

# Proposed items for the VEGAN Screener v2.22-11-2022

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									One serving example	Response to experts (summary of changes)
		Never	Rarely/ 1x/month	2-3x/ month	1x/ week	2-3x/ week	4-6x/ week	1x/ day	2x/ day	3≤ times /day		
<b>A02</b>	<b>1. Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>											
A02.1	The following <b>green</b> vegetables, fresh or cooked: <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Kale</li> <li>• Bok choy</li> <li>• Celery sticks</li> <li>• Arugula</li> <li>• Green cabbage</li> <li>• Chinese cabbage</li> </ul>										<i>½ cup cooked or 1 cup fresh vegetables (80-100g)</i>	Color stated to make it more consumer-oriented  Moved before A01 to avoid overlap  List of calcium-rich vegetables that are also commonly consumed among vegans in participating countries (leaving out oxalate-rich ones due to low bioavailability)  Portion size revised
A02.2	The following <b>green</b> vegetables, fresh, cooked, or in smoothie:										<i>½ cup cooked or 1 cup fresh vegetables (80-100g)</i>	Smoothies included

	<ul style="list-style-type: none"><li>• Broccoli</li><li>• Kale</li><li>• Bok choy</li><li>• Celery sticks</li><li>• Arugula</li><li>• Green cabbage</li><li>• Chinese cabbage</li></ul>											
A07	This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to this question can be done in round 3.											
A07.1:	<p>The following <b>dark orange and red</b> fruits and vegetables:</p> <ul style="list-style-type: none"><li>• carrot</li><li>• apricot</li><li>• pumpkin</li><li>• sweet potato</li><li>• butternut squash</li><li>• winter squash</li><li>• cantaloupe</li><li>• red bell pepper</li><li>• mango</li></ul>										1 cup fresh, ½ cup cooked, 1 medium piece	<p>Color stated to make it more consumer-oriented</p> <p>Moved before A01 to avoid overlap</p> <p>List of beta-carotene rich fruits and vegetables that are also commonly consumed among vegans in participating countries</p>
A01	1.Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.											
A01.1	Vegetables, any (e.g. fresh, frozen, canned, cooked, fried, etc.) (excluding white potatoes and legumes)										1 medium tomato, ½ cup cooked/ 1 cup fresh vegetables (80-100g)	<p>Portion sizes edited</p> <p>Preparation method added.</p>
A01.2	Other vegetables, such as tomato, cucumber, onion, zucchini or eggplant, fresh, frozen, canned, cooked, fried (do not include										1 medium tomato, ½ cup cooked/1 cup fresh vegetables (80-100g)	Rephrased to avoid overlap with A02 and A07

	vegetables listed in previous question, white potatoes or legumes)											
<b>A03</b>	<b>1. Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>											
A03.1	Other fruits, such as apples, berries, melons or oranges, whole or cut (excluding fruit juices and smoothies)										1 medium fruit, 2 small fruits, 1/2 cup (about 125g)	Rephrased to avoid overlap with A07
A03.2	Other fruits, such as apples, berries, melons or oranges, fresh or cooked, whole or cut (excluding fruit juices and smoothies)										1 medium fruit, 2 small fruits, 1/2 cup (about 125g)	Includes detail on preparation
A03.3	Other fruits, such as apples, berries, melons, or oranges, whole, cut or in pure fruit smoothie (excluding fruit juices)										1 medium fruit, 2 small fruits, 1/2 cup (about 125g)	Includes pure fruit smoothies
<b>A04</b>	<b>This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to this question can be done in round 3.</b>											
A04.1	Pure fruit and/or vegetable smoothie (do not include drinks with added sugar, sweeteners, protein powder or plant milk/yogurt)										1 glass (about 200 ml)	Rephrased to include only pure smoothies without additions
<b>A08</b>	<b>This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to this question can be done in round 3.</b>											
A08.1	White potatoes										2-3 medium potatoes	Exclude cassava as not commonly consumed in EU  Move up closer to other vegetables

A09	This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.											
A09.1	Split A09 in two questions:											
A09.1/a	White bread, pizza, bun, roll										2 slices of bread, 1 bun; 1 slice of pizza	Split into two questions to make it easier for respondents to estimate frequency
A09.1/b	White rice, pasta/noodles, couscous, polenta, instant breakfast cereals (e.g. pops, crisps, loops, flakes, puffs, crunch)										1 cup of cooked rice, pasta, couscous, polenta or instant breakfast cereals	
Refined breakfast cereals included												
A10	This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.											
A10.1	Split into A10 in two/three questions:											
A10.1/a	Brown rice, brown pasta, grain kernels such as spelt, wheat or barley, porridge, unsweetened wholegrain muesli, whole grain couscous, whole grain bulgur										1 cup cooked rice, pasta, porridge, kernels or muesli	Split into two questions to make it easier for respondents to estimate frequency
A10.1/b	Dark brown bread and rolls, wholegrain crackers/crispbread Portion size: 2 slices of bread, 1 roll										2 slices of bread, 1 roll	
A10.1/c	Quinoa, buckwheat, amaranth										1 cup, cooked	Separate as these are not grains
A12	1.Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.											
A12.1:	Nut and seed butters, such as peanut butter or tahini										1 tablespoon	Removed restriction to “unsalted, unsweetened”

A12.2	100% nut and seed butters, such as peanut butter or tahini										1 tablespoon	100% added to indicate pure
<b>A13</b>	<b>This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.</b>											
A13.1	Fats, such as vegan butter or coconut oil										1 tablespoon	Focus on SFA  Rephrased to exclude margarine
<b>A14</b>	<b>This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.</b>											
A14.1	Plant-based oils such as olive, soybean, flaxseed or rapeseed oil										1 tablespoon	All liquid oils combined
<b>A17</b>	<b>1. Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.</b>											
A17.1	Foods like tofu, seitan, natto, tempeh, falafel, hummus or soy cubes/granules										<u>½ small block (100 g) tofu,</u> <u>seitan, tempeh,</u> 4 falafel; 1 small bowl (50g dry)soy granules/ cubes , 2-3 tbsp hummus	Moved before A16. 1 To avoid overlap
A17.2	Foods like tofu, natto, tempeh, falafel, hummus or soy cubes/granules										<u>½ small block (100 g) tofu,</u> <u>tempeh,</u> 4 falafel; 1 small bowl (50g dry)soy granules/ cubes , 2-3 tbsp hummus	Seitan excluded
A17.3	Foods like tofu, natto, tempeh, or soy cubes/granules										<u>½ small block (100 g) tofu,</u> <u>tempeh,</u> 1 small bowl (50g dry)soy granules/ cubes	Only soy products kept
<b>A16</b>	<b>1. Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b>											

Any further refinements to this question can be done in round 3.											
A16. 1	Beans, string beans, lentils, chickpeas or peas (excluding green peas and green beans), in stews and salads, excluding their products, such as tofu, tempeh or hummus									1/2 cup cooked legumes	Portion size edited  Dish examples added
A16. 2	Beans, string beans, lentils, chickpeas or peas in stews and salads, excluding their products, such as tofu, tempeh or hummus									1/2 cup cooked legumes	Do <b>not</b> exclude green peas and beans
<b>A18</b>	<b>1. Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> Any further refinements to this question can be done in round 3.										
A18.1	Store bought/package meat and/or fish alternatives such as vegan salami, sausages, and burger patties and fish fingers (excluding homemade recipes from raw sources)									1 palm-sized piece (100-150g), 1 sausage, 3-4 slices of salami etc.	Rephrased
A18.2	Store bought/package meat and/or fish alternatives such as vegan salami and sausages ( <b>add local brand example</b> ), burger patties ( <b>add local brand example</b> ) and fish fingers ( <b>add local brand example</b> ), excluding homemade recipes from raw sources									1 palm-sized piece (100-150g), 1 sausage, 3-4 slices of salami etc.	Add local brand examples
A18.3	Store bought/package meat and/or fish alternatives such as vegan salami and sausages ( <b>add local brand example</b> ), burger patties ( <b>add local brand example</b> )									1 palm-sized piece (100-150g), 1 sausage, 3-4 slices of salami etc.	Add egg substitute

	and fish fingers ( <b>add local brand example</b> ), egg substitute, excluding homemade recipes from raw sources											
<b>A19</b>	<b>1.Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>											
A19.1	Plant-based milks and yogurts (e.g., almond, soy, oat)										1 glass of milk (200 ml), 1 cup yogurt (150 g)	Including products, not Ca fortified, serving size edited, examples included
A19.2	Calcium-fortified plant-based milk and yogurt (e.g., almond, soy, oat)										1 glass of milk (200 ml), 1 cup yogurt (150 g)	Only Ca fortified, serving size edited, examples included
<b>A20</b>	<b>1.Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>											
A20.1:	Cheese alternative such as sliced or grated vegan cheese (e.g. vegan feta, mozzarella or cream cheese)										1 slice of cheese, 1 tablespoon cream cheese or grated cheese	Rephrased to clarify cheese examples are vegan
A20.2:	Cheese alternative, such as vegan sliced or grated cheese (e.g. feta, mozzarella or cream cheese). <i>Do not include here nut/seed-based vegan cheeses.</i>										1 slice of cheese, 1 tablespoon cream cheese or grated cheese	This option specifies exclusion of nut/seed-based options (keeping only coconut oil-based)
<b>A21</b>	<b>This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.</b>											

A21.1	Savory snacks, such as crisps/chips or salted crackers											1 handful	Salty nuts removed
<b>A22</b>	<b>This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.</b>												
A22.1	Store bought ready-to-eat meals: frozen pizza, spring rolls, dumplings, instant pasta or instant soup											1 serving according to the package	
<b>A23</b>	<b>1. Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.</b>												
A23.1:	Sweets and desserts, such as candy, milk chocolate, cake, ice cream and pudding, sweetened dried fruits (e.g. cranberries, banana chips)												milk chocolate specified
A23.2:	Sweets and desserts, such as candy, milk chocolate, cake, ice cream and pudding												Dried fruits removed
<b>A24</b>	<b>1. Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.</b>												
A24.1:	Sugar -sweetened beverages such as soft/fizzy drinks, lemonades, <u>sweetened ice tea</u> , <u>flavored plant milk</u> , <u>energy drinks</u> , <u>ginger beer</u> or sports drinks											1 glass (200ml)	Fizzy drink included  Sweetened ice tea, flavored milk, energy drinks and ginger bear added
A24.2:	Sugar -sweetened beverages such as soft/fizzy											1 glass (200ml)	Non 100% juices and nectars added



	drinks, lemonades, sweetened ice teas, flavored milk alternative, <u>non 100% juice drinks/fruit nectars</u> , energy drinks, ginger beer or sports drinks											
A24.3:	Sugar -sweetened beverages such as soft/fizzy drinks, lemonades, sweetened ice teas, flavored plant milk/yogurt drink, non 100% juice drinks/nectars, energy drinks, ginger beer or sports drinks										1 glass (200ml)	Flavored yogurt alternatives added
A26 This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.												
A26.1	Alcoholic beverages such as beer, wine, cocktails or spirits										1 small beer (0,33L), 1 small glass of wine (0,2L), 1 measure (0.03-0.05L) of spirit	Serving size edited
	When purchasing/consuming packaged food & beverages, do you:	Yes	No/ Usually not	Not important to me	I don't know	More options included in line with edited questions below						
A27 1.Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.												
A27.1:	Choose products that are not high in salt?					Experts commented that checking salt content does not equal purchasing or consumption.						
A27.2	Choose products that have low salt content?											
A28 1.Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.												

A28.1	Choose products that are not high in saturated fat?					Experts commented that checking SFA content does not equal purchasing or consumption.
A28.2	Choose products that are low in saturated fat?					
A29	1.Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.					
A29.1	Choose products that are low in sugar					Experts commented that checking sugar content does not equal purchasing or consumption.
A29.2	Choose products that are not high in sugar					
A30	This question has been edited based on expert feedback in round 1. Please vote whether necessary to keep (1) or redundant (0). Any further refinements to question(s) can be done in round 3.					
A30.1	Choose calcium-set tofu or tofu containing calcium sulphate/?					Calcium sulphate is sometimes used in tofu production, in which case tofu is significantly more rich in Ca than other kinds.
		Yes	No			
A32	1.Rank options below 2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30). Any further refinements to this question can be done in round 3.					
A32.1	Do you use iodised salt in food preparation, use an iodine supplement or consume seaweed to supplement for iodine intake (for Czech Republic also: iodine-rich mineral water)				While this item received high agreement, there were several useful expert comments on wording editing that we included.	
A32.2	Do you consume seaweed to supplement for iodine intake and/or use iodised salt in food preparation and/or an iodine supplement (for Czech Republic also: iodine-rich mineral water)					
A32.3	Do you supplement iodine (e.g. seaweed, iodised salt,					

	iodine supplement, Cz: iodine-rich water)											
<b>A34</b>	<b>1.Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>											
A34.1	Do you pay attention to omega 3 intake by <u>regularly</u> consuming walnuts, flax/chia/hemp seeds and their oils, including rape seed/canola oil?											
A34.2	Do you regularly consume walnuts, flax, chia, hemp seeds (and their oils), or use rape seed/canola oil?											
A34.3	How often do you consume walnuts, flax, chia, hemp seeds (and their oils), or use rape seed/canola oil?											This question, if selected, would be moved up to frequency questions on oils
<b>A35</b>	<b>1.Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>											
A35.1	Do you pay attention to EPA/DHA intake by <u>regularly</u> consuming EPA/DHA fortified oils, supplements or microalgae oil?											
A35.2	Do you regularly consume EPA/DHA fortified oils, EPA/DHA, supplements or microalgae oil?											
A35.3	How often do you consume EPA/DHA fortified oils, EPA/DHA, supplements or microalgae oil?											This question, if selected, would be moved up to frequency questions on oils

<b>A38</b> <b>1. Rank options below</b> <b>2. Vote whether question necessary to keep (1) or redundant (0) (to keep the total number to 30).</b> <b>Any further refinements to this question can be done in round 3.</b>												
A38.1	Do you use a vitamin D supplement at least during autumn and winter months?											Rephrased to simplify
A38.2	Do you use a vitamin D supplement (either alone or in multivitamin/multimineral supplement) at least during autumn and winter months?											Multivitamin added
A38.3	How often do you use a vitamin D supplement (either alone or in multivitamin/multimineral supplement) during autumn and winter months?											This question would be converted to frequency type and moved up
<b>For the items below, a consensus was reached in round 1. However, they can still be excluded in rounds 2 and 3 (for redundancy as we aim to have a maximum of about 30 questions). Please vote whether necessary to keep (1) or redundant (0).</b> <b>Any further refinements to question(s) wording can be done in round 3.</b>												
A06.1	The following unsweetened dried fruits: raisins, apricots, figs, plums, peaches, mango or dates										1 handful	
A11.1	Nuts and seeds, such as almonds, hazelnuts, pumpkin seeds, sunflower seeds or flaxseeds										1 handful	
A25.1	Artificially sweetened beverages, such as diet/zero sugar soft/fizzy drinks, lemonades, energy drinks, "light" beverages, or sports drinks										1 glass (200ml)	
A31.1	Do you use a supplement for vitamin B12 (e.g. pills, drops, injections, fortified toothpaste)?											

A33.1	Do you use a selenium supplement (either individually or as part of a multimineral supplement) or regularly consume Brazil nuts?												
The following items were excluded in round 1 due to expert opinion: (no further action needed)													
A15 (merged with A14)													
A36													
A37													

