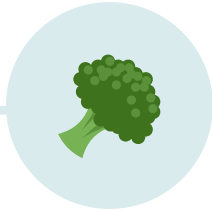


HOW MEDITERRANEAN IS YOUR DIET?

Mark your answers below to see how your diet stacks up against the gold-standard Med Diet!



VEGETABLES

My typical vegetable intake:

- A** Love 'em! At least 2-3 cups every day
- B** Non-existent, I can't stand vegetables
- C** About 1 cup, most days
- D** Maybe a few pieces here & there



WHOLEGRAINS

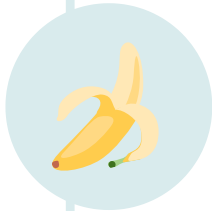
After checking the types of grains I eat [here](#), my grain intake is:

- A** All whole grains
- B** About half whole grains
- C** Mostly refined grains
- D** No grains at all - I've gone Paleo

FRUIT

My typical fruit intake:

- A** Once or twice a week
- B** At least 2 cups daily
- C** I don't eat fruit
- D** 1 piece per day, most days



LEGUMES

I eat lentils/chickpeas/beans:

- A** About once a week
- B** Maybe once a month as hummus
- C** Never
- D** As a main dish at least twice a week



NUTS & SEEDS

When it comes to nuts/seeds, I:

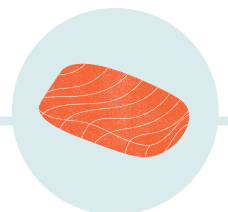
- A** Enjoy a handful daily
- B** Have some occasionally in desserts
- C** Believe they are for birds only!
- D** Get some in a trail mix a few times a week



FISH & SEAFOOD

My typical fish/seafood intake:

- A** Non-existent
- B** At least twice a week
- C** 1 or 2 times a month
- D** Once a week

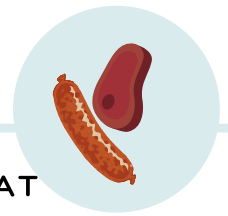




FATS

In my diet I use:

- A** Extra virgin olive oil everywhere!
- B** Lots of butter
- C** Fat-free sauces & cooking methods
- D** No oil or butter, but some nuts and oily fish



RED & PROCESSED MEAT

I have red or processed meat in :

- A** Every meal
- B** Small amounts, once a week
- C** 2 to 3 meals a week, but avoid processed
- D** No meals, I don't eat meat

WINE

My wine drinking habits:

- A** A bottle of red wine daily
- B** 1 to 2 small glasses most days
- C** I have soft drink over wine
- D** Not for me - water only here!



GOLD MEDAL WINNER: 20-27 POINTS



SILVER MEDAL WINNER: 13-19 POINTS



BRONZE MEDAL WINNER: 6-12 POINTS



MEDITERRANEAN NOVICE: 0-5 POINTS

SCORE

Vegetables	A = 3	B = 0	C = 2	D = 1	=
Whole Grains	A = 3	B = 2	C = 1	D = 0	=
Fruit	A = 1	B = 3	C = 0	D = 2	=
Legumes	A = 2	B = 1	C = 0	D = 3	=
Nuts & Seeds	A = 3	B = 1	C = 0	D = 2	=
Fish & Seafood	A = 0	B = 3	C = 1	D = 2	=
Fats	A = 3	B = 0	C = 1	D = 2	=
Wine	A = 1	B = 3	C = 0	D = 2	=
Red & Processed Meat	A = 0	B = 3	C = 1	D = 3	=

TOTAL =

Want to improve your score but not sure where to start?

[Click here](#) to find out how our team of expert Dietitians can help you or [book an appointment](#) online or at one of our clinic locations.

