

# MEDITERRANEAN DIET TEST

The National Cancer Institute developed a 9-point test to score the diets of about 400,000 men and women ages 50 to 71. Men and women with scores between 7 and 9 significantly reduced the probability of dying within 10 years from cancer, heart disease, and other diseases compared with participants scoring below 4. The study excluded dairy intake and most Mediterranean style diets include moderate amounts of milk, cheese and yogurt.

Use the Mediterranean diet test to evaluate your diet. You earn 1 point for each category you checked yes and zero points for checking no. Carefully read the test before answering yes or no. Categories like fruits and vegetables are in servings per day whereas fish and legumes are in servings per week.

Food & Servings	Serving Size		Yes/No	Score Yes = 1 No = 0
<b>Vegetables (excluding potatoes):</b> 4 or more servings per day A serving equals ½ cup cooked or juiced, 1 cup raw	Broccoli	<input type="checkbox"/>	Yes <input type="checkbox"/>	1
	Carrots	<input type="checkbox"/>	No <input type="checkbox"/>	0
	Peas	<input type="checkbox"/>		
	Green Beans	<input type="checkbox"/>		
	Cauliflower	<input type="checkbox"/>		
	Spinach/chard/rapini	<input type="checkbox"/>		
	Vegetable juice	<input type="checkbox"/>		
	Other vegetable	<input type="checkbox"/>		
<b>Fruit:</b> 3 or more serving per day	1 small apple	<input type="checkbox"/>	Yes <input type="checkbox"/>	1
	1 small banana	<input type="checkbox"/>	No <input type="checkbox"/>	0
	1 small nectarine	<input type="checkbox"/>		
	1 small peach	<input type="checkbox"/>		
	½ grapefruit	<input type="checkbox"/>		
	1 cup fresh berries or melon	<input type="checkbox"/>		
	½ cup unsweetened juice	<input type="checkbox"/>		
	Other fruit	<input type="checkbox"/>		
<b>Whole Grain:</b> 2 or more servings a day (count only whole grain versions providing a minimum of 2 grams of fiber per serving)	1 slice bread	<input type="checkbox"/>	Yes <input type="checkbox"/>	1
	1 flour tortilla	<input type="checkbox"/>	No <input type="checkbox"/>	0
	1 English muffin, hotdog or hamburger bun, bagel	<input type="checkbox"/>		
	1 cup cold cereal	<input type="checkbox"/>		
	½ cup cooked rice or pasta	<input type="checkbox"/>		
<b>Alcohol:</b> Women - 0 to 1 drink a day Men - 1 to 2 drinks a day	1 ounce hard liquor	<input type="checkbox"/>	Yes <input type="checkbox"/>	1
	4 ounces of wine	<input type="checkbox"/>	No <input type="checkbox"/>	0
	12 ounces of beer	<input type="checkbox"/>		
<b>Fish:</b> 4 or more servings a week	2 to 3 ounces (8 to 12 ounces total)	<input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	1 0
<b>Legumes:</b> 2 or more servings a week	½ cup cooked beans	<input type="checkbox"/>	Yes <input type="checkbox"/>	1
	½ cup cooked lentils	<input type="checkbox"/>	No <input type="checkbox"/>	0
	½ cup cooked peas	<input type="checkbox"/>		
<b>Nuts and seeds:</b> 2 or more servings a week	1 ounce	<input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	1 0
	<b>Fat:</b> All or mostly unsaturated fats (canola and olive oil) vs. saturated fats (butter, lard, tropical oils)	30 percent or less of total Calories	<input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>Red and processed meat:</b> Less than 2 servings a day	2 to 3 ounces	<input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	1 0
<b>Total Score</b>				