



Dr. Olivia Greenspan ND

Mediterranean Diet Score Tool + Adherence Screener

The Mediterranean diet offers positive benefits on physical and mental health. Answer the following questions, giving yourself 1 point for each “yes” answer. **Research shows that raising your score by 2 points is linked with improved health including lower mortality rates and reduced risk of cancer, heart disease, diabetes, alzheimers and depression.** Studies show higher Medi diet scores are associated with 32% reduced risk of depression. Once you have your baseline score, look at your “No” answers and pick two areas you can work on to improve your Medi diet score by 2 points. Speak with your health care provider to learn more about the Medi diet and ways to improve your health through foods and nutrition.

	Question	Yes	No	Explanation
1	Is olive oil the main source of fat for cooking?			Choose Healthy Fats. Olive oil is high in monounsaturated fat and a healthy choice for preparing foods.
2	Do you have 4 tablespoons (60 ml) or more of olive oil each day?			Add olive oil to your meals (ie: after cooking or as a dressing).
3	Do you eat 4 servings of vegetables each day? (1 serving is ½ c raw raw or cooked or 1 c of raw salad greens)			Eating a wide variety of fruits and vegetables every day provides vitamins, minerals, phytochemicals and fibre and offers protection for heart disease and cancer. Try to include 3 or more servings/day of green vegetables
4	Do you have 3 whole fruits or 1.5 c fruit each day?			
5	Do you eat less than 1 serving of red meat, hamburger, sausage or processed meats daily?			Choose lean meats and consider cooking methods. Processed meats are often high in saturated fat and salt and are best replaced with poultry, fish or vegetarian sources of protein.
6	Do you eat 1 tablespoon (15 ml) or less of butter, margarine or cream each day?			Choose plant-based alternatives.
7	Do you have < 1 can (355 ml or 12 oz) of sugar sweetened beverages each day?			Limit sweet drinks. Excess sweet drinks can effect blood sugars and heart disease risk.



Dr. Olivia Greenspan ND

	Question	Yes	No	Explanation
8	Do you drink 3 glasses or more of wine per week? (1 serving is 150 ml or 5 oz)			Drinking alcohol comes with risks. Discuss with your health care provider.
9	Do you have 3 servings or more of legumes (peas, beans, or lentils) each week? (1 serving is ½-2/3 c)			Include soluble fibre. Legumes are high in soluble fibre, protein and other important nutrients and a budget-friendly way to get more protein.
10	Do you have 3 servings or more of fish or seafood each week? Fish serving is 3.5-5 oz or 100-150 g, seafood serving 4-5 pieces			Eat more oily and white fish Fish. is an excellent source of protein and vitamin D. Choose fish high in omega-3 fats like salmon, trout, sardines, anchovies and herring.
11	Do you eat commercial baked goods such as cookies, doughnuts or cake less than 2 times per week?			Eat less processed food. Baked goods are often high in saturated fat, salt and sugar. Choose fruit or unsalted nuts or seeds for a healthy snack.
12	Do you eat nuts 3 or more times per week? 1 serving is 30 g or 1 oz			Snack on raw, unsalted nuts. Nuts are rich in unsaturated fat, phytosterols, fibre, vitamin E and iron (e.g. walnuts, almonds, hazelnuts).
13	Do you choose chicken or turkey more often than beef, pork, hamburger or sausage?			Choose lean proteins with little or no visible fat or skin.
14	Do you consume vegetables, pasta or rice dishes with a homemade sauce of sauted garlic, onions, olive oil and tomatoes 2 or more times a week?			Homemade sauces of garlic, onions, olive oil, and tomato are consumed often in the Mediterranean style of eating.
	TOTAL SCORE (total number of 'yes' answers)			