

Mediterranean Diet Score Tool + Adherence Screener

The Mediterranean diet or Medi diet offers positive benefits on physical and mental health. Answer the following questions, giving yourself 1 point for each “yes” answer.

Research shows that raising your score by 2 points is linked with improved health including lower mortality rates and reduced risk of cancer, heart disease, diabetes, alzheimers and depression. Once you have your baseline score, look at your “No” answers and pick two areas you can work on to improve your Medi diet score by 2 points.

	Question	Yes	No	Key Nutrition Concepts
1	Is olive oil the main source of fat used in cooking?			Choose healthy fats Olive oil is high in monounsaturated fats and a healthy choice for cooking and preparing foods. Consuming healthy fats is better than consuming a very low-fat diet.
2	Do you have 4 tbsp (60mL) or more of olive oil each day? Include oil used for frying, salads, meals away from home			
3	Do you sauté with olive oil, garlic, onion and tomato to make homemade sauce 2 or more times per week?			Prepare homemade sauces for pasta, rice and vegetables.
4	Do you eat 4 servings or more of vegetables each day? (1 serving is ½ cup raw or cooked or 1 cup raw salad greens)			Eat plenty of vegetables and fruit Eating a wide variety of fruit and vegetables every day provides vitamins, minerals, phytochemicals and fibre. Studies have that eating plenty of these foods is protective for CVD and cancer.
5	Do you eat 3 servings or 1 ½ cups of fruit each day?			
6	Do you eat 1 tbsp (15mL) or less butter, or cream each day?			Choose plant-based alternatives Instead of cream and butter, choose plant-based fats like oils, nuts and seeds.
7	Do you consume than 1 can (355 mL or 12 oz) of sugar sweetened beverages each day?			Limit sweet drinks Excess sweet drinks can affect blood sugars and heart disease risks.
8	Do you have 3 glasses of wine per week? (1 serving is 150 mL or 5 oz)			Drinking alcohol comes with risks If you drink alcohol, drink in moderation. <u>If you don't currently drink, don't start.</u> If you have questions about alcohol, discuss with your healthcare provider.
9	Do you consume 3 or more servings of legumes per week? (1 serving is ¾ or 150g)			Increase foods rich in soluble fibre Legumes are high in fiber, protein, potassium, and many other essential nutrients. Add legumes such as beans, peas and lentils several times a week.
10	Do you consume 3 or more servings of fish or seafood each week? Fish serving is 3.5 – 5 oz or 100-150			Eat fish rich in omega-3 fats Fish is an excellent source of protein and vitamin D. Choose fish rich in omega 3 fats like salmon, trout,

Family Health Team

	grams, seafood serving 4-5 pieces			sardines, anchovies and herring.
11	Do you consume less than one serving of processed meats, sausages and red meat daily? (1 serving is 100 – 150g)			Choose lean meats and consider cooking methods Processed meats are higher in saturated fat and salt. Opt for leaner white meat, fish or plant-based sources of protein.
12	Do you eat chicken and/or turkey more often than beef, pork or sausage?			Choose lean protein options with little visible fat
13	Do you eat nuts 3 or more times per week? 1 serving is 30 g or 1 oz			Snack on unsalted nuts Nuts are rich in unsaturated fat, phytosterols, fibre, vitamin E and iron. Examples: walnuts, almonds, hazelnuts
14	Do you eat commercial baked goods such as cookies, doughnuts or cake less than 2 times per week?			Eat less processed food Baked goods are often high in saturated fat and added sugars. Choose fruit or unsalted nuts and seeds for a healthy snack.
	TOTAL SCORE (total number of 'yes' answers)			

Adapted from: Alison Hornby and Katherine Paterson and www.Predimed.es, Int J Epidemiol 2012 Apr;41(2):377-385, J Nutr Jun;41(6):1140-5, and N Engl J Med 2019; 3278:e34 DOI: 10.1056/NEJMoa18