

TEST KIDMED:

During the last decades, a quick and important modification of the dietary habits has been observed in the Mediterranean countries, especially among young people. Several authors have evaluated the pattern of adherence to the Mediterranean Diet in this group of population, by using the KIDMED test.

Therefore, I propose that you make this test, with which you will be able to know if your diet is adequate. Answering, you will know in that grade your diet resembles the ideal Mediterranean diet.

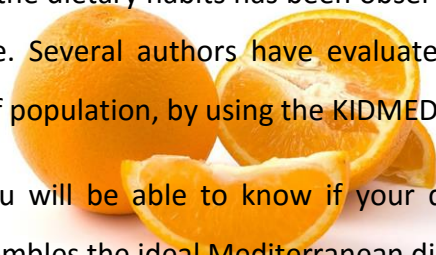


Table I
KIDMED test to assess the Mediterranean Diet adherence⁸

<i>KIDMED test</i>	<i>Scoring</i>
Takes a fruit or fruit juice every day	+1
Has a second fruit every day	+1
Has fresh or cooked vegetables regularly once a day	+1
Has fresh or cooked vegetables more than once a day	+1
Consumes fish regularly (at least 2–3/week)	+1
Goes >1/ week to a fast food restaurant (hamburger)	-1
Likes pulses and eats them >1/week	+1
Consumes pasta or rice almost every day (5 or more per week)	+1
Has cereals or grains (bread, etc) for breakfast	+1
Consumes nuts regularly (at least 2–3/week)	+1
Uses olive oil at home	+1
Skips breakfast	-1
Has a dairy product for breakfast (yoghurt, milk, etc)	+1
Has commercially baked goods or pastries for breakfast	-1
Takes two yoghurts and/or some cheese (40 g) daily	+1
Takes sweets and candy several times every day	-1
<i>KIDMED Index</i>	<i>Adherence to Med Diet</i>
Score ≤ 3 points	Poor
Score 4-7 points	Medium
Score ≥ 8 points	High

⁸Adapted from: Serra-Majem, L.; Ribas, L.; García, A.; Pérez-Rodrigo, C.; Aranceta, J. Nutrient adequacy and Mediterranean Diet in Spanish school children and adolescents. *Eur J Clin Nutr.* 2003; 57, 35–9.