

# Ocular Nutrition Assessment Tool

**Background:** The Dietary Inflammatory Index (DII) is a validated, scientific tool that measures how overall diet may affect inflammation in the body. It assesses intakes of both pro-inflammatory and anti-inflammatory foods. Since inflammation plays a role in many ocular conditions, focusing on ocular nutrition may support ocular health.

**Instructions:** For completion by Eyecare Professional. Score each item according to the criteria provided (0 = least healthy, 2 = most healthy). The aim of any score, is to continuously and consistently improve between appointments.

<b>Name:</b> Click or tap here to enter text.	<b>Date of Birth:</b> Click or tap here to enter text.
<b>Gender:</b> <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other	<b>Previous score:</b> Click or tap here to enter text. (if applicable)
<b>Smoking status:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No Click or tap here to enter text.	<b>Supplements usage:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No Click or tap here to enter text.

	Eye Health Nutrition Assessment Question	Scoring (0 = least healthy, 2 = most healthy)	Score (+)
	Oily fish (Salmon, Mackerel, Anchovies, Sardines, Herring)	<b>0:</b> Never <b>1:</b> <2x/week <b>2:</b> ≥2x/week	
	Olive oil as main fat	<b>0:</b> Never <b>1:</b> Sometimes <b>2:</b> Always	
	≥5 servings colorful fruit or veg	<b>0:</b> <2/day <b>1:</b> 2-4/day <b>2:</b> ≥5/day	
	Nuts or seeds	<b>0:</b> Rarely <b>1:</b> 1-3x/week <b>2:</b> ≥4x/week	
	Green or black tea	<b>0:</b> Never <b>1:</b> <3x/week <b>2:</b> ≥3x/week	
	Beans & lentils	<b>0:</b> Rarely <b>1:</b> 1-2x/week <b>2:</b> ≥3x/week	
	Whole grains	<b>0:</b> Rarely <b>1:</b> 1-3x/week <b>2:</b> Daily	
	Processed snacks or sugary drinks	<b>0:</b> Daily <b>1:</b> 1-3x/week <b>2:</b> Rarely	
	Fried foods or fast food	<b>0:</b> Daily <b>1:</b> 1-3x/week <b>2:</b> Rarely	
	Alcohol units/week	<b>0:</b> >7 <b>1:</b> 1-7 <b>2:</b> 0	
<b>Total Score</b>			

## Score Interpretation

Score Category	Interpretation and Advice
<b>Poor (0-7)</b>	<b>Diet:</b> Major dietary changes needed. Begin by adding oily fish twice weekly, increase fruit/veg to ≥5 servings daily, and replace processed snacks with nuts or seeds. Provide diet sheet resource. <b>Hydration:</b> Aim for ~2 litres of water daily. <b>Supplements:</b> Continue evidence-based supplements when dietary intake is insufficient.
<b>Moderate (8-14)</b>	<b>Diet:</b> Build on existing habits. Identify lower-score parameters to focus on. Provide diet sheet resource to support. <b>Hydration:</b> Aim for ~2 litres of water daily. <b>Supplements:</b> Continue evidence-based supplements when dietary intake is insufficient.
<b>Excellent (15-20)</b>	<b>Diet:</b> Maintain current habits and focus on consistency. Optimize gut health by adding fermented foods and seasonal produce for diversity. <b>Hydration:</b> Continue optimal hydration. <b>Supplements:</b> Continue evidence-based supplements when dietary intake is insufficient.

This screening tool is intended for use by healthcare professionals only. It is adapted from validated dietary assessment frameworks; however, this specific 10-item version has not itself been formally validated. It is designed to support, not replace, clinical judgement or individualised medical advice.