|  |  |  |  |
| --- | --- | --- | --- |
| **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.