



Mediterranean Lifestyle Questionnaire

For every Yes answer you score 1 point

Question Number	Question	Yes	No
1	Do you use olive oil as your main eating/cooking oil?		
2	If you use olive oil, do you consume at least 4 tablespoons in total/day		
3	Do you eat at least 4 servings of vegetables/day, including at least one serve as a raw vegetable?		
4	Do you eat at least 3 servings of fruit/day?		
5	Do you eat less than 1 serve of red meat, ham etc /day		
6	Do you eat less than 2 teaspoons/day of butter, margarine or cream/day		
7	Do you drink one or less glasses of soft drink or cordial/day?		
8	Do you drink at least on average one glass of wine/day?		
9	Do you eat at least 3 serves of legumes (lentils, chick peas, kidney beans etc)/week		
10	Do you eat at least 3 serves of fish or shellfish/week?		
11	Do you eat less than 3 serves of cakes, pastries, sweet biscuits/week?		
12	Do you eat a serve of raw, unsalted nuts at least 3 times/week?		
13	Do you prefer to eat chicken, turkey or lean pork instead of beef or lamb?		
14	Would you eat tomato, garlic and onion at least 2 times/week?		

Total number of Yes answers:

Aim for at least 10 Yes answers