

Sugary Snack and Drink Frequency - (SSDF)

Thinking about sugary snacks and drinks OVER THE LAST TWO WEEKS that were not needed for your diabetes management, please enter a number on each row to answer these questions.

In the first column, enter the number of each of the snacks or drinks you had. Count each snack separately, even if you ate them at the same time. For example, if you had two cupcakes at the same time, you would enter the number 2 in the first column next to cakes. In the second column, enter the number of times you used insulin for each of these snacks. Count insulin for each snack separately, even if you ate them at the same time. For example, if you had two cupcakes at the same time and had insulin once for both cupcakes, enter the number 2 in the second column to show that you took insulin for both of those snacks. If you had two cupcakes but on separate occasions and only used insulin one of these times, you would enter the number 1 in the second column.

Enter the number of sugary snacks/drinks you had **OVER THE LAST TWO WEEKS** and how many of those snacks/drinks you used insulin for.

	Number of snacks/drinks	Times you used insulin with this snack/drink
Energy Drinks		
Soft Drinks		
Fruit drinks/ juices		
Jams/ marmalade/ honey		
Syrups (e.g. caramel or maple)		
Biscuits/ cookies		
Cakes		
Chocolate/ Bars		
Dessert custards		
Doughnuts		
Ice cream/ frozen yoghurt/ sorbet		
Iced buns		
Muesli Bars		
Puddings		
Cordials/ sugary waters		
Slices		
Confectionary (Lollies)		
Sweet muffins		
Sweet pastries		
Sweet pies and crumbles		
Pikelets/ pancakes		
Sweet popcorn		
Flavoured milk		
Flavoured yoghurt		
Other sugary snacks or drinks		