

Brain Health Kitchen Mediterranean Lifestyle Quiz

I enjoy:

If yes, score 1. If no, score 0



1. Beans, lentils, and other legumes (such as whole soy foods): 3 or more ½-cup (cooked) servings a week
2. Fish and Seafood: 2 or more servings a week
3. Fruit: 1 to 2 pieces of fruit or ½ cup berries most days
4. Meat, poultry and dairy products: less than 4 servings a week
5. Nuts and seeds: 2 tablespoons seeds or a handful (about ¼ cup) of nuts most days
6. Vegetables: 2 or more cups each day
7. Whole grains: 2 or more ½-cup servings most days
8. I almost never eat: processed foods or conventional American fast food
9. I mostly cook with: extra-virgin olive oil
10. Most days I am physically active for at least 30 minutes
11. Most days I enjoy meals with others
12. I limit my alcohol consumption to: 0 to 5 ounces of red wine with a meal



Add a bonus point if:

You enjoy olives a few times a week.

Your biggest meal of the day is lunch.

You serve pasta at home in an Italian-sized portion—about 3½ ounces (100 g).

Most of your meals are eaten sitting at a table—not at your desk, in the car, or standing at the kitchen counter.

If your score is:

12+ You are doing an excellent job adopting the Mediterranean style of eating. Bravo!



8-11 You could improve in a few areas, but are doing a great job.



5-7 There's room for improvement but it's good to see many core Mediterranean foods present.



0-4 Your dietary pattern leans towards the less healthful American or Western style. Time for a change?

