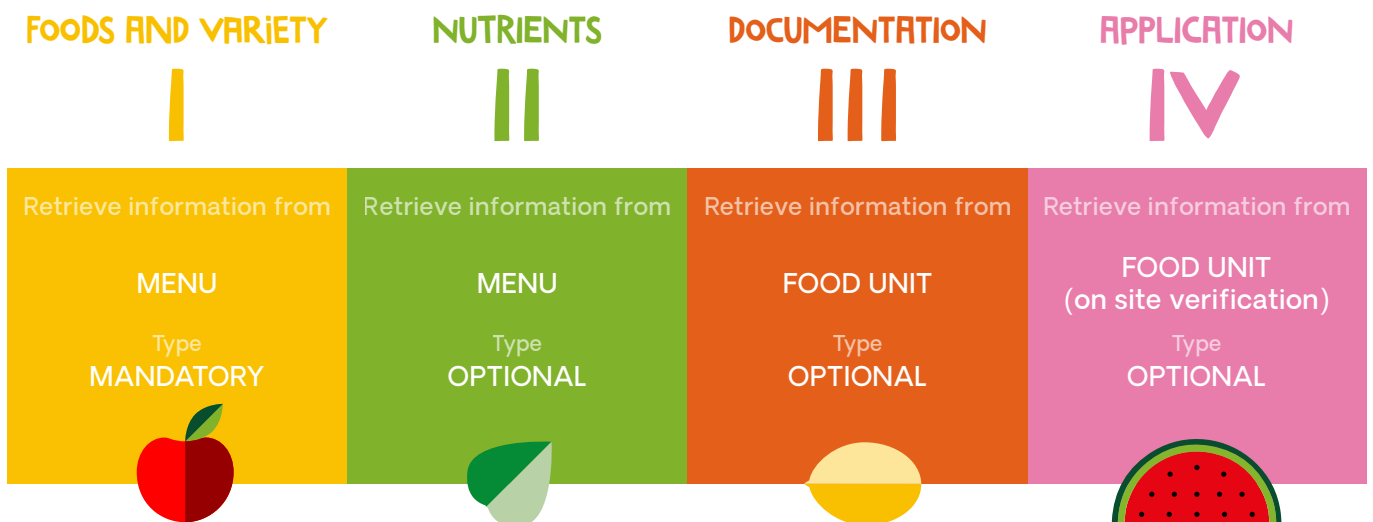


MEDCIN

-MED DIET COMPLIANCE INDEX-

INDEX TO EVALUATE MENU COMPLIANCE WITH THE MEDITERRANEAN DIET

This index is organised in 4 dimensions:



HOW TO USE THE SPREADSHEET

1. Evaluate a 4-week period
(if not available, evaluate monthly items considering replication of the information of available weeks)
2. Items should be answered using
YES or NO
YES=1 NO=0
3. Questions 9, 11 and 12 allow for
Not Applicable (NA)
NA=99
4. Questions should not be
left unanswered
(if so, score will not be calculated)

GENERAL GUIDELINES

- Evaluate a 4-week period
(if not available, evaluate monthly items considering replication of the information of available weeks)
- The index is designed to evaluate a 5-day week menu, 1 meal per day (e.g. lunch)
- It should evaluate all the available options in the menu, with the exception of the vegetarian option or other options that restrict the food offer (e.g. diet option)
- Concerning the weekly assessment criteria, 1 week of non-compliance is enough not to score the criteria



The spreadsheet to evaluate menus is available at meddiet4campus.eu/resources
If you have any doubts, please contact info@meddiet4campus.eu

DIMENSION I FOODS AND VARIETY

IA – FOODS

IB – VARIETY

QA1	Availability of traditional Mediterranean dishes	QB1	Stewed dishes with tomato and/or onion and/or garlic and/or leek at least 3 times a week
QA2	Availability of vegetables soup	QB2	Traditional soups of the MD (vegetables soup, use of pulses in some soups) at least 3 or 4 times a week
QA3	Availability of non-starchy vegetables (side dish or on dish)	QB31	More than 1 variety daily and not repeated in consecutive days
QA3	Availability of non-starchy vegetables (side dish or on dish)	QB32	More than 1 variety daily and not repeated in three consecutive days different in at least 3 week days
QA4	Availability of seafood dishes	QB4	Higher number of fish than meat dishes
QA5	Availability of dishes with eggs as the main protein source	QB5	Dishes with eggs as the main protein source at least once a week
QA6	Availability of meat dishes	QB61	Lean meat dishes in a higher number than red meat dishes
QA6	Availability of meat dishes	QB62	No use of processed meat
QA6	Availability of meat dishes	QB63	Use of processed meat dishes no more than once a week
QA7	Availability of dishes containing pulses	QB71	Pulses – 1 to 2 times a week
QA7	Availability of dishes containing pulses	QB72	Pulses – 3 or more times a week
QA8	Availability of fresh fruit as dessert	QB81	Fresh Fruit – Daily
QA8	Availability of fresh fruit as dessert	QB82	Fresh Fruit – 3 to 4 times a week
QA8	Availability of fresh fruit as dessert	QB83	Fresh Fruit – 1 to 2 times a week
QA8	Availability of fresh fruit as dessert	QB84	Sweet desserts no more than 3 times per month
QA8	Availability of fresh fruit as dessert	QB85	Sweet desserts no more than once a week
QA8	Availability of fresh fruit as dessert	QB86	Sweet desserts 2 to 3 times / week
QA8	Availability of fresh fruit as dessert	QB87	Sweet desserts more than 3 times / week
QA9	Availability of whole grains	QB9	Whole grains – 2 or more times a week
QA10	Availability of nuts and seeds (in dishes or salads)	QB10	Nuts and seeds (in dishes or salads) – once or more a week
QA11	Availability of olive oil (cooking and seasoning)	-	-
QA12	Use of seasonal products	-	-



GUIDELINES To DIMENSION IA - FOODS



QA1

“Availability of traditional Mediterranean dishes” – consider all dishes with a sauté base including olive oil and/or tomato and/or onion and/or garlic and/or leek, cooked at the same time, all in the same container

QA3

“Availability of non-starchy vegetables (side dish or on dish)” – consider any presence of vegetables in any component of the dish

QA4

“Availability of seafood dishes” – consider all the sources of seafood: finfish, shellfish (crustacean or mollusc)

QA5

“Availability of dishes with eggs as the main protein source” – consider dishes in which the main protein source is egg, even if another source of protein is present, in smaller quantities (e.g. ham omelette)

QA7

“Availability of dishes containing pulses” – consider all types of beans, chickpeas, soy, lentils, peas and lupins; consider any presence of pulses regardless of the component of the dish in which it is included

QA8

“Availability of fresh fruit as dessert” – consider only fresh fruit; do not consider canned fruit

QA9

“Availability of whole grains” – consider sources of whole grains, like whole meal pasta, brown rice, whole meal bread and other similar

QA10

“Availability of nuts and seeds” – consider nuts such as almonds, brazil nuts, cashew, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio, walnuts and seeds, such as flaxseed, pumpkin seeds, sunflower seeds and sesame seeds and other similar

QA12

“Use of seasonal products” – depending on each country’s production schedule, preferably fresh

GUIDELINES To DIMENSION IB - VARIETY



QB1

“Stewed dishes with tomato and/or onion and/or garlic and/or leek at least 3 times a week
– review QA1 guidelines

QB2

“Traditional soups of the Mediterranean Diet at least 3 or 4 times a week”
– consider any type of vegetable and/or pulses soup, regardless of whether it's a pureed soup or a soup with some whole vegetables

QB31 & QB32

“More than 1 variety (of non-starchy vegetables) daily and not repeated (...)”
– consider the vegetables component as a whole; for example, if spinach with carrots is offered on Monday and broccoli with carrots is offered on Tuesday, these vegetable components are considered different, even if the carrots are repeated

QB4

“Higher number of fish than meat dishes” – review QA4 guidelines

QB5

“Dishes with eggs as the main protein source at least once a week”
– review QA5 guidelines

QB61

“Lean meat dishes in a higher number than red meat dishes” – consider chicken, turkey, duck and rabbit as lean meat; red meat includes beef, pork and lamb

QB62 & QB63

“No use of processed meat” and “Use of processed meat dishes no more than once a week” – consider sausages, ham, chorizo and other deli products as processed meats; all traditional dishes that usually include processed meats should be considered as so, except if it is explicitly stated on the menu that they do not include them

QB71 & QB72

“Pulses (...)” – all traditional dishes that usually include pulses should be considered as so, except if it is explicitly stated on the menu that they do not include them

QB84 to QB87

“Sweet desserts” – every option that is not fresh fruit should be considered a sweet dessert, such as cooked fruit, fruit salad or puree, canned fruit, all types of sweet desserts, yoghurts and other types of sweetened dairy products

QB9

“Whole grains – 2 or more times a week” – review QA9 guidelines