

Mediterranean Diet Adherence Assessment

1. How often do you use olive oil as your main culinary fat?
2. How many servings of vegetables do you eat per day?
3. How many servings of fruit do you eat per day?
4. How often do you consume red meat (beef, pork, lamb)?
5. How many servings of fish or seafood do you consume per week?
6. How often do you eat legumes (beans, lentils, peas)?
7. How often do you eat nuts?
8. How often do you consume sugar-sweetened beverages?
9. How often do you consume pastries or commercial bakery goods?
10. How many glasses of wine do you drink per week?