|  |
| --- |
| **Appendix 2.** Dietary recommendations used in construction of Mediterranean dietary score based on dietary recommendations (MDS-rec) (1,2). |
| Food groups (portion) | MDS-rec categories |
| 1st | 2nd  | 3rd |
| *Weekly frequency* |  |  |  |
|  Fish and seafood (100-125 g fillet, 200-250 g whole) | <1 | 1-2 | ≥3 |
|  Meat and sausages (120-150 g meat, 30 g sausages) | ≥7 | 4-6 | ≤3 |
|  Pulses (60-80 g) | <1 | 1 | ≥2 |
|  Nuts (20-30 g) | <1 | 1-2 | ≥3 |
| *Daily frequency* |  |  |  |
|  Dairy products (200-250 ml milk, 200-250 g yogurt, 40-60 g cheese, 80-125 g fresh cheese) | ≥1 | 1 | <2 |
|  Olive oil (10 ml) | <1 | 1-2 | ≥3 |
| Vegetables (150-200 g) | <6 per week | 6 per week - 1 per day | ≥2 |
|  Fruits (120-200 g) | <1 | 1-2 | ≥3 |
|  Cereals (60-80 g pasta, 150-200 g potatoes, 40-60 g bread) | <1 | 1-3 | ≥4 |
|  Red wine (portion: 20 g) | <1 or >1 |  - | 1 |

Reference List

 1. Agencia Española de Seguridad Alimentaria y Nutrición.Ministerio de Sanidad y Consumo. Come sano y muévete. 12 decisiones saludables. 2008 Mar 1.

 2. Sociedad Española de Dietética y Ciencias de Alimentación. Recomendaciones SEDCA 2009 para mantener una alimentación saludable. 2009.