

Dietary Checklist

See how you stack up against the participants in the National Cancer Institute study of men and women following a Mediterranean diet plan. Individuals with scores of 6 or more on the checklist begin to see a lower risk of dying young as compared to those with scores of 4 or less. More dietary tips can be found in Appendix One.

Beverage Or Food	Your Score. Add one point for each yes answer	
Alcohol—1/2 to 1 drink for women, 1 to 2 for men (but no more)	Yes	No
Fat intake focused on healthy fats, mostly monounsaturated and polyunsaturated fats (canola, olive, safflower oil, etc.)	Yes	No
Fish—4 or more servings per week	Yes	No
Fruit—3 or more servings a day	Yes	No
Legumes/beans—2 or more servings per week	Yes	No
Red and processed meat—1 or fewer servings per day	Yes	No
Nuts and seeds—2 or more servings per week	Yes	No
Vegetables (other than potatoes)—4 or more servings a day	Yes	No
Whole grains—2 or more servings a day	Yes	No
Total Score	Points	

Note: I have not specified which types of each food are best for your health but you'll find some tips in Appendix One. Traditional Mediterranean diets also allow moderate intake of dairy, such as cheese, milk, and yogurt. Healthy, non-processed foods with more fiber and protein are encouraged.