

Mediterranean (Medi) Diet Scoring Tool

Complete the Medi diet Score Tool to see your baseline score out of 14 points. Studies show higher Medi diet scores are associated with better heart and mental health and a 32% reduced risk of depression. To learn more about the Medi diet, meet with the Registered Dietitian in your doctor's office.

	Question	Yes	No	Key Nutrition Concepts
1.	Is olive oil the main source of fat used in cooking?			Choose Healthier Fats Olive oil is high in healthy monounsaturated fat.
2.	Do you have _____ olive oil each day? Include oil used for frying, salads, meals away from home.			Healthy fats are better than very low fat diets Drizzle olive oil onto meals or snacks.
3.	Do you sauté with olive oil, garlic, onion, tomato to make homemade sauce <u>2 or more times per week</u> ?			Prepare homemade sauces for pasta, rice or vegetables.
4.	Do you eat <u>4 servings or more</u> of vegetables each day? (1 serving is 125 ml or 250 ml raw leafy greens)			Eat plenty of fruits and vegetables Fruits and vegetables add fiber to the diet along with antioxidants and many vitamins and minerals for optimal health.
5.	Do you have <u>3 or more fruits or 1.5 cups or more</u> of fruit each day? (1 serving= 1 fruit or 125 ml)			
6.	Do you eat nuts <u>3 or more times</u> per week? (1 serving is 30 grams or 60 ml)			Snack on nuts and seeds Nuts are rich in unsaturated fat, phytosterols, fibre, vitamin E and iron, e.g. walnuts, almonds, hazelnuts. Enjoy daily. Chew well.
7.	Do you have <u>3 or more servings</u> of fish or seafood each week? (1 fish serving is 3.5-5 oz or 100-150 g, or 200g seafood or 4-5 pieces)			Eat fish rich in omega-3 fats Salmon, trout, mackerel, sardines, herring, anchovies contain omega-3 fats (EPA and DHA) for heart and brain health.
8.	Do you have <u>3 or more servings</u> of legumes (peas, beans, or lentils) each week? (1 serving is 175 ml or 150 g)			Increase foods rich in soluble fibres Legumes are high in fiber, protein, potassium and other essential nutrients. Add legumes such as beans, peas and lentils several times a week.
9.	Do you eat chicken or turkey more often than beef, pork, hamburger or sausage?			Choose lean proteins with little visible fat.
10.	Do you eat <u>less than</u> 2 servings of red meat or processed meats each day including hamburger, ham or sausage? (1 serving is 75 g)			Choose lean meats and consider cooking methods Include fish, poultry, legumes (beans, peas, lentils), nuts and seeds often in the week. Reduce processed meats and deep-fried foods.
11.	Do you eat 1 tablespoon (15 ml) <u>or less</u> of butter, margarine or cream each day?			Add fats rich in mono and poly unsaturated fats Instead of cream and butter, choose plant-based fats like oils, nuts and seeds.
12.	Do you eat commercial baked goods such as cookies, doughnuts or cake <u>less than</u> 2 times per week?			Eat less processed food Sweets can be high in saturated fat, salt or sugar. Enjoy once in a while.
13.	Do you have <u>less than</u> 1 can (355 ml or 12 oz) of sugar sweetened beverages each day?			Limit sweet drinks like pop, sports drinks, juice, flavoured or iced coffees to avoid excess added sugars.
14.	Do you drink 7 or more glasses of wine each week? (1 serving is 3-6 oz)			If you drink alcohol, drink in moderation. If you don't currently drink alcohol, don't start. If you have questions about alcohol, discuss with your health care provider. Adolescents under 19 years of age and pregnant women should avoid alcohol.
TOTAL SCORE (total no. of 'yes' answers) Pick 1-2 areas to work on.				

Nutrition Program, Hamilton Family Health Team. Modified from the Dietitians of Canada Ontario Primary Health Care Action Group Mediterranean Diet Toolkit. Adapted from tools produced by Alison Hornby and Katherine Paterson BACPR 2012 and the PREDIMED study www.Predimed.es, Estruch et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra Virgin Olive Oil and Nuts. N Engl J Med 2018; 379:1387-1389. DOI: 10.1056/NEJMc1809971.