

Mediterranean Diet Score

	Question	Please tick the box that applies to you:		Score
1.	Do you use olive oil as a main culinary fat?	Yes	No	
2.	How much olive oil do you consume /day (including oil used for frying, salads, out-of-house meals, etc.)?	4 or more tablespoons	Less than 4 tablespoons	
3.	How many vegetable servings do you consume /day (1 serving= 80g)?	5 or more servings /day (or 3 or more servings of raw vegetables or salads)	4 or fewer servings /day (or fewer than 3 servings of raw vegetables or salads)	
4.	How many fruit portions do you consume /day? (1 portion= 80g or 150 ml of natural fruit juices)	3 or more fruit portions /day	2 or fewer fruit portions /day	
5.	How many servings of red meat, meat products (mince, ham, sausage etc.) do you consume /day? (1 serving: 100-150g)	Fewer than 1 /day	More than 1 /day	
6.	How many servings of butter, margarine or cream do you consume /day? (1 serving= 12g)	Fewer than 1 /day	More than 1 /day	
7.	How many sweet or carbonated beverages (excluding 'diet' drinks) do you drink /day?	Fewer than 1 /day	More than 1 /day	
8.	Do you drink wine? How much wine do you drink /week?	10 units or more	Less than 10 units	

9.	How many servings of legumes do you consume / week? (1 serving= 150g)	3 or more servings	2 or fewer servings	
10.	How many servings of fish or shellfish do you consume / week? (1 serving= 100-150g fish or 200g shellfish)	3 or more servings	2 or fewer servings	
11.	How many times / week do you consume commercial bakery goods, sweets, pastries and ice cream?	Fewer than 3 servings	3 or more servings	
12.	How many servings of nuts (including peanuts) do you consume /week? (1 serving= 30g)	3 or more servings	2 or fewer servings	
13.	Do you eat white meat or poultry (e.g. chicken or turkey) more often than red meat (e.g. beef, veal, pork, lamb or mutton) or processed meat (e.g. hamburger, sausage or salami) each week?	Yes	No	
14.	Do you consume sauce made with tomato or onion, leek or garlic and with olive oil 2 or more times a week?	Yes	No	
TOTAL SCORE:				

Initials:

Date:

Female / Male

IA / EOP