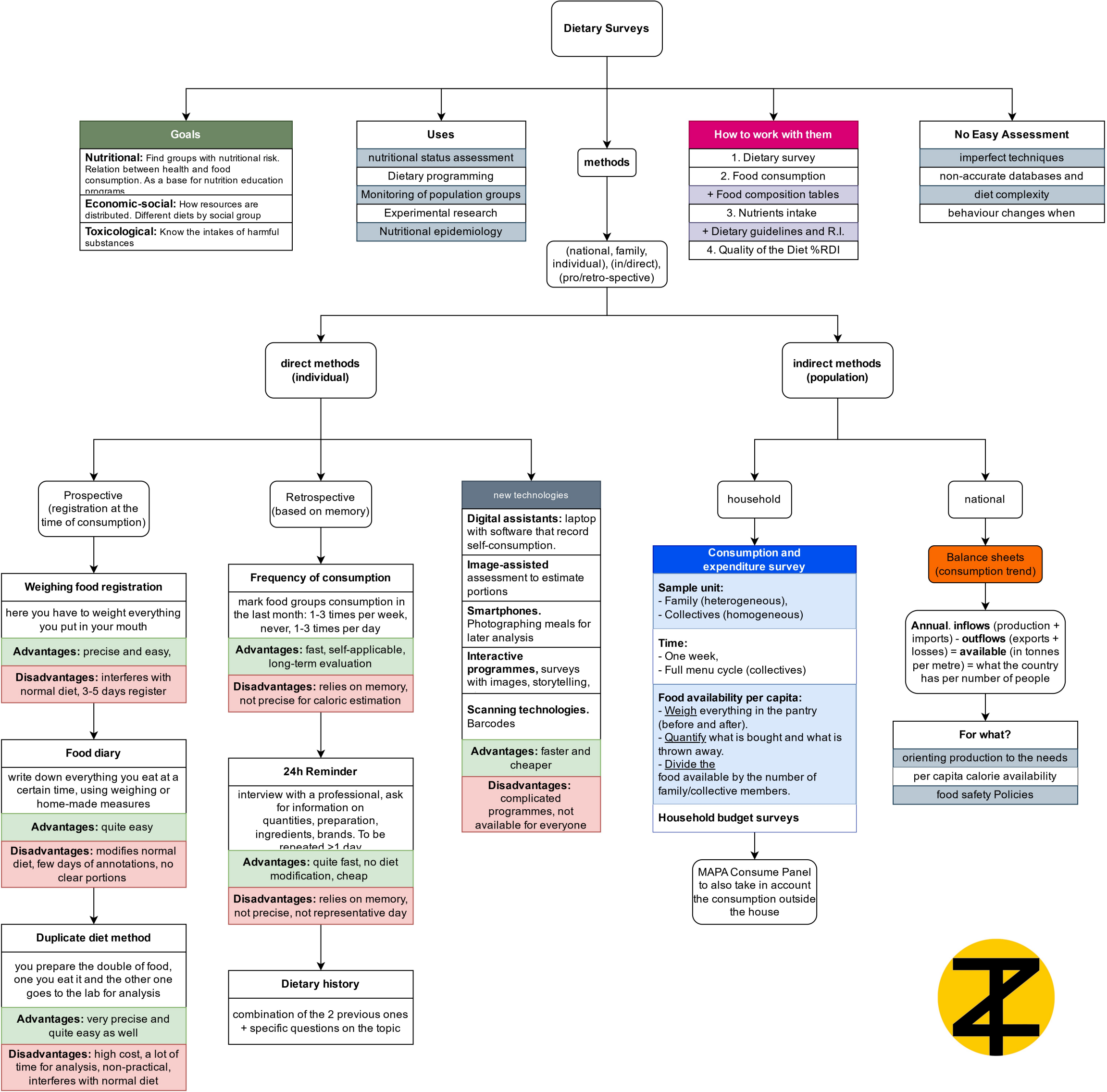




Dietary Indicators

Dietary Quality Indicators (DQIs)

DQI: 8 components, 0-16 score. negative correlation ↑points = ↓quality

Revised (DQI_r): 10 components, 0-100 score. positive correlation ↑points = ↑quality

Healthy diet (HDI): either 0 points (out of the range) or 1 point (in the range). positive correlation ↑points = ↑healthy

Healthy eating (HEI): 10 components, 0-100 score. positive correlation ↑points = ↑healthy

Alternative (AHEI): 9 components, 0-90 score. negative correlation ↑points = ↓inflammation

MedDiet score (MDS): 8 characteristic components. either 0 or 1 point. positive correlation ↑points = ↑healthy

Modified (MDS_m): included fish, removed dairy and split fruit from nuts. either 0 or 1 point. positive correlation ↑points = ↑healthy

Mediterranean (MED-DQI): 0-14 score, (0/1/2) points. negative correlation ↑score = ↓Med.Quality. ↑Olive oil = ↓points, ↑fish = ↓points

MedDiet Adherence (MEDAS): 12 questions over frequency of consumption +2 over intake habits. 0-14 score. positive correlation ↑points = ↑MedDiet

Healthy Lifestyle Indicators (HLIs)

Mediterranean Lifestyle (MEDLIFE): either 0 or 1 point. 0-28 score: 15 questions of consumption, 7 of Med. habits & physical activity and 6 of sleep & social habits. positive correlation ↑points = ↑Med. Lifestyle

Health indicator (HI): from 0 to 5 points each component: fruits&veggies, fish, fibre rich foods, sodium, sugar drinks, exercise and stress. Related to cardiovascular health. 0-10 score ↑points = ↑healthy

QUESTIONS → INDICATORS → FOOD
(TYPES, AMOUNTS AND FREQUENCY) →
NUTRIENTS → COMPARISON TO
RECOMMENDATIONS → ASSESSMENT

