



RATE YOUR MED DIET SCORE

with Oldways and the Mediterranean Foods Alliance

Scientific studies show that people who follow the Med Diet enjoy better health than those who don't. Find out your Med Diet Score today, by giving yourself one point for each yes below, and zero for each no.

| I eat.... | | If Yes, score 1 | If No, score 0 |
|----------------------------------|--|--------------------|-------------------|
| Vegetables | Two or more cups of vegetables a day | | |
| Fruit | Two or more pieces of fruit a day | | |
| Whole grains | 2 or more whole grains a day | | |
| Wine | ½ to 1 drink a day for women, 1 to 2 for men (but no more) | | |
| Fish | Fish 2 or more times a week | | |
| Legumes / beans | 2 or more servings a week | | |
| Nuts / Seeds | A handful of nuts most days | | |
| Fat | Lots of olive oil and few other fats | | |
| Red or Processed Meat | 2 servings or fewer a week | | |
| Your Total Med Diet Score | | | |

If your score is...

- 8-9 Long life! Your eating habits follow the Med Diet very closely.
- 6-7 You're doing well. What would help you to add another point or two?
- 4-5 A good start, but you can do better, if you value your health.
- 0-3 Time to turn your life around.

If your score was lower than you'd like, pick one category every month and start to change your eating habits for the better. The Mediterranean Diet is delicious and satisfying — and you deserve the best. Visit www.Oldwayspt.org for recipes and resources to help you on your way.



MED DIET FUN FACTS QUIZ

1. Do you have to be Italian or Spanish or Greek to eat the Mediterranean Diet?
2. If you're following the Med Diet, would you cook vegetables in butter or in olive oil?
3. What's tabbouleh?
4. Which of the following makes a great Med-style dip?
 - a. Sour cream with chives
 - b. Hummus
 - c. Nacho cheese sauce
5. True or False: French fries are an important part of the Med Diet, since they come from France, which borders the Mediterranean.
6. If I don't drink wine, can I still benefit from the Med Diet?
7. Name five countries whose traditional foods are associated with the Med Diet.
8. What would a typical Med Diet meal look like?
 - a. Pasta with tomato sauce, peppers, onions, mushrooms and shrimp
 - b. 12-ounce steak, baked potato with sour cream, creamed corn
 - c. Vegetable soup with beans, and a chunk of crusty whole grain bread
 - d. Grilled fish with broccoli and brown rice

Answers

1. No! Anyone, in any country, can enjoy the Med Diet, even though it's based on foods traditionally popular in countries surrounding the Mediterranean Sea.
2. Olive oil. It makes up most of the fat in the Mediterranean Diet, which is low in solid fats like butter.
3. It's a cold grain-and-vegetable salad made from bulgur (a quick-cooking whole wheat) and chopped vegetables, with olive oil and lemon.
4. b. Hummus, made from chickpeas, olive oil, and spices, is healthy and delicious, and your best Med choice.
5. False! Fried foods are rarely eaten in the Med Diet (and lots of French foods – like cream sauces) aren't in keeping with the Med Diet.
6. Scientific studies show that small amounts of alcohol contribute to the health benefits of the Mediterranean Diet. But it's okay to skip that part, if you don't drink!
7. You score if you named any five of the following: In Europe: Spain, France, Monaco, Malta, Italy, Slovenia, Croatia, Bosnia-Herzegovina, Montenegro, Albania, Greece, Turkey and Cyprus; In Asia: Turkey, Syria, Lebanon, Israel and Egypt; In Africa: Egypt, Libya, Tunisia, Algeria and Morocco.
8. a, c, and d are all correct. Lots of different and delicious foods can be combined to make healthy Med Diet meals, including many of your existing favorite foods.