



RATE YOUR MED DIET SCORE

with Oldways and the Mediterranean Foods Alliance

Scientific studies show that people who follow the Med Diet enjoy better health than those who don't. Find out your Med Diet Score today, by giving yourself one point for each yes below, and zero for each no.

I eat....

If Yes,
score 1

If No,
score 0

Vegetables	Two or more cups of vegetables a day		
Fruit	Two or more pieces of fruit a day		
Whole grains	2 or more whole grains a day		
Wine	½ to 1 drink a day for women, 1 to 2 for men (but no more)		
Fish	Fish 2 or more times a week		
Legumes / beans	2 or more servings a week		
Nuts / Seeds	A handful of nuts most days		
Fat	Lots of olive oil and few other fats		
Red or Processed Meat	2 servings or fewer a week		
Your Total Med Diet Score			