**Calculate your Mediterranean Diet Score**

**[](https://i0.wp.com/nutritionovereasy.com/wp-content/uploads/2014/05/olive-oil-cooking1.jpg?ssl=1)**A huge–and growing–body of research suggests that closely following a Mediterranean dietary pattern can help you live a long and healthy life.

How similar is your diet to the mythical Mediterranean Diet studied by researchers? Answer these 9 questions to get your score. (Adapted from **[Oldways](http://oldwayspt.org/" \t "_blank)**)

**Give yourself 1 point for every Yes, 0 points for every No.**

1. I eat at least 2 cups of vegetables every day.

2. I eat 2 or more pieces of fruit a day.

3. I eat 2 or more servings of whole grains a day.

4. I eat fish 2 or more times a week.

5. I eat beans or legumes 4 or more times a week.

6. I eat nuts or seeds almost every day.

7. I use olive oil as my main source of fat.

8. I drink a glass of red wine (but no more than 2) most days.

9. I eat red meat no more than once a week.

**Scoring**

If you scored 8 or 9, your diet is highly consistent with the ideal Mediterranean diet pattern.

If you scored 6-7, your diet has a lot in common with the ideal Mediterranean diet pattern.

If you scored 4-5, your diet includes some elements of the ideal Mediterranean diet pattern.

If you scored 0-3, your diet is not consistent with the ideal Mediterranean diet pattern.