

Supplementary Table 1: Dietary Screener.

1. In general, how healthy is your overall diet?
 - a. Excellent
 - b. Very Good
 - c. Good
 - d. Fair
 - e. Poor

Supplementary Table 1: Dietary Screener.

2. I eat... [Please check "Yes" or "No"]

		Yes	No	Serving size reference
Vegetables	2 or more cups of vegetables a day			1 cup = baseball size; 1 cup = 1 cup raw, 2 cups leafy greens, or ½ cup cooked
Fruit	2 or more pieces of fruit a day			1 piece = 1 medium piece fruit, ½ cup fresh, canned, frozen, or ¼ cup dried fruit
Whole grains	2 or more whole grains a day			1 whole grain = 1 slice whole grain bread, 1 small whole grain roll, 1 cup whole grain cereal, or ½ cup cooked (brown rice, whole grain pasta, barley, quinoa, oatmeal)
Wine	½ to 1 drink a day for women, 1 to 2 for men (but no more)			1 drink = 5 oz wine (half a medium wine glass)
Fish	2 or more times a week			1 serving fish = 3 oz (deck of cards size)
Legumes / beans	2 or more servings a week			1 serving = ½ cup cooked beans, peas, lentils, tofu; 1 cup soy milk
Nuts / seeds	A handful of nuts most days			1 handful = golf ball size ¼ cup or 1 oz (23 almonds, 14 walnuts) or 2 tablespoons nut butter
Fat	Olive oil and few other fats			Other fats = Butter, shortening, or coconut oil*
Red or processed meat	2 servings or fewer a week			1 serving meat = 3 oz (deck of cards size)

*The fats listed on the right side were the fats to be limited, labeled as "other fats" and olive oil was the preferred oil of the questionnaire. Use of olive oil as the primary fat reflects adherence to the Mediterranean diet, while use of the "other fats", defined in the table as butter, shortening, or coconut oil, would reflect non-adherence to the Mediterranean diet. Regular use of olive oil would earn a check in the YES box, while regular use of butter, shortening or coconut oil would earn a check in the NO box.



© 2012 Oldways Preservation Trust

www.oldwayspt.org