

How Does Your Food Intake Compare to the Mediterranean Diet?

MEDAS Score Questionnaire with Modifications

	Earn One Point If...	Point Earned?
1. Do you use olive oil as your main culinary fat?	Yes	
2. How much olive oil do you consume in a given day (including oil used for frying, salads, out-of-house meals, etc.)?	≥ 4 tbsp	
3. How many vegetable servings do you consume per day? (≥1 portion raw or as a salad)	≥2	
4. How many fruit servings (including 100% fruit juice) do you consume per day?	≥3	
5. How many servings of red meat, hamburger, or meat products (ham, sausage, etc.) do you consume per day? (1 serving = 3-5 oz)	<1	
6. How many servings of butter, margarine, or cream do you consume per day? (1 serving = 2.5 tsp)	<1	
7. How many sugar-sweetened beverages do you drink per day?	<1	
8. How many servings of legumes do you consume per week? (1 serving = ½ cup)	≥3	
9. How many servings of fish or seafood do you consume per week? (1 serving = 3-5 oz)	≥3	
10. How many times per week do you consume commercial sweets or pastries (not homemade) such as cake, cookies, or muffins?	<3	
11. How many servings of nuts (including peanuts) do you consume per week? (1 serving = 1 oz)	≥3	
12. How many times per week do you consume vegetables, pasta, rice, or other dishes seasoned with sofrito (sauce made with tomato, and onion, leek, or garlic and simmered with olive oil)?	≥2	
Total Points Earned (MEDAS Score) out of 12:		

Interpreting Your Score:	Strict Accordance: ≥9	Modest Accordance: ≥7
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Additional Components of the MEDAS Questionnaire:

If you drink wine with meals, how many glasses do you drink per week (1 glass = 5 oz)
The recommendation is ≥7 glasses/week

Do you preferentially consume chicken, turkey, or rabbit meat, instead of veal, pork, hamburger, or sausage?
Yes/No