

## Supplementary Material 1. MediCul index tool



THE UNIVERSITY OF  
**SYDNEY**

Name: \_\_\_\_\_

Assessment: \_\_\_\_\_

Date: \_\_\_\_\_

Administrator: \_\_\_\_\_

### Short Dietary Survey

This is a survey about the food you eat. Read it carefully and identify the amounts that best describe your usual intake over the last six months. It's important that the answers you provide reflect what you personally eat, rather than what you think you should or shouldn't be having, or what someone else wants you to eat. When there are options, please choose **one response** most relevant to you. This survey will take around 20 minutes to complete.

**But first, here are two sample questions with sample answers to give you an idea of how the survey works.**

**Sample Question 1: How often do you eat jelly beans? (Jelly beans of all colours are included).**

*Sample Response 1: If you usually don't eat any eat jelly beans, or do this rarely, you would skip the first two options and tick the last option box, like this.*

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

I don't eat jelly beans

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**Sample Question 2: How many serves specifically of Lebanese bread do you usually eat each day? (1 serve is one quarter of a large Lebanese bread, which is the size of a dinner plate).**

*Sample Response 2: If you usually eat one whole Lebanese bread for lunch and another half a Lebanese bread for dinner, you would write 6 serves in the first option, like this.*

\_\_\_**6**\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat Lebanese bread

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Now it's over to you. Please start with the first question below.

**Remember, your answers should represent your  
usual intake over the last six months.**

1. How many serves of vegetables do you usually eat each day? (1 serve is  $\frac{1}{2}$  cup cooked vegetables or 1 cup of salad vegetables). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

I don't eat vegetables or salad

2. How many different types of vegetables do you usually eat in one week? Count each type only once.

\_\_\_\_\_ different vegetables are eaten over the week

3. How often do you usually eat raw vegetables such as salads, carrot sticks, and sprouts? Don't count small garnishes. Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat raw vegetables

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4. How many times per week do you usually eat raw or cooked green vegetables? Write a number next to each of the two groups below. Place a '0' (zero) on the line if you don't usually eat any greens on a weekly basis. SEE PICTURE BELOW FOR EXAMPLES OF DARK GREEN LEAFY VEGETABLES.

\_\_\_\_\_ times per week of broccoli, peas, beans, zucchini, Brussels sprouts, cabbage, bok choy

AND

\_\_\_\_\_ times per week of dark green leafy varieties such as kale, spinach, silverbeet, amaranth, dandelion, chicory, endive, rocket



5. How often do you usually eat onions, garlic, spring onions or shallots? Count those used in cooking and eaten raw in salads. Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat onions, garlic, spring onions or shallots

6. How many times per week do you usually eat dishes cooked in a sauce made with tomato and onion simmered in olive oil? The sauce may also include garlic and herbs. (Exclude canned/bottled tomato sauces if onion and olive oil are not used). Please choose one response most relevant to you.

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat dishes cooked in a sauce made with tomato and onion simmered in olive oil

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7. How often do you usually eat hot chips, French fries, wedges or fried potatoes? Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat hot chips, French fries wedges or fried potatoes

8. Do you grow any of your own vegetables?

No

OR

Yes

9. How often do you usually use herbs or spices? For example, in cooking, salad or dessert. This includes fresh or dried varieties such as parsley, oregano, cinnamon, cumin, pepper etc. Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't use herbs or spices

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10. How often do you usually use lemon or vinegar when preparing food? For example, to make salad dressing, stirred into soup or for basting meat or seasoning vegetables before roasting. Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't use lemon or vinegar when preparing food

11. How often do you usually eat olives? This includes black, green, kalamata or stuffed olives and tapenade (a paste) made from olives. Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat olives or tapenade

12. How many serves of fruit do you usually eat each day? Do not count juice. (1 serve is 1 medium piece or 2 small pieces of fruit or 1 cup of diced/canned fruit or 30 g dried fruit e.g. 4 dried apricot halves, 1 ½ tablespoons sultanas). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat fruit

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13. How many serves of red meat such as beef, veal, lamb, kangaroo or pork do you usually eat each day? Include all steaks, chops, roasts, mince, stir-fries and casseroles. (1 serve equals 100-150 g). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat red meat

14. How many serves of processed meat such as sausages, bacon, ham, devon, frankfurts, salami, luncheon meats or meat pies do you usually eat each day? (1 serve equals 1 ½ thick or 2 thinner sausages, 2 rashers bacon, 4 slices processed meats (100 g), 1 meat pie/pastie/sausage roll, 6 chicken nuggets). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat processed meat

15. How many serves of white meat such as chicken, turkey or rabbit do you usually eat each day? Include all fillets, pieces, roasts, mince, stir-fries and casseroles. (1 serve is 100-150 g). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat white meat

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16. How many serves of fish or shellfish do you usually eat each week? Include fresh and canned. (1 serve is 1 small fish fillet or 1 small can of fish or 200 g shellfish). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat fish or shellfish

17. Which do you usually eat more often? Please choose one response most relevant to you.

Chicken, turkey or rabbit

OR

Beef, pork, hamburgers or sausages

OR

I don't eat chicken or meat

18. How many eggs do you usually eat each day? Please choose one response most relevant to you.

\_\_\_\_\_ per day

OR

\_\_\_\_\_ per week

OR

\_\_\_\_\_ per month

OR

I don't eat eggs



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19. How many serves of legumes do you usually eat each day? Legumes include baked beans, canned 4-bean mix, lentils, split peas, chickpeas and any other canned or dried beans. (1 serve is 1 cup (150 g) cooked or canned beans). They do not include fresh peas and green beans. Please choose one response most relevant to you. SEE PICTURE BELOW FOR EXAMPLES.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat legumes



20. How many times per week do you usually eat each of the following types of bread or wraps? Don't worry about amounts. Place a '0' (zero) on the line if you don't usually eat certain types of bread or wraps.

\_\_\_\_\_ times per week **white** e.g. Tip Top, Wonder White, Molenberg

\_\_\_\_\_ times per week **wholegrain** e.g. Burgen, Helga's, Schwob's Swiss Bakery

\_\_\_\_\_ times per week **wholemeal** e.g. Buttercup, Glicks, Bill's, Lawson's

\_\_\_\_\_ times per week **rye** e.g. Country Life, Abbott's Village Bakery, Van Der Meulin

\_\_\_\_\_ times per week **sourdough** e.g. Coles Bakery, Bill's, Macro, Woolworths

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21. How many serves of dairy products do you usually eat each day? (1 serve is 1 cup milk (250 ml), 2 slices hard cheese (40 g), ½ cup (120 g) ricotta/cottage, 80 g fetta cheese or 200 g (¾ cup) yoghurt). Don't count dairy alternatives such as rice milk or soy yoghurt. Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat dairy products

22. What type of milk do you usually have? Please choose one response most relevant to you.

Regular dairy milk (whole or full cream)

OR

Low or reduced fat dairy milk

OR

Skim dairy milk

OR

Other (please specify) \_\_\_\_\_

OR

I don't have milk

23. How often do you usually eat the fermented dairy products below? Please choose one response most relevant to you.

a) **Yoghurt?** This includes low fat, full cream, Greek yoghurt, probiotic yoghurt, fruit yoghurt and kefir.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat yoghurt

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b) **Fetta cheese?**

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat fetta cheese

24. How many serves of nuts do you usually consume per day or per week? Nuts include peanuts, walnuts, Brazil nuts, cashews etc. (1 serve is 30 g nuts or a small handful, or 1 ½ tablespoons nut paste/peanut butter). SEE PICTURE FOR EXAMPLES.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_ serves per month

OR

I don't eat nuts



25. How many days per week do you usually use each of the following fats and oils? Fats and oils may be used in your cooking, as spreads or on salads. Don't worry about amounts. Place a '0' (zero) on the line if you don't usually eat certain types of fats/oils.

\_\_\_\_\_ days per week butter

\_\_\_\_\_ days per week margarine

\_\_\_\_\_ days per week mayonnaise

\_\_\_\_\_ days per week vegetable oil e.g. sunflower, grapeseed, canola, rice bran

\_\_\_\_\_ days per week olive oil

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26. How many serves of butter or cream do you usually eat each day? (1 serve is 1 teaspoon). Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_serves per month

OR

I don't eat butter or cream

27. How many serves of margarine do you usually eat each day? (1 serve is 1 teaspoon). This includes all types/brands of margarine such as those formulated with olive oil, plant sterols and omega-3. For example, Flora, Meadow Lea, Olive Grove, Bertolli, Gold N Canola, Logical. Please choose one response most relevant to you.

\_\_\_\_\_ serves per day

OR

\_\_\_\_\_ serves per week

OR

\_\_\_\_\_serves per month

OR

I don't eat margarine

28. How many tablespoons of olive oil do you usually eat each day? This includes oil used in cooking, drizzled on salads or bread and food eaten away from home)? (1 tablespoon = 20 ml). Please choose one response most relevant to you.

\_\_\_\_\_ tablespoons per day

OR

\_\_\_\_\_ tablespoons per week

OR

\_\_\_\_\_ tablespoons per month

OR

I don't use olive oil

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29. a) Do you use olive oil as the main fat in your diet when considering all the types of fats/oils/spreads used in your cooking, food preparation and on your bread?

No

OR

Yes

b) If yes, what type of olive oil do you usually use? Please choose one response most relevant to you.

Light

OR

Classic/Mild/Pure

OR

Extra Virgin

OR

Other (please specify)\_\_\_\_\_

**You are over half way through the survey – we really appreciate your time 😊**

30. How often do you usually have meals or snacks from takeaway food stores? Examples include McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster, fish/chicken shop or local take away food places and foods such as burgers, pizza, hot dogs, battered chicken or fish and chips.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat takeaway foods

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31. How many times per day do you eat biscuits or cakes of any type? This includes sweet biscuits, muffins, sponge cakes, sweet buns, doughnuts and Danish pastries. Please choose one response most relevant to you.

\_\_\_\_\_ times per day

OR

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat biscuits or cakes

32. How many times per week do you usually consume custard or ice cream? Place a '0' (zero) on the line if you don't usually consume any.

\_\_\_\_\_ times per week custard

\_\_\_\_\_ times per week ice cream

33. How many cups of sugar sweetened/carbonated beverages do you usually drink each day? This includes soft drink, cordial, sports drink, vitamin water and energy drink. Don't forget any used to mix with spirits. (1 cup is 250 ml, 1 can of soft drink is 1.5 cups). Do not count 'diet' drinks. Please choose one response most relevant to you.

\_\_\_\_\_ cups per day

OR

\_\_\_\_\_ cups per week

OR

\_\_\_\_\_ cups per month

OR

I don't drink sugar sweetened/carbonated beverages

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34. How many cups of fruit juice do you usually drink each day? Fruit juice includes all types of fruit juices, fresh or commercial. (1 cup is 250 ml). Please choose one response most relevant to you.

\_\_\_\_\_ cups per day

OR

\_\_\_\_\_ cups per week

OR

\_\_\_\_\_ cups per month

OR

I don't drink fruit juice (if so, skip the next question)

35. What type of fruit juice do you usually drink? Please choose one response most relevant to you.

Fruit juice commercially packaged in bottles or tetra paks.

OR

Freshly squeezed fruit juice

36. How many cups of water do you usually drink each day? (1 cup is 250 ml; 1 litre equals 4 cups). Please choose one response most relevant to you.

\_\_\_\_\_ cups per day

OR

\_\_\_\_\_ cups per week

OR

\_\_\_\_\_ cups per month

OR

I don't drink water

37. How many cups of coffee do you usually drink each day? Please choose one response most relevant to you.

\_\_\_\_\_ cups per day

OR

\_\_\_\_\_ cups per week

OR

\_\_\_\_\_ cups per month

OR

I don't drink coffee

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b) If you drink coffee, which type do you mostly drink?

Caffeinated

OR

De-caffeinated

38. How many cups of tea do you usually drink each day? Please choose one response most relevant to you.

\_\_\_\_\_ cups per day

OR

\_\_\_\_\_ cups per week

OR

\_\_\_\_\_ cups per month

OR

I don't drink tea (if so, skip the next question)

39. What type of tea do you mostly drink? Please choose one response most relevant to you.

Black tea, with milk

OR

Black tea, no milk

OR

Green tea

OR

Herbal tea (this contains no caffeine)

40. How often do you usually drink alcoholic beverages? Please choose one response most relevant to you.

\_\_\_\_\_ days per week

OR

\_\_\_\_\_ days per month

OR

I don't drink alcoholic beverages (if so, skip the next two questions)



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41. a) If you drink full strength beer, how many stubbies/cans (375 ml) do you usually have? Please choose one response most relevant to you.

\_\_\_\_\_ stubbies/cans per day

OR

\_\_\_\_\_ stubbies/cans per week

OR

\_\_\_\_\_ stubbies/cans per month

OR

I don't drink full strength beer



b) If you drink lite beer, how many stubbies/cans (375 ml) do you usually have? Please choose one response most relevant to you.

\_\_\_\_\_ stubbies/cans per day

OR

\_\_\_\_\_ stubbies/cans per week

OR

\_\_\_\_\_ stubbies/cans per month

OR

I don't drink lite beer



c) If you drink wine, how many glasses (150 ml) do you usually have? Please choose one response most relevant to you.

\_\_\_\_\_ glasses per day

OR

\_\_\_\_\_ glasses per week

OR

\_\_\_\_\_ glasses per month

OR

I don't drink wine



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d) If you drink spirits, how many pub-sized nips (30 ml) do you usually have? Please choose one response most relevant to you.

\_\_\_\_\_ nips per day

OR

\_\_\_\_\_ nips per week

OR

\_\_\_\_\_ nips per month

OR

I don't drink spirits



42. a) If you drink wine, what type do you usually have? (If not, skip this question).

White wine

OR

Red wine

b) When do you usually drink the wine?

Only with main meals

OR

With meals and /or at other times, outside of main meal occasions

**Finally, we'd like to ask you a few questions about your personal eating and lifestyle habits as well as the cooking methods used to prepare your food.**

43. How often is your **main or evening meal** cooked at home? This may be prepared by you, your family or your friends.

\_\_\_\_\_ times per week

OR

\_\_\_\_\_ times per month

OR

I don't eat home cooked meals

44. How many of your **main or evening meals** do you eat alone (without company)?

\_\_\_\_\_ meals per week

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45. During the **warmer weather** how many times per week do you usually eat foods/meals prepared using each of the following cooking methods? Place a '0' (zero) on the line if you don't use a certain cooking method.

\_\_\_\_\_ times per week prepared by grilling, BBQing or dry frying in a pan

\_\_\_\_\_ times per week prepared by shallow or deep frying

\_\_\_\_\_ times per week prepared by roasting or baking

\_\_\_\_\_ times per week prepared by boiling or stewing

\_\_\_\_\_ times per week prepared by steaming

\_\_\_\_\_ times per week prepared by stir frying

46. During the **cooler weather** how many times per week do you usually eat foods/meals prepared using each of the following cooking methods? Place a '0' (zero) on the line if you don't use a certain cooking method.

\_\_\_\_\_ times per week prepared by grilling, BBQing or dry frying in a pan

\_\_\_\_\_ times per week prepared by shallow or deep frying

\_\_\_\_\_ times per week prepared by roasting or baking

\_\_\_\_\_ times per week prepared by boiling or stewing

\_\_\_\_\_ times per week prepared by steaming

\_\_\_\_\_ times per week prepared by stir frying

47. a). How many times per day do you usually snack? Snacking is an eating occasion that occurs between main meals. Count snacks such as morning/afternoon tea, supper, eating while driving or while watching TV. If you snack multiple times between meals, count each occasion once if it is separated by 15 minutes.

\_\_\_\_\_ times per day

OR

I don't usually snack between meals or I snack less often than daily

b). If you do snack daily, name the three most frequent types of snacks you usually have.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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48. How often do you usually fast? Fasting means deliberately abstaining from eating all foods or avoiding certain types of foods for given periods. For example Lent, Ramadan, 5:2 diet. It does not mean occasionally skipping meals or missing breakfast.

\_\_\_\_\_ days per week

OR

\_\_\_\_\_ days per month

OR

\_\_\_\_\_ days per year

OR

I don't fast (if so, skip the next question and go straight to the last question)

49. What option would best describe the type of fasting you usually practise? Please choose one response most relevant to you.

I avoid certain types of foods when I fast e.g. avoid meat and dairy

OR

I restrict the amount of food for a given period e.g. reduce portion sizes or calories

OR

I avoid all foods for a given time period e.g. don't eat at all during the day

OR

Other (please specify)\_\_\_\_\_

50. a). How many days per week do you usually take a nap after lunch?

\_\_\_\_\_ days per week

OR

I don't take a nap after lunch (if so, you are finished the survey)

b). If you nap after lunch three days per week or more often, how long do you usually nap for? Please pick one option.

Less than 30 minutes

OR

30 minutes or longer

**Thank you for completing this survey 😊**

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