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Measurement of Appetite via The Simplified Nutritional Appetite Questionnaire

The Simplified Nutritional Appetite Questionnaire

The Simplified Nutritional Appetite Questionnaire (SNAQ) was developed to predict >5% weight loss over six months in community dwelling older people and has four simple questions. Patients identified as having poor appetite using this screening tool will need further investigation to identify the cause.

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 only a few mouthfuls
- b. I feel full after eating a third of a meal
- c. I feel full after eating half a meal
- d. I feel full after eating most of a 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. four or more meals a day

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 in community dwelling people aged > 60 years.

(Wilson et al., 2005)