

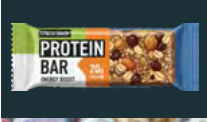
UPF Self Assessment Questionnaire



How much ultra-processed food (UPF) are you eating?

Think about what you typically eat in an average week.

For each food, tick the option that best describes how often you eat it.

Food	Never/ rarely	1-2 times per week	3-6 times per week	Daily/ most days
 Fizzy or energy drinks (including diet/zero)	☐	☐	☐	☐
 Crisps or packaged savoury snacks	☐	☐	☐	☐
 Shop bought biscuits, cakes or pastries	☐	☐	☐	☐
 Sweets	☐	☐	☐	☐
 Processed meats (ham, nuggets, burgers etc)	☐	☐	☐	☐
 Ready meals	☐	☐	☐	☐
 Takeaways/fast food	☐	☐	☐	☐
 Instant noodles, soups or pasta meals	☐	☐	☐	☐
 Sweetened breakfast cereals	☐	☐	☐	☐
 Flavoured yoghurts or dairy desserts	☐	☐	☐	☐
 Packaged snack/protein bars	☐	☐	☐	☐
 Ice cream or packaged desserts	☐	☐	☐	☐

Give yourself:

Never/rarely = 0 points

1–2 times a week = 1 point

3–6 times a week = 2 points

Daily/most days = 3 points

Add up your score out of 36.

Remember:

This is a simple self-assessment, not a validated measure of diet quality or the percentage of your diet that is ultra-processed. A food being classified as UPF doesn't automatically make it unhealthy, so your overall dietary pattern and the nutritional quality of the foods you choose still matter.

Your score:

What your score means:

0–9: Lower reliance on UPFs

Your diet appears to contain relatively few of the common ultra-processed foods included in this questionnaire. Keep focusing on a varied diet rich in vegetables, fruit, wholegrains, beans, lentils, nuts and seeds.

10–19: Moderate reliance on UPFs

You eat a mixture of minimally processed and ultra-processed foods. There may be some easy opportunities to reduce your intake of the less nutritious options, but there's no need to aim for a completely UPF-free diet.

20–28: Higher reliance on UPFs

A relatively large proportion of the foods you're eating come from common UPF categories. Try making a few simple swaps, such as replacing sugary drinks, packaged snacks or processed meats with more nutritious alternatives.

29–36: Very high reliance on UPFs

UPFs appear to make up a substantial part of your usual food choices. Rather than trying to overhaul your entire diet, start by identifying 2–3 foods you eat most frequently and look for realistic alternatives.