

<b>FRUIT</b> 1 portion= 150g (examples: 1 apple, pear, orange; 3 prunes, tangerines)	<1 portion/d <b>0</b>	1-1.5 portions/d <b>1</b>	>1.5 portions/d <b>2</b>	
<b>VEGETABLES</b> 1 portion= 100g (examples: 1 salad plate, 2 cherry tomatoes; ½ portion of cooked vegetable)	<1 portion/d <b>0</b>	1-2 portions/d <b>1</b>	>2 portions/d <b>2</b>	
<b>LEGUMES</b> 1 portion= 70g (examples: ½ can of beans, chickpea, lentils or peas)	<1 portion/w <b>0</b>	1-2 portions/w <b>1</b>	>2 portions/w <b>2</b>	
<b>FARINACEOUS PRODUCTS</b> (bread, pasta, cookies...) 1 portion= 130g (examples: 1 portion of pasta= 80g; 4 cookies= 50g)	<1 portion/d <b>0</b>	1 portion/d <b>2</b>	1-1.5 portions/d <b>1</b>	>1.5 portions/d <b>-1</b>
<b>TIME OF INTAKE OF FARINACEOUS PRODUCTS</b>	by 3PM <b>1</b>	by 7PM <b>-1</b>	After 7PM <b>-2</b>	Lunch + Dinner <b>-4</b>
<b>CEREALS</b> (barley, oat, spelt ...) 1 portion= 130 g (examples: 1 portion of rice= 70g; 1 portion of spelt= 80g)	<1 portion/d <b>0</b>	1-1.5 portions/d <b>1</b>		
<b>FISH</b> (except shellfish and crustaceans) 1 portion= 100g	<1 portion/w <b>0</b>	1-2 portions/w <b>1</b>	>2 portions/w <b>2</b>	
<b>MEAT AND MEAT PRODUCTS</b> 1 portion= 80g (examples: 1 portion of meat :100g) 1 portion of meat products= 50g (1/2 bowl of ham)	<1 portion/d <b>2</b>	1-1,5 portions/d <b>1</b>	>1,5 portions/d <b>0</b>	
<b>MILK AND DAIRY PRODUCTS</b> 1 portion= 180g (examples: 1 cup of milk=150g; 1 yogurt= 125g)	<1 portion/d <b>2</b>	1-1.5 portions/d <b>1</b>	>1.5 portions/d <b>0</b>	
<b>EXTRA VIRGIN OLIVE OIL</b>	Occasional use <b>-1</b>	Frequent use <b>1</b>	Regular use <b>2</b>	
<b>BUTTER, MARGARINE, LARD</b>	Occasional use <b>1</b>	Frequent use <b>-1</b>	Regular use <b>-2</b>	
<b>ALCOHOL</b> 1 A.U.= 1 glass of wine; 12g of alcohol	<1 A.U./d <b>3</b>	1-2 A.U./d <b>1</b>	2-3 A.U./d <b>-1</b>	>3 A.U./d <b>-2</b>
<b>PHYSICAL ACTIVITY</b> 30 min/d x5 days x week	Rare <b>-3</b>	Occasional <b>-1</b>	Frequent <b>1</b>	Regular <b>3</b>

De Matteis, C.; Crudele, L.; Battaglia, S.; Loconte, T.; Rotondo, A.; Ferrulli, R.; Gadaleta, R.M.; Piazzolla, G.; Suppressa, P.; Sabbà, C.; Cariello, M.; Moschetta, A. *Identification of a Novel Score for Adherence to the Mediterranean Diet That Is Inversely Associated with Visceral Adiposity and Cardiovascular Risk: The Chrono Med Diet Score (CMDS)*. *Nutrients* 2023, 15, 1910. <https://doi.org/10.3390/nu15081910>