

Mediterranean Diet Adherence Form

Name

Date

How often do you consume the following?

Olive oil as main added fat

☐ Yes ☐ No

Vegetables (â‰¥2 servings/day)

☐ Yes ☐ No

Fruits (â‰¥3 servings/day)

☐ Yes ☐ No

Red/processed meats (<1 serving/day)

☐ Yes ☐ No

Wine (moderate intake)

☐ Yes ☐ No ☐ N/A

Legumes (â‰¥3 servings/week)

☐ Yes ☐ No

Fish/seafood (â‰¥3 servings/week)

☐ Yes ☐ No

Nuts (â‰¥3 servings/week)

☐ Yes ☐ No

Commercial sweets/pastries (<3/week)

☐ Yes ☐ No

Comments or Notes