Methods The MD-UK framework has been created based on a comparison of food groups from evidence-based healthy diets such as the traditional Mediterranean Diet and MD adaptations in non-Mediterranean countries such as MIND Diet (USA) and Mod/MedDiet (Australia) in addition to The Eatwell Guide (UK).

Results A modified dietary pyramid (figure 1) was produced which depicts the key MD food groups with portions; supplementary resources were created to enhance consumption of UK ingredients.

Conclusions The MD-UK framework can offer an opportunity to promote healthy eating towards a Mediterranean style diet with suggested portions and locally grown foods.