



Appetite Assessment Tool Predicts Weight Loss

APPENDIX B - Simplified nutritional appetite questionnaire (SNAQ)

Name: _____
Sex: _____
Age: _____
Weight: _____
Height: _____
Date: _____

Administration Instructions: Ask the subject to complete the questionnaire by circling the correct answers and then tally the results based upon 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. SNAQ score 14 indicates significant risk of at least 5% weight loss within six months.

1. My appetite is:

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

2. 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

3. Food tastes

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

4. 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