

Table 1 Dietary pattern checklist for processed foods

<p>Instructions: Place a  mark in one column to mark your response.</p> <p>“During the past month (mo.), how many times did your child ...?”</p>	<p>Never, Rarely, 1-2 times/mo.</p>	<p>Once/wk.</p>	<p>Several times/wk. every day</p>	<p>Never, rarely, once/wk.</p>	<p>Several times/day, every day</p>	<p>Points Score _____</p>
<p>...drink a sugar sweetened beverage such as ginger ale, orange soda, fruit punch, root beer, or other soft drink (do not include diet drinks)^a</p>						
<p>...eat canned fruit with syrup or added sugar (applesauce, apricot halves, mixed fruit, pears, cling peaches)?^a</p>						
<p>...eat canned meals (soup, re-fried beans, chili, spaghetti, beef stew, etc....)?^d</p>						
<p>...eat processed cheese (American, yellow cheddar)?^a</p>						
<p>...eat sweetened or flavored milk products (fruity or sweetened yogurt, pudding cups, chocolate flavored milk, etc....)?^a</p>						
<p>...eat processed meat (lunch meat, hotdogs, bacon, ham in a can, sausage, beef jerky, etc.)?^d</p>						
<p>...eat ready to eat cereal (corn flakes, rice crisp, corn squares, fruity o’s, oat circles, etc.)?^d</p>						
<p>...eat swordfish or tuna (canned, fresh, or frozen)?^a</p>						
<p>...eat foods fried in vegetable oil such as potato or corn chips, popcorn, French fries, hash browns, fry bread, fast food fried chicken, fish sticks, donuts?^d</p>						
<p>...eat food purchased from a drive thru taco or hamburger restaurant, pizza parlor, other chain?^a</p>						
<p>...eat sweet snacks such as candy, cookies, ice cream, popsicle, other sugar sweetened treat (do not include diet)?^d</p>						
<p>...eat grain products made of wheat such as macaroni, bread, hamburger or hotdog buns, or spaghetti?^d</p>						

Table 1 Dietary pattern checklist scoring directions

KEY to best answers

a=column two response “never, rarely, 1-2 times/mo.

d=column five response “never, rarely, once/wk.

When a parent places a checkmark in the column with the healthiest response, award one (1) point. Each question is labeled with ‘a’ or ‘d’ to indicate the best responses (see key above). The higher the points, the better the diet because fewer processed foods are consumed each month. Add up total points and mark score in appropriate place at top of table under “Points.”

For example, for the question “During the past month (mo.), how many times did your child ...eat processed meat (lunch meat, hotdogs, bacon, ham in a can, sausage, beef jerky, etc.)?”^d, responses meeting the “d” criteria get a point. If the parent answered any of the following ways- never, rarely, once/wk.- a point would be awarded for that question.

To interpret score meanings, see next page.

Interpretation of score

In a nutrition intervention study with 22 parents of children with autism or ADHD, the Table 1 dietary pattern checklist was used for scoring processed food intake pre- and post-participation in an online healthy diet tutorial^[100]. The parents who participated in the tutorial test group ($n = 11$) made significant changes in their consumption of processed foods compared to the parents in the control group ($n = 11$) who did not receive the intervention^[100]. In using the Table 1 checklist, an ultra-processed food intake score of less than 7 points may indicate the parent needs nutrition education to learn how to prepare and serve their child healthier meals. See results of the nutrition intervention study below^[100]:

Changes in parent dietary intake *within* groups - pre *vs* post intervention

Food Category	Pre vs Post-intervention		Paired Sample <i>t</i> -test	Pre vs Post-intervention		Paired Sample <i>t</i> -test
	Test <i>n</i> = 11	Test <i>n</i> = 11	<i>P</i> -value	Control <i>n</i> = 11	Control <i>n</i> = 11	<i>P</i> -value
Ultra-processed Food						
Total Diet Score	70	113	< .001	86	92	NS
Mean	5.385	8.692		6.615	7.077	
SD	2.534	1.750		1.895	2.629	
Whole and/or Organic Food						
Total Diet Score	100	121	< .05	105	101	NS
Mean	5.882	7.118		6.176	5.941	
Standard Deviation	2.472	2.811		2.395	3.152	

NS: Not significant.