

Mediterranean Diet Score Card: Men

The target amounts for each ingredient in the Mediterranean diet score are based on a 2,000 calorie diet for males. Keep in mind that these targets are averages for each day: for example, you are unlikely to eat 3/4 ounces of fish every day. But if you have about one serving of fish per week (one serving = 4 ounces), you'll be meeting your target of less than 0.75 ounces per day ($0.75 \times 7 = 5.25$ ounces of fish).

Some points are for equal or more, and some are equal or less.

	Vegetables	Legumes	Fruit & Nuts	Whole Grains & Cereals	Fish	Dairy	Meats	Fats & Oils	Alcohol	Weekly Total
Daily Average Target Amount	> 10.8 ounces	> 2.1 ounces	> 8.9 ounces	> 10.4 ounces	> 1 ounce	< 7.2 ounces	< 3.9 ounces	Ratio: about 60% more unsaturated fat than saturated fat	~ 2 drinks per day	
Sunday										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										

If you drink no alcohol, you get a point. Alcohol is based on a maximum of 28 grams of alcohol per day. Unlike fish or legumes, one cannot average them per week and save up for more.

Fish and Legums can be averaged over the week.

There are some items for which there is no score, this does not mean they are bad or good, they are simply neutral. Meats refers to red meat not to poultry. Poultry, like eggs are neutral. One never knows which came first