

Mediterranean Diet Score Card: Women

The target amounts for each ingredient in the Mediterranean diet score are based on a 1,500 calorie diet for females. 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
Daily Average Target Amount	> 8.9 ounces	> 1.75 ounces	> 7.7 ounces	> 8.9 ounces	> 0.75 ounces	< 6.9 ounces	< 3.25 ounces	Ratio: about 60% more unsaturated fat than saturated fat	~ 1 drink per day	
Sunday										
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										

Is this helpful? Send comments or suggestions to webmaster@drgourmet.com.