

MEDAS Questions & Scoring



While you are participating in the IMPEDE Trial / Medi for All, we will ask you to complete a short survey, called the MEDAS, about your eating habits every 2 weeks. This survey can help you keep track of how you are doing on Medi for All, and your score will be used to let the study team know where you might need some additional support. You will receive this survey as a link to an online survey, so it will look a little different, but the questions you will be asked each time are included below, as well as how the questions are scored. The higher your score, the better you're doing on adopting a Mediterranean-style eating pattern!

Please answer the food questionnaire below based on your usual eating and cooking habits in the past week.

	Question	Scoring
1	Is olive oil included in your diet?	Yes = 1 point
2	Approximately how many tablespoons of olive oil do you use <u>per day</u> (including the olive oil you use for cooking, in salad dressings, and in other foods)?	4 or more tablespoons = 1 point
3	How many servings of vegetables do you eat <u>per day</u> ? (1 serving = about 1 cup of leafy greens or 1/2 cup cooked vegetables)	2 or more servings = 1 point
4	How many pieces of medium-size whole fruit or ½ cup cooked or canned fruit (including small glasses about 6 oz or less of 100% natural fruit juice with no added sugar or sweeteners) do you eat or drink <u>per day</u> ?	3 or more servings = 1 point
5	How many servings of red meat (ground or whole) or other meat products (ham, sausage, etc.) do you eat <u>per day</u> ? (1 serving = about 3 ounces and is about the size of a deck of cards, 1 hot dog/sausage, 2 slices of lunchmeat or bacon, 2 breakfast sausage).	Less than 1 serving = 1 point
6	How many servings of butter or cream do you eat or cook with <u>per day</u> ? (1 serving = 1 tablespoon).	Less than 1 serving = 1 point
7	How many sweetened beverages do you drink <u>per day</u> ? Please include soft drinks/sodas (all types that are not diet or 'sugar free'), sports drinks, sweetened coffee or tea, fruit punch.	Less than 1 sweetened beverage = 1 point

8	How many 4 oz ($\frac{1}{2}$ cup) glasses of wine do you drink <u>per week</u> ?	7 or more 4 oz glasses = 1 point
9	How many servings of legumes (black, pinto, or kidney beans; peas, lentils, etc.) do you eat <u>per week</u> ? (1 serving = about $\frac{1}{2}$ cup of cooked beans)	3 or more servings = 1 point
10	How many servings of fish (such as salmon, tuna, cod) or shellfish (shrimp, crab, clams, etc.) do you eat <u>per week</u> ? (1 serving = about $\frac{1}{2}$ pound of fish [size of a deck of cards] or $\frac{1}{2}$ cup shellfish).	3 or more servings = 1 point
11	How many times <u>per week</u> do you eat sweets or pastries (cakes, cookies, candies, etc.)? (A serving = roughly: 1 medium muffin, scone or donut; 2 medium cookies; 1 piece of cake; 1 regular candy bar; 2 pieces of candy).	Fewer than 2 times = 1 point
12	How many servings of nuts or nut butter (such as almond butter, peanut butter) do you eat per week? (1 serving = $\frac{1}{3}$ cup of nuts or 2 tablespoons of nut butter).	3 or more servings = 1 point
13	Do you usually eat chicken or turkey or plant-based proteins (such as tofu or tempeh) more often than you eat veal, pork, beef, hamburger, or sausage?	Yes = 1 point
14	Some people use a tomato-based sauce in their cooking (with olive oil, onion and/or garlic). How many times <u>per week</u> do you consume dishes cooked with this kind of sauce?	2 or more times = 1 point