a. Fat spreads Butter, margarine, dairy blend, olive oil spread, plant sterol spread		<input type="checkbox"/> 6	<input type="checkbox"/> 4	<input type="checkbox"/> 2	<input type="checkbox"/> 0
2b. Yeast extract spreads Vegemite, promite, marmite		<input type="checkbox"/> 4	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2c. Peanut spreads Peanut butter or paste		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
3. Cereals, biscuits and baking					
3a. Ready-made breakfast cereals (exclude oats and semolina) Cornflakes, puffed rice or corn, Froot Loops, Weet-bix, muesli, bran flakes, Special K		<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
3b. Sweet biscuits, cookies and baking/bakery foods Tea biscuits, shortbread, cream biscuits, cakes, scones, sweet buns, doughnuts, muffins (savoury or sweet)		<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
3c. Sweet pastry items Frozen waffles, Danish, pastries, croissants, tarts with pastry shell		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
3d. Savoury biscuits and crackers BBQ shapes, rice or water crackers, Country Cheese, Jatz, Sao, Ryvita		<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 0
4. Cheeses and savoury snacks					
4a. Cheeses (exclude cottage and ricotta) - Block, slices, cheddar, parmesan, edam, brie, camembert, feta, gorgonzola, cream cheese, bottled cheese spread		<input type="checkbox"/> 12	<input type="checkbox"/> 6	<input type="checkbox"/> 4	<input type="checkbox"/> 0
4b. Plain, flavoured or salted crisps, chips, pretzels Smith's Crisps, corn chips, Pringles, Burger Rings, Cheezels		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
4c. Commercial dips, pates, fish or meat spreads French onion dip, chicken liver pate, fish pate		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
4d. Olives and pickled vegetables - Olives, pickled onions, gherkins		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
4e. Salted nuts, salted/buttered popcorn - All nuts, peanuts, bhujia mix, wasabi peas		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
5. Tinned and packet foods, and other meal components					
5a. Tinned or packet soups - Chicken noodle soup mix, Cup-a-soup, tinned and condensed soups, miso soup, ready-made chilled soups		<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5b. Tinned baked beans or spaghetti Spaghetti in tomato sauce, baked beans with cheese sauce		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
5c. Tinned or packet casseroles, stews, or curries Steak and kidney stew, camp pie, curry in a box		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
5d. Tinned legumes - Chickpeas, lentils, three-bean mix, dhal, refried beans		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0
5e. Tinned vegetables - Crushed tomatoes, peas, carrots, potatoes, mushrooms in sauce, sauerkraut, creamed corn, beetroot		<input type="checkbox"/> 4	<input type="checkbox"/> 2.5	<input type="checkbox"/> 1.5	<input type="checkbox"/> 0
5f. Flavoured pasta, rice, or noodles in a packet - Packet pasta meals (e.g. Continental Alfredo), 2-min noodles, flavoured fried rice or couscous		<input type="checkbox"/> 4	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5g. Ready-made salads - Deli or salad bar: coleslaw, potato, pasta Greek salad Fresh produce: Caesar and other salads in packet with dressing		<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0

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SW906

SCORED SODIUM QUESTIONNAIRE (SSQ)



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6. Processed meat and seafood				
6a. Processed meat (cooked, smoked or canned) - Ham, sausages, bacon, hock, corned beef, Spam, pickled pork, Devon, luncheon, salami, rotisserie chicken	<input type="checkbox"/> 30	<input type="checkbox"/> 20	<input type="checkbox"/> 10	<input type="checkbox"/> 0
6b. Processed fish or shellfish (cooked, smoked or canned; exclude if canned in fresh / springwater) - Tinned: tuna, sardines, mussels, crabmeat, marinara mix, anchovies Smoked: salmon, cod, kippers	<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
7. Flavourings added in cooking				
7a. Ready-made stocks (cube, powder or liquid) - Campbell's Real Chicken Stock, Bonox, stock cubes	<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
7b. Meal and recipe bases (dry powder mix in packet) Maggie beef stroganoff base, slow cooker flavour sachets, taco or fajita seasonings	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7c. 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	<input type="checkbox"/> 10	<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 0
7d. Salt added during cooking (include all types e.g. onion, garlic, chicken, organic, sea salt) In: vegetable or pasta cooking water, soups, mashed potato, gravy, casseroles On: grilled, pan-fried or barbecued foods	<input type="checkbox"/> 25	<input type="checkbox"/> 15	<input type="checkbox"/> 8	<input type="checkbox"/> 0
8. Flavourings added at the table				
8a. 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	<input type="checkbox"/> 12	<input type="checkbox"/> 6	<input type="checkbox"/> 4	<input type="checkbox"/> 0
8b. Bottled sauces or marinades for cooking - Tomato/barbecue sauce, Worcestershire sauce, soy/fish sauce, chili sauce, fruit chutney, mustard pickles, horseradish, tartar sauce	<input type="checkbox"/> 5	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
8c. Gravies and sauces made from dry packet mix Gravox, premade liquid gravy, cheesy white sauce from dry mix	<input type="checkbox"/> 4	<input type="checkbox"/> 2.5	<input type="checkbox"/> 1.5	<input type="checkbox"/> 0
8d. Mayonnaise or ready-made salad dressing (regular or low-fat) French/Italian/Caesar dressing, mayonnaise	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9. Pre-prepared meals and drinks and eating out				
9a. Pre-prepared, frozen or home-delivered meals Family-size pies or quiches, lasagne, cannelloni, frozen dinners, Meals on Wheels	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
9b. 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	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 0
9c. Restaurant, café, or club meals Food halls, Asian restaurants, buffets, canteens, The Coffee Club	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 0
9d. Sports drinks or vegetable juices with added salt Gatorade, Powerade, Isosport, V8 vegetable juice, Berri or Golden Circle tomato juice	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0.5	<input type="checkbox"/> 0

10. Lower salt options – Please write here all the foods that you specifically buy in a lower salt option (e.g. labelled “no added salt”, “reduced salt”) and read labels for lowest salt content, etc. Please **leave blank** if you do not specifically buy lower salt options.

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Thank you for answering these questions. You have now finished!

Office use only (Health Professional to score):

	1. Breads	2. Spreads	3. Cereals, biscuits and baking	4. Cheeses and savory snacks	5. Tinned and packet foods and other meal components	6. Processed meats and seafood	7. Flavourings added in cooking	8. Flavourings added at the table	9. Pre- prepared meals & drinks & eating out	Total
Min score	0	0	0	0	0	0	0	0	0	0
Max score	30	12	17	20	19	35	43	24	15	215
Patient's score										
Potential problem area?										≥65 = high sodium consumer <65 = low sodium consumer

Name:

Designation:

Signature:

Date:

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