

**MAKE EACH DAY MEDITERRANEAN**

**How Mediterranean is Your Diet?**

It's likely you've heard a lot about the Mediterranean Diet, and wondered just what it's all about. Now is the perfect time to see how the foods you normally eat stack up against the gold-standard Med Diet.

Hundreds of studies show that people who follow a Mediterranean Diet most closely get many health benefits, while enjoying some wonderfully delicious foods. These benefits include everything from better heart health and reduced risk of strokes and diabetes, to longer lifespan.

Mark your answer to these nine questions to find out just how Mediterranean your diet is... and you'll be on your way to delicious meals and better health.





**Vegetables**

In a typical day, what's your vegetable consumption look like?

<p><b>A</b></p>  <p>The more the merrier. At least 2-3 cups every day.</p> <input type="radio"/>	<p><b>B</b></p>  <p>Never liked 'em, never will.</p> <input type="radio"/>	<p><b>C</b></p>  <p>I eat a cup or so of veggies, most days.</p> <input type="radio"/>	<p><b>D</b></p>  <p>Little bits, here and there.</p> <input type="radio"/>
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**Fruit**

Fruits have always been part of the Mediterranean Diet. Are they part of your everyday meals and snacks? Choose the picture that best matches how you and fruit get along.

<p><b>A</b></p>  <p>I eat fruit once or twice a week.</p> <input type="radio"/>	<p><b>B</b></p>  <p>Love it. All kinds. I eat 2 cups or more daily.</p> <input type="radio"/>	<p><b>C</b></p>  <p>This is my idea of fruit.</p> <input type="radio"/>	<p><b>D</b></p>  <p>I make sure to eat a piece of fruit most days.</p> <input type="radio"/>
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## Whole Grains

The Mediterranean region has a long history of whole grains, such as farro salads in Italy, or tabbouleh made with bulgur in Lebanon. How far have you come in making the switch to whole grains? Choose the picture that fits you best.



**A** Pretty much all my grains are whole grains.



**B** About half my grains are whole grains.



**C** I eat whole grains once in a while, but mostly refined grains.



**D** I've gone Paleo. No grains at all.

## Wine

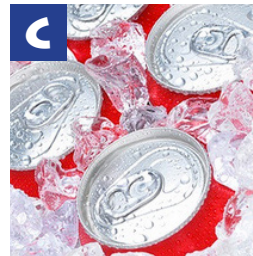
It's no secret that wine has been enjoyed in the Mediterranean region for centuries. Are you a wine drinker? Choose the photo that best represents your habits.



**A** I drink a bottle of red wine daily.



**B** I enjoy 1-2 small glasses of wine most days.



**C** I prefer a cold soda to wine.



**D** I don't drink wine. May I have some water?

## Fish and Seafood

Salmon, sardines, scallops, clams, tuna... All kinds of fish and seafood are part of the Mediterranean diet. Is there anything fishy about your eating habits? Choose photo that says "you" best.



**A** Fish? Yeah, I love gummy fish.



**B** I eat fish at least twice a week.



**C** I eat fish 2 or 3 times each month.




**D** Once a week, without fail, I eat fish.



## Legumes / Beans / Pulses

Mediterranean cuisine offers thousands of delicious ways to enjoy legumes, including lentil soup, hummus, falafel, and pasta fagiole. How full of beans are you? Choose the image that best matches your attitude toward beans.

<p><b>A</b></p>  <p>I eat beans in small amounts, about once a week. <input type="radio"/></p>	<p><b>B</b></p>  <p>I enjoy hummus dip once a month or so, on special occasions. <input type="radio"/></p>	<p><b>C</b></p>  <p>I pretty much never eat beans. <input type="radio"/></p>	<p><b>D</b></p>  <p>I eat bean dishes at least twice a week. <input type="radio"/></p>
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## Nuts and Seeds

Nuts and seeds do more than just give a little crunch to cookies and cakes. Do you go nuts over nuts and seeds? Choose the image that best expresses your habits.

<p><b>A</b></p>  <p>I enjoy a handful of nuts most days. <input type="radio"/></p>	<p><b>B</b></p>  <p>I eat nuts occasionally in desserts. <input type="radio"/></p>	<p><b>C</b></p>  <p>Seeds (and nuts) are for the birds! <input type="radio"/></p>	<p><b>D</b></p>  <p>I get some nuts and seeds in trail mix a few times a week. <input type="radio"/></p>
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## What Kind of Fats?

What kind of fat do you use for cooking? Do you slather your bread with butter, or dip it in olive oil? What sort of dressing do you use on salads? Overall, the kinds of fats in your diet make a big difference in your health. Which image best expresses your approach?

<p><b>A</b></p>  <p>I use lots of olive oil, for cooking, on my salads, everywhere! <input type="radio"/></p>	<p><b>B</b></p>  <p>I use butter, butter, and more butter, for cooking, baking, and spreading. <input type="radio"/></p>	<p><b>C</b></p>  <p>I use fat-free salad dressing and steam my veggies rather than cook them in oil. <input type="radio"/></p>	<p><b>D</b></p>  <p>I avoid cooking oils and butter, but I eat fish, nuts, and other oily foods. <input type="radio"/></p>
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## Red or Processed Meat

In the Mediterranean region, meat was traditionally eaten in small amounts to add a touch of flavor; larger amounts were commonly served only on special occasions. How often do you eat red or processed meat? Select the answer that comes closest to your habits.

<p><b>A</b></p>  <p>Puh-leez! A meal's not a meal without some meat.</p> <input type="radio"/>	<p><b>B</b></p>  <p>I eat red meat in small amounts, generally once a week or less.</p> <input type="radio"/>	<p><b>C</b></p>  <p>I eat red meat 2-3 times per week and avoid processed meat.</p> <input type="radio"/>	<p><b>D</b></p>  <p>I'm a vegetarian, actually.</p> <input type="radio"/>
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## Score

Add up your number score for each of your answers and total for your points for your Med Diet score.

Vegetables	A-3	B-0	C-2	D-1	Number_____
Fruit	A-1	B-3	C-0	D-2	Number_____
Whole Grains	A-3	B-2	C-1	D-0	Number_____
Wine	A-1	B-3	C-0	D-2	Number_____
Fish & Seafood	A-0	B-3	C-1	D-2	Number_____
Legumes/ Beans/ Pulses	A-2	B-1	C-0	D-3	Number_____
Nuts & Seeds	A-3	B-1	C-0	D-2	Number_____
What kind of fats?	A-3	B-0	C-1	D-2	Number_____
Red or Processed Meats	A-0	B-3	C-1	D-3	Number_____
					Total _____

*Outcomes on next page*

## Outcomes



### Gold Medal Winner: 20–27 points

You win top honors. We're betting your mom put olive oil in your sippy cup, and maybe even topped your birthday cake with leafy greens instead of frosting. Your healthy eating habits are totally solid.



### Silver Medal Winner: 13–19 points

You eat WAY better than most Americans, but there's still room for improvement. If you up your game just a bit, you can put yourself in line for more of the scientifically proven benefits of the Mediterranean Diet.



### Bronze Medal Winner: 6–12 points

You have some good habits, but could use more. We know you've got it in you to "go Med" more completely. Check out our recipes at <http://oldwayspt.org/recipes>. We know you'll find plenty of dishes you'll enjoy. Your body will thank you.



### Miles away from the Mediterranean: 0–5 points

Your current eating habits have very little in common with the Mediterranean Diet. You're missing out on some great tastes and health benefits. Want to change that? Check out our *Oldways 4-Week Mediterranean Diet Menu Plan*. This slim volume tells you everything you need to know to make a fresh start toward a healthier you.

