

Mediterranean Diet Scoring Tool

Assess your diet and identify areas for improvement

The Mediterranean diet is a style of eating based on the traditional foods of countries bordering the Mediterranean Sea. Research shows that higher scores on this scale are associated with better heart health, better mental health, and a 32% lower risk of depression. ^[1,2,3]

Complete the checklist below to find your score out of 14 points. Speak with the Registered Dietitian at your doctor's office to learn more.

#	QUESTION	YES	NO	KEY NUTRITION TIP
1	Is olive oil your main fat for cooking?	☐	☐	Olive oil is high in healthy monounsaturated fat (a heart-healthy choice).
2	Do you use 4 tablespoons (60 ml) or more of olive oil daily? (Include oil used for frying, salads, and meals eaten out.)	☐	☐	Healthy fats support heart and brain health. Drizzle olive oil over meals and salads.
3	Do you make homemade sauce by sauteing olive oil with garlic, onion, and tomato at least twice a week?	☐	☐	Homemade sauces for pasta, rice, and vegetables are a cornerstone of the Mediterranean diet.
4	Do you eat 4 or more servings of vegetables daily? (1 serve = 1/2 cup cooked or 1 cup raw leafy greens)	☐	☐	Vegetables are packed with fibre, antioxidants, vitamins, and minerals for optimal health.
5	Do you eat 3 or more pieces of fruit, or 1.5 cups or more of fruit, each day? (1 serve = 1 fruit or 1/2 cup)	☐	☐	Choose whole fruit over juice for maximum fibre and nutrients.
6	Do you eat nuts 3 or more times per week? (1 serve = 30 g or 1/4 cup)	☐	☐	Nuts (walnuts, almonds, hazelnuts) are rich in healthy fats, fibre, and vitamin E. Chew well.
7	Do you eat fish or seafood 3 or more times per week? (1 serve = 100-150 g fish or 200 g seafood)	☐	☐	Salmon, trout, mackerel, sardines, and herring contain omega-3 fats (EPA and DHA) for heart and brain health.
8	Do you eat 3 or more serves of legumes (peas, beans, or lentils) per week? (1 serve = 3/4 cup or 150 g)	☐	☐	Legumes are high in fibre, protein, and potassium. Add beans, peas, and lentils several times a week.
9	Do you eat chicken or turkey more often than beef, pork, hamburger, or sausage?	☐	☐	Choose lean proteins with little visible fat.
10	Do you eat fewer than 2 serves of red or processed meat daily? (1 serve = 75 g)	☐	☐	Include fish, legumes, and nuts regularly. Reduce processed meats and deep-fried foods.
11	Do you use 1 tablespoon (15 ml) or less of butter, margarine, or cream per day?	☐	☐	Replace butter and cream with plant-based fats such as olive oil, nuts, and seeds.

#	QUESTION	YES	NO	KEY NUTRITION TIP
12	Do you eat commercial baked goods (biscuits, doughnuts, cake) fewer than 2 times per week?	☐	☐	Packaged sweets can be high in saturated fat, salt, and sugar. Enjoy them occasionally.
13	Do you drink fewer than 1 can (355 ml) of sugary drinks daily?	☐	☐	Limit soft drinks, sports drinks, juice, and flavoured coffees to reduce added sugar intake.
14	If you drink alcohol, do you limit intake to 7 or fewer glasses of wine per week? (1 serve = 90-180 ml)	☐	☐	If you do not drink alcohol, do not start. Discuss alcohol with your health care provider.

YOUR TOTAL SCORE _____ / 14

A score of 10 or more is associated with the greatest health benefits. Pick 1-2 areas where you answered "No" and work on those first. Speak with your dietitian for personalised guidance.

RESOURCES AND SUPPORT

- **National Heart Foundation of Australia:** 13 11 12 | www.heartfoundation.org.au - Heart-healthy eating resources and Mediterranean diet information
- **Dietitians Australia:** www.dietitiansaustralia.org.au - Find an Accredited Practising Dietitian for personalised dietary advice
- **Eat for Health (NHMRC):** www.eatforhealth.gov.au - Australian Dietary Guidelines aligned with Mediterranean diet principles
- **Diabetes Australia:** 1800 637 700 | www.diabetesaustralia.com.au - Diet and lifestyle resources for metabolic health

REFERENCES

1. Sofi F, et al. (2010). Adherence to Mediterranean diet and health status: meta-analysis. *BMJ*, 337, a1344.
2. Martinez-Gonzalez MA, et al. (2012). Benefits of the Mediterranean diet: insights from the PREDIMED study. *Progress in Cardiovascular Diseases*, 58(1), 50-60.
3. Jacka FN, et al. (2017). A randomised controlled trial of dietary improvement for adults with major depression (the SMILES trial). *BMC Medicine*, 15(1), 23.
4. National Heart Foundation of Australia. (2023). Healthy eating. <https://www.heartfoundation.org.au>
5. Eat for Health (NHMRC). (2023). Australian Dietary Guidelines. <https://www.eatforhealth.gov.au>