

## 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).

	Vegetables	Legumes	Fruit & Nuts	Whole Grains & Cereals	Fish	Dairy	Meats	Fats & Oils	Alcohol	Weekly Total
<b>Daily Average Target Amount</b>	> 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	
<b>Sunday</b>										
<b>Monday</b>										
<b>Tuesday</b>										
<b>Wednesday</b>										
<b>Thursday</b>										
<b>Friday</b>										
<b>Saturday</b>										

Is this helpful? Send comments or suggestions to [webmaster@drgourmet.com](mailto:webmaster@drgourmet.com).