**MEDITERRANEAN DIET SCORE TOOL *Higher score less risk of heart attack***

 **A Mediterranean dietary pattern (‘Med diet’) is typically one based on whole or minimally processed foods. It’s rich in protective foods (fruits, vegetables, legumes, wholegrains, fish and olive oil) and low in adverse dietary factors (fast food, sugar-sweetened beverages, refined grain products and processed or energy-dense foods) with moderate red meat and alcohol intake.**

**Evidence shows overall dietary pattern (reflected in TOTAL SCORE) as well as individual components reflect risk; a higher score is associated with lower risk of CVD and all-cause mortality (BMJ 2008;337:a1344). During rehabilitation patient scores should ideally rise in response to dietary advice and support.**

**This tool can be used by health professionals with appropriate nutritional knowledge and competencies**

**Question** **Yes / No < less than > greater than**

1. **Y/N Is olive oil the main culinary fat used?**
2. ***Y/N Are > than 4 tablespoons of olive oil used daily? \*\*\*\*\****
3. **Y/N Are > than 2 servings (2) cups of vegetables eaten each day?**
4. **Y/N Are > 3 servings of fruit (3 cups) eaten each day?**
5. **Y/N Is < 1 serving (5oz) of red meat/ hamburger / other meat products eaten each day?**
6. **Y/N Is < 1 serving of butter, margarine, or cream eaten each day?**
7. **Y/N Is < 1 serving (12 oz 1 can) of sweet or sugar sweeten carbonated beverage consumed each day?**
8. **Y/N Are 3> glasses (6-8oz)of wine consumed each week \*\*\*\*\*\*\***
9. **Y/N Are 3> servings (cups) of legumes (beans) consumed each week?**

**10.Y/N Are 3> servings of fish (5-8 oz) or seafood (9-10) oz eaten each week? Fish 2 or more times a week \*\*\*\*\*\***

**11. Y/N Is > 1 serving (handful) of nuts consumed each week?**

**12. Y/N Is chicken, or turkey routinely eaten instead of veal, pork, hamburger, or sausage?**

**13. Y/N are pasta, vegetable or rice dishes favored with garlic , tomato, leek, or onion eaten > 2 a week?**

**Total Score \_\_\_\_\_\_\_\_\_\_\_\_ 13-11 Long Life, Your eating habits follow the Med Diet closely,**

 **You are doing well, what could you add another point or two? 7-5 Time to turn your life around!**

**Nutrition Assessment Sodium (salt control)**

**\_\_\_\_\_\_\_ How frequently do you add salt to your food after it is served?**

 **1. Never 3. About once a day**

 **2. 1-2 times per day 4. With almost all meals**

 **\_\_\_\_\_\_\_ How many times do you eat at a “fast food” restaurant?**

1. **Rarely or always select a “salad bar” meal. 3. 2-3 times a week**
2. **1-2 times per week. 4. 4 or more times a week.**

**\_\_\_\_\_\_\_ How often do you eat any of the following foods: hot dogs, bologna, l luncheon meats, bacon, ham , sausage?**

1. **Rarely or never 3. 3-4 times per week**
2. **1-2 times per week 4. Daily**

**\_\_\_\_\_\_\_ In what form do you frequently purchase food for meal preparations?**

1. **Fresh 3. Canned without sauces**
2. **Canned or frozen without salt 4. Canned, frozen or dry with s sauces and / or seasonings**

**\_\_\_\_\_\_\_ While preparing meals or when eating out, how frequently do you add any or all of the following items to your food, (mustard, pickles, relish, soy sauce, ketchup, meat tenderizer, MSG.**

1. **Rarely or never 3. 3-4 times per week**
2. **1-2 times per week 4 Daily**

**\_\_\_\_\_\_\_ How often do you use canned soups or dry soup/broth mixes?**

1. **Rarely or never 3. 3-4times per week**
2. **1-2 times per week 4. Daily**

**Sodium Score Results**

**Excellent ------------ 6-8 Good ----------------- 9-12 Fair ------------13-16**

**Poor ------------------ 17-20 Very Poor ----------- 21-24**