



Food Matrix & Anti Inflammatory Diet Questionnaire

Please answer the following questions based on your average intake over the past week.

SECTION 1 - EAT REAL FOOD

1. How often did you consume ready meals, packaged snacks, or foods with long ingredient lists? (include savoury snacks like crisps as well as sweet biscuits, cakes, chocolate, sweets)

- Never (3)
- 1-2 times/week (2)
- 3-4 times/week (1)
- Daily or more (0)

2. How often did you consume foods you prepared yourself from whole ingredients (e.g. grains, legumes, vegetables)?

[although fresh food is considered best, you can count tinned and frozen versions – and if your pain or fatigues makes it difficult to cook from scratch it's fine to include ready cut vegetables and other minimally processed versions]

- Daily (3)
- 4-6 times/week (2)
- 1-3 times/week (1)
- Rarely or never (0)

3. How often did you drink fruit juice or smoothies instead of eating whole fruit?

- Never (3)
- 1-2 times/week (2)
- 3-4 times/week (1)
- Daily or more (0)

4. How often did you consume foods with added vitamins, fiber, or protein (e.g. fortified bars, shakes, cereals) or with nutrients removed (e.g. low fat or low carb/keto foods, protein powders)

- Never (3)
- Occasionally (2)
- Weekly (1)
- Daily (0)

SECTION 2 - PLANT vs. ANIMAL SOURCE

1. What proportion of your main meals (lunch/dinner) included legumes, whole grains, vegetables, nuts/seeds, or fruits as the base/main ingredients?

- >80% of meals (3)
- 50% - 80% of meals (2)
- 20% - 49% of meals (1)
- <20% of meals (0)

2. How often did you eat red or processed meats (e.g. beef, sausages, ham)?

- Never (3)
- 1-2 times/week (2)
- 3-4 times/week (1)
- Daily (0)

3. How often did you consume plant-based protein (e.g. lentils, tofu, beans, tempeh)?

- Daily (3)
- 4-6 times/week (2)
- 1-3 times/week (1)
- Rarely or never (0)

4. How often did your snacks or side dishes include unprocessed plant-based options like fruit, nuts, seeds, or vegetables (rather than cheese, cold cuts, or processed snacks)?

- Daily (3)
- 4-6 times/week (2)
- 1-3 times/week (1)
- Rarely or never (0)

SECTION 3 - VARIETY (Food Diversity)

1. In the past week, how many different vegetables did you eat (excluding white potatoes)?

- ≥ 10 types (3)
- 6-9 types (2)
- 3-5 types (1)
- < 3 types (0)

2. In the past week, how many different whole grains (e.g. oats, brown rice, quinoa, buckwheat) did you eat?

If you can't tolerate whole grains very well include refined grains when cooked from scratch

- Never (3)
- 1-2 times/week (2)
- 3-4 times/week (1)
- Daily (0)

3. Did you include seasonal, local, or organic foods in your meals this week?

- Regularly (3)
- Sometimes (2)
- Rarely (1)
- Not at all (0)

4. How many different plant protein sources (beans, lentils, tofu, tempeh, nuts/seeds) did you consume this week? (different varieties of beans, nuts etc count as one)

- ≥ 4 (3)
- 2-3 (2)
- 1 (1)
- 0 (0)

SCORING & INTERPRETATION

Maximum Score: 36

- **HIGH Adherence (27–36):** Strong alignment with the 3V principles. Matrix quality, plant emphasis, and diversity are high.
- **MODERATE Adherence (18–26):** Good foundation; more consistency with whole foods and variety needed.
- **LOW Adherence (<18):** High intake of ultra-processed foods and/or low diversity. Prioritise Real, Vegetal, and Varied choices.

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