

SNAQ

Simplified Nutritional Assessment Questionnaire

Name: _____ Sex: M F

Age: _____ Height: _____ Weight: _____ Date: _____

My appetite is

- a. very poor
- b. poor
- c. average
- d. good
- e. very good

Food tastes

- a. very bad
- b. bad
- c. average
- d. good
- e. very good

When I eat

- a. I feel full after eating only a few mouthfuls.
- b. I feel full after eating about a third of a meal.
- c. I feel full after eating over half a meal.
- d. I feel full after eating most of the meal.
- e. I hardly ever feel full.

Normally I eat

- a. less than one meal a day.
- b. one meal a day.
- c. two meals a day.
- d. three meals a day.
- e. more than three meals a day.

Tally the results based on the following numerical scale: a=1; b=2, c=3, d=4, e=5. The sum of the scores for the individual items constitutes the SNAQ score. A SNAQ score of ≤ 14 indicates significant risk of at least 5% weight loss within six months.