

Proposed items for the VEGAN Screener v1.08-11-2022

Over the past month, how often did you, on average, consume about one serving of foods or beverages from the following food groups:

Item #	Food/beverage	Answer options:									Example for one serving	Rationale for inclusion/indicator for: <i>(column not part of the screener)</i>
		Never/rarely	Once/month	2-3 times/month	Once/week	2-3 times/week	4-6 times/week	Once/day	Twice/day	3 or more times/day		
A01	Vegetables (excluding potatoes and legumes)										150g = 1 middle size vegetable (e.g.: 1-2 carrots; 2 tomatoes; ½ zucchini, ½ eggplant)	-NCD prevention by consumption of at least 3 servings of vegetables per day

VEGAN Screener

	<div><div><div><div><div></div><div>cabbage</div></div><div><div>•</div><div>red cabbage</div></div></div><div><div><div>•</div><div>bok choy</div></div><div><div>•</div><div>kale</div></div></div><div><div><div>•</div><div>white/butter beans</div></div><div><div>•</div><div>savoy cabbage</div></div></div><div><div><div>•</div><div>brussels sprouts</div></div><div><div>•</div><div>kohlrabi</div></div></div><div><div><div>•</div><div>cauliflower</div></div></div></div></div>											
	<div><div><div><div><div></div><div>Top 10 for Spain:</div></div><div><div>•</div><div>Lettuce</div></div><div><div>•</div><div>Broccoli</div></div><div><div>•</div><div>Endive</div></div><div><div>•</div><div>White cabbage (col/repollo)</div></div><div><div>•</div><div>Red cabbage (col lombarda)</div></div><div><div>•</div><div>Borage (borraja)</div></div><div><div>•</div><div>Green beans</div></div><div><div>•</div><div>Artichokes</div></div><div><div>•</div><div>Brussels sprouts</div></div><div><div>•</div><div>Lamb's lettuce (canonigos)</div></div><div><div>•</div><div>Rucola</div></div></div></div></div>											
A03	Fruits (whole fruits										150g = 1	-NCD prevention

	only)										middle size fruit (e.g.: 1 banana, 1 apple, 1 orange, 10 grapes, 3 apricots, 2 handful berries)	by 'consumption of at least 2 servings of fruits per day'
A04	Fruit and vegetable smoothies (include only freshly made ones)											-Consumption of fruits and vegetables
A05	Fruit juices (fresh and store bought) and store bought smoothies											-Excessive sugar consumption
A06	<u>The following</u> unsweetened dried fruits: <ul style="list-style-type: none"> • raisins • apricots • figs • plums • peaches 										1 handful (40-50g)	-Nutrient intake adequacy (critical nutrient for vegans): Iron: only iron-rich dried fruits are included
A07	<u>The following</u> fruits and vegetables: → see examples for each country below										150g	-Nutrient intake adequacy (critical nutrient for vegans): Beta-carotene/pro

	<u>Top 10 for Spain:</u> <ul style="list-style-type: none"> • Carrot • Pumpkin • Red peppers • Tomatoes • Melon • Apricots • Peaches/Nectarines • Spinach • Lettuce • Celery 											
A08	White potatoes or cassava											-NCD risk / low fiber/high GI
A09	Non-whole grains/refined grains and their products, such as white pasta, white rice, white bread or non-whole grain couscous										2 slices of bread (á 30g); 1 bun; 1 tortilla, 1 small bowl cereal, oat, grain kernels; 1 small bowl cooked rice, pasta, couscous etc. (75g dry rice, 100g dry pasta)	-NCD risk/ low fiber/high GI
A10	Whole grains and whole grain products such as										2 slice of bread; 1 bun; 1 tortilla, 1	-NCD prevention /high fiber content;

	<ul style="list-style-type: none">• brown rice, couscous, bulgur• grain kernels such as spelt• bread (rolls), pasta• muesli, or cereal made out of wheat, oat, spelt or rye• pseudocereals (quinoa, buckwheat, amaranth)										small bowl cereal, oat, grain kernels; 1 bowl cooked rice or pasta or pseudocereals	-Nutrient intake adequacy (critical nutrient for vegans): iron, zinc, vitamin B2, protein	
A11	Nuts and seeds											one handful (30g)	NCD prevention
A12	Nut and seed butters, such as peanut butter or tahini (excluding products that are sweetened, salted and/or with added fat)											1 tablespoon (15g)	NCD prevention
A13	<u>The following oils/fats</u> <ul style="list-style-type: none">• vegan butter• margarine• coconut oil											1 tablespoon (12g)	NCD Risk/ excessive SFA intake risk

A14	<u>The following oils:</u> <ul style="list-style-type: none">olive oilpeanut oilrapeseed/canola oilalmond oil											1 tablespoon (12g)	NCD prevention/MUFA
A15	<u>The following oils:</u> <ul style="list-style-type: none">sunflower oilflax seed oilcorn oilpumpkin seed oil											1 tablespoon (12g)	NCD prevention/PUFA
A16	Beans, lentils, chickpeas, soy beans or peas (excluding green peas and green beans)											½ can (40-60g dry or 150-220g cooked)	-Nutrient intake adequacy (critical nutrient for vegans): iron, zinc, protein -NCD prevention
A17	Foods like tofu, seitan, natto, tempeh, falafel, hummus or soy cubes/granules											½ block (100g) tofu, seitan, tempeh; 4 falafel; 1 small bowl (50g dry)soy granules/ cubes , 2-3 tbsp hummus	-Nutrient intake adequacy (critical nutrient for vegans): iron, zinc, protein
A18	Store											1 palm-sized	-NCD risk/

	bought/package meat and/or fish alternatives such as vegan salami, sausages, and burger patties and fish fingers (excluding homemade produce)										piece (100-150g), 1 sausage, 3-4 slices of salami etc.	Excessive sodium, SFA intake risk, UPF
A19	Calcium-fortified milk and yogurt alternatives										1 glass of milk (200 ml), 1/2 pot yogurt (200g)	-Nutrient intake adequacy (critical nutrient for vegans): Calcium
A20	Cheese alternatives such as vegan sliced or grated cheese, feta, mozzarella or cream cheese										1 slice of cheese, 1 tablespoon cream cheese or grated cheese	-NCD risk/ Excessive sodium, SFA, UPF
A21	Savory snacks, such as crisps/chips, salted crackers or salted nuts										1 handful	-NCD risk/ Excessive sodium intake risk
A22	Store bought ready-to-eat meals such as frozen pizza, spring rolls, dumplings, instant										1 serving according to the package	NCD risk / Excessive sodium, SFA intake, UPF

	pasta or instant soup (excluding vegetable/grain based meals such as quinoa and vegetables)											
A23	Sweets and desserts such as candy, chocolate, cake, ice cream and pudding, sweetened dried fruits (e.g. cranberries, banana chips)										1 doughnut, 1 small piece of cake, 4 small cookies, 1 regular candy bar, 1 rip of chocolate, 1 scoop ice cream, 1 small bowl of pudding, 1 handful of dried fruits etc.	NCD risk/ Excessive added sugar intake risk
A24	Sugar -sweetened beverages such as soft drinks, lemonades or sports drinks										1 glass (200ml)	NCD risk/ Excessive added sugar intake risk
A25	Artificially sweetened beverages, such as diet/zero sugar										1 glass (200ml)	NCD risk associated with artificial sugars (cancer, CVD)

	soft drinks, lemonades, sports drinks											
A26	Alcoholic beverages such as beer, wine, cocktails or spirits										1 bottle beer, 1 glass wine, 1 measure (25ml) spirit	-NCDs risk (nonlinear association) -inhibited vitamin B1 and vitamin B12 absorption

Item No.	Do you usually check	Yes	No	Rationale
A27	Salt content on the packaging?			Excessive sodium intake risk
A28	Saturated fat content on the packaging?			Excessive SFA intake risk
A29	Added sugar content on the packaging?			Excessive added sugar intake risk
A30	Calcium content (e.g. calcium sulfate) on store bought tofu packaging or choose calcium-set tofu?			-Nutrient intake adequacy (critical nutrient for vegans): Calcium

Item No.		Yes	No	Don't know	Rationale
A31	Do you use a supplement for vitamin				-Nutrient

	B12 (e.g. pills, drops, fortified toothpaste)?				intake adequacy (critical nutrient for vegans): vitamin B12 , deficient in vegan diets
A32	Do you consume seaweed and/or use iodised salt in food preparation and/or an iodine supplement (for Czech Republic also: iodine-rich mineral water)?				-Nutrient intake adequacy (critical nutrient for vegans): iodine
A33	Do you consume brazil nuts on a daily basis and/or use a selenium supplement?				-Nutrient intake adequacy (critical nutrient for vegans): selenium
A34	Do you pay attention to omega 3 intake by consuming walnuts, flax/chia/hemp seeds and their oils, including rape seed/canola oil?				-Nutrient intake adequacy (critical nutrient for vegans): ALA
A35	Do you pay attention to EPA/DHA intake by consuming EPA/DHA fortified				-Nutrient intake

	oils, supplements or microalgae oil?				adequacy (critical nutrient for vegans): EPA/DHA
A36	Do you choose mineral water with high calcium content (≥ 400 mg/L)?				-Nutrient intake adequacy (critical nutrient for vegans): Calcium
A37	Do you get adequate* sun exposure in summer months/from April to September? * ca. 10-30 min in mid day sun, with at least arms and hands uncovered and without sun screens/sun protection				-Nutrient status (critical nutrient for vegans): vitamin D , deficient in vegan diets
A38	Do you use a vitamin D supplement?				-Nutrient intake adequacy (critical nutrient for vegans): vitamin D , deficient in vegan diets
	Between October and March				
	Between April and September				

Please use this document as a reference for providing comments to each proposed item of the VEGAN Screener.

Please do NOT write on this form.

Provide your comments and suggestions to us using the Qualtrics web survey link we sent you by email.

Thank you for taking part in this important process.

VEGAN Screener team, November 2022

Contact: gudrun.stock-baumgartner@meduniwien.ac.at

A large, light green watermark logo is centered on the page. It features a stylized human figure with arms raised in a 'V' shape, enclosed within a circle. Below this graphic, the words 'VEGAN Screener' are written in a large, light green, sans-serif font.

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