## **Mediterranean Diet Adherence Screener (MEDAS)**

Adapted from: <a href="https://www.predimed.es">www.predimed.es</a>, Int J Epidemiol. 2012 Apr; 41(2):377-385, J Nutr. 2011 Jun; 141(6):1140-1145 (Nov 2017)

		ANSWER	POINTS
1.	Do you use olive oil as the main source of fat for cooking?		
_	Have many table and are of allies all de very sea and de 2	Yes No	
2.	How many tablespoons of olive oil do you use each day?  Include olive oil used in salads, meals eaten away from home, frying etc		
	menade onve on asea in sandas, means eaten away from nome, frying etc	# tablespoons per day	
3.	How many servings of vegetables do you eat per day?		
	One serving is ½ cup raw or cooked vegetables or 1 cup of raw salad greens	_	
		# servings <b>per day</b>	
4.	How many servings of whole fruit do you eat per day?  One serving is ½ cup or a medium sized piece of whole fruit		
	One serving is 72 cup of a mediant sized piece of whole fruit	# serving <b>per day</b>	
5.	How many servings of red meat, hamburger or sausages do you eat per week?	0,1117	
	One serving is 3 ½ -5 ½ ounces (100-150 grams)		
		# servings per week	
6.	How many servings of butter, margarine or cream do you consume per day?		
	One serving is 1 Tablespoon. This does not include soft non-hydrogenated margarines		
	margarnics	# servings per day	
7.	How many sugar sweetened beverages do you drink per week?	J. G. P. T. A	
	One serving is 355ml or one can of pop or 12 ounces.		
	This includes any drinks with added sugars such as regular pop, fruit drinks,		
	sports drinks, energy drinks, iced tea	# servings <b>per week</b>	
8.	Do you drink wine? How much do you drink per week?  1 glass = 150ml or 5 oz		
	i you do not unik wille of alcohol, do not start	# glasses <b>per week</b>	
9.	How many servings of legumes like kidney beans, chick peas, lentils, black		
	beans, split peas do you eat per week?		
	One serving is 5 ounces or 150 grams or ½ - 2/3 cup		
10	Have many and the property of	# servings per week	
10.	How many servings of fish or seafood do you eat per week?  One serving of fish is 3 ½ -5 ½ ounces or 100-150 grams		
	One serving of seafood is 4-5 pieces or 7 ounces or 200 grams		
		# servings <b>per week</b>	
11.	How many times do you eat baked goods such as pie, cookies, cake or		
	doughnuts per week?		
42	He was the same and a factor and a	# times <b>per week</b>	
12.	How many times do you eat nuts per week?  1 serving is 30 grams or 1 ounce		
	2 30. Villy 13 30 grains of 2 bance	# times <b>per week</b>	
13.	Do you eat chicken or turkey more often than beef, pork, hamburger or	<u> </u>	
	sausage?		
		Yes No	
14.	How many times per week do you eat dishes with a sauce of tomato, garlic,		
	onion/leeks sautéed in olive oil?	# times <b>per week</b>	
<u></u>	1		
		TOTAL Points	