

Supplementary Material

The ModiMedDiet Score

With the exception of *extras* (Table S1), each food group is scored from 0 to 10 depending on the degree of correspondence with recommendations (e.g. consuming 70% of the recommended servings would result in a score of 7). For food groups with a range of recommended intakes (e.g. 5 to 8 serves of wholegrain cereals), individuals were considered to have reached the maximum score of 10 once they had achieved an intake at the minimum recommended level (e.g. 5 serves of wholegrain cereals per day). We also took into account the negative implications of overconsumption for “detrimental” components (i.e. milk and dairy products (all sources; low and full-fat), meat and meat products (all sources), and poultry), defined as exceeding the ModiMedDiet recommended intake of these foods. Given the strong overlap of depression with a number of chronic disease states, these “detrimental” foods were selected based on evidence indicating that excess consumption is associated with a higher CVD risk profile and an increase in overall mortality (41). Overconsumption incurs a penalty by subtracting 50% of a point proportionally to the number of servings consumed that exceeded the recommended intake for that group (e.g. exceeding the recommendation by 50% would result in a score of 6.25 – 6.66). Due to this “overconsumption penalty,” the score of a food group can be negative (i.e. for exceeding the recommendation by approx. 140 - 150%). In this case, the negative score is defaulted to zero. As potatoes may potentially displace other vegetables of higher nutritional value, only one point was allocated per potato per day, so that excess consumption did not accrue further points. There was no negative scoring for excess consumption of all other food groups. Scoring of extras was categorical in nature, based on minimal intake of extras (0 – 1500kJ / week) (score 10), moderate intake of extras (>1500 – ≤ 3000kJ / week) (score 5), or excessive extras consumption (> 3000kJ / week) (score 0). Finally, the 12 component scores were summed to derive the ModiMedDiet score, with a theoretical maximum value of 120. An example of the ModiMedDiet score calculations are provided in Tables S2 and S3.

Table S1 ModiMedDiet: description of foods classified as *extras*

Extras	Examples
Sweets	Liquorice, jelly, lollies, marshmallow, lolly-pop, chocolate, cake, fruit tart/pie, brownie, sweet muffin, cupcake, sweet biscuits / cookies, sweetened / coloured popcorn.
Highly processed cereals	Coco-pops, Jatz, Savoy, Arnott's shapes, pre-packaged garlic bread, pancake, waffle, scrolls (e.g. bun with icing, Boston bun).
Chips and savoury pastries	Corn chips, nachos, Cheezels, Twisties, hot chips, potato wedges, potato crisps, donut, meat pie, sausage roll, pasty, pastry, Danish style pastry, croissant.
Fried food and fast-food	Hash brown, potato cakes, dim-sim, spring roll, curry puff, deep fried dumplings, croquette, fish fingers, pizza (fast-food chain), fast-food meal (e.g. burger, chips, battered deep-fried chicken), fast-food chicken nuggets.
Fatty meat	Salami, kabana, bacon rasher, sausage, Mortadella, pancetta, Frankfurt sausage, pork crackling.
Dairy desserts	Ice cream, icy poles, chocolate mousse.
Sugary drinks	Diet soft drink, diet cordial, regular soft drink, regular cordial, energy drink (e.g. red-bull), flavoured mineral water, Ribena, flavoured milk, fast-food thick-shake, pre-packaged iced coffee, sports drink, fruit juice (>125ml per day).
Condiments	Jam, sugar, BBQ sauce, pre-packaged gravy, tartar sauce, commercial mayonnaise, cream, coconut cream, chocolate spread, chocolate sauce.
Alcohol	Red and white wine >200mL per day. Includes all other alcohol e.g. beer, bourbon and cola.

Table S2 ModiMedDiet scoring system, including criteria for maximum score and points per serving

ModiMedDiet Food Group Component	ModiMedDiet Recommended Serves	Criteria for maximum score of 10	Score (points / serving)	If Consumption Exceeded Recommended Intake
1. Whole grain cereals	5 – 8 serves / day	5 serves / day	2*	NA
2. Vegetables	6 serves / day	6 serves / day	1.67**	Maximum 1.67 points/potato/day. No points for additional potatoes.
3. Fruit	3 serves / day	3 serves / day	3.33	NA
4. Dairy	2 – 3 serves / day	2 serves / day	5	<i>Beyond 3 serves / day:</i> Subtract 2.5 points / serving above recommendations
5. Nuts	1 serve / day	1 serve / day	10	NA
6. Pulses	3 – 4 serves / week	3 serves / week	3.33	NA
7. Red Meat	3 – 4 serves / week	3 serves / week	3.33	<i>Beyond 4 serves / week:</i> Subtract 1.67 points / serving above recommendations
8. Fish	At least 2 serves / week	2 serves / week	5	NA
9. Poultry	2 – 3 serves / week	2 serves / week	5	<i>Beyond 3 serves / week:</i> Subtract 2.5 points / serving above recommendations
10. Eggs	Up to 6 eggs / week	3 eggs / week	3.33	NA
11. Olive oil	3TB (60mL) / day	3TB / day	3.33	NA
12. Extras	< 3 serves / week	0 - 3 serves / week <i>note: 1 extra = 500kJ</i>		10 points (0 – 3 extras per week; 0 – 1500kJ) 5 points (>3 and ≤6 extras per week; >1500 – ≤3000kJ) 0 points (> 6 extras per week; >3000kJ)

NA: For “beneficial” food groups, an “overconsumption penalty” score was not applied. “Detrimental” foods are listed in **red** text.

* For example, consuming the recommended 5 serves /day of wholegrain cereals at 2 points per serve generates a total score of 10 points.

** For example, consuming the recommended 6 serves /day of vegetables at 1.67 points per serve generates a total score of 10 points

Table S3 An example of the ModiMedDiet score calculated

ModiMedDiet Food Group Component	Participant reported intake	Calculation	ModiMedDiet score
1. Whole grain cereals	6.5 serves / day	Recommended intake achieved = maximum score	10.00
2. Vegetables	3.3 serves / day	3.30 serves x 1.67 points	5.51
3. Fruit	4 serves / day	Recommended intake achieved with no “overconsumption penalty” = maximum score	10.00
4. Dairy	3.5 serves / day	Step 1. Calculate number of serves above recommendations: 3.50 serves (actual intake) – 3.00 serves (maximum recommended intake) = 0.50 serves Step 2. Calculate number of points to be subtracted from maximum score: 0.50 serves x 2.50 points = 1.25 points Step 3. Calculate Food Group Component Score: 10.00 points (maximum score) – 1.25 points	8.75
5. Nuts	0.8 serves / day	0.80 serves x 10.00 points	8.00
6. Pulses	1 serve / week	1.00 serve x 3.33 points	3.33
7. Red Meat	3.5 serves / week	Recommended intake achieved (without overconsuming) = maximum score	10.00
8. Fish	1 serve / week	1.00 serve x 5.00 points	5.00
9. Poultry	7.5 serves / week	Step 1. Calculate number of serves above recommendations:	0.00

7.50 serves (actual intake) – 3.00
serves (maximum recommended
intake) = 4.50 serves

**Step 2. Calculate number of
points to be subtracted from
maximum score:**

4.50 serves x 2.50 points = 11.25
points

**Step 3. Calculate Food Group
Component Score:**

10.00 points (maximum score) –
11.25 points = 0.00 points (score
defaulted to zero)

10. Eggs	<i>5 / week</i>	Recommended intake achieved	10.00
		= maximum score	
11. Olive Oil	<i>0.5 TB / day</i>	0.50 serves x 3.33 points	1.67
12. Extras	<i>3500kJ / week =</i>	3500kJ (extras intake) / 500kJ (a single extra) = 7 extras / week	0
Total ModiMedDiet Score			72.26
			(out of 120)

Supplementary Material

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ModiMedDiet – Top 10 Tips

1. Select fruits, vegetables and nuts as a snack

Have 3 serves of fruit every day

Include 30g (1.5 tablespoons) of unsalted nuts daily

2. Include vegetables with every meal

Eat leafy greens and tomatoes every day

3. Select whole grain breads and cereals

Servings should be based on your activity levels

4. Eat legumes 3 to 4 times per week

5. Eat oily fish at least 2 times per week

6. Eat lean red meat 3 to 4 times per week

Limit serve sizes to 65 – 100g

7. Include 2 to 3 serves of dairy every day

Select reduced fat products and natural yoghurt

8. Use olive oil as the main added fat

Include 60mL (3 tablespoons) of extra virgin olive oil daily

9. Sweets for special occasions only

10. Water is the best drink

ModiMedDiet – Food Group Components & Example Serving Sizes

1. Whole Grain Cereals

5 to 8 serves per day

Tips: choose wholegrain or wholemeal varieties

One serve equals:

1 slice bread; ½ cup cooked rice / pasta (50 – 60g); ½ cup cooked other grains (50 – 60g);

¼ cup oats / muesli (30g); 2/3 cup breakfast cereal flakes (30g); 2 breakfast cereal biscuits; 3 crispbreads

2. Vegetables

6 serves per day

Tips: include tomatoes and leafy greens daily. Maximum one potato per day.

One serve equals:

½ cup cooked vegetables (75 – 100g); 1 cup leafy greens (75 – 100g); 1 tomato; 1 small potato (75 – 100g); starchy vegetables (75 – 100g)

3. Fruit

3 serves per day

Tips: select fresh fruit preferentially. Limit fruit juice to ½ cup (125mL) per day.

One serve equals:

1 medium sized fresh fruit (150g) OR 2 smaller sized fresh fruit (150g) OR 1 cup tinned fruit (150g) OR 1 ½ tablespoons dried fruit (30g)

4. Milk, Yoghurt, Cheese

2 to 3 serves per day

Tips: select reduced fat products and natural (or Greek) yoghurt

One serve equals:

1 cup milk (250mL) OR 200g yoghurt OR 2 slices (40g) hard cheese OR 40g feta cheese OR 120g ricotta cheese

5. Nuts

1 serve per day

Tips: select raw and unsalted nuts – preferably walnuts and almonds

One serve equals:

30g nuts OR 30g seeds OR 30g nut spread (e.g. peanut butter) OR 80g olives

6. Legumes and Pulses

3 to 4 serves per week

Tips: select dried or canned legumes (e.g. chickpeas, lentils, baked beans, kidney beans, cannellini beans)

One serve equals:

½ cup legumes (75 to 100g) OR 75g hummus OR 100g tofu

7. Lean Red Meat

3 to 4 serves per week

Tips: select lean meat and remove the fat

One serve equals:

65 - 100g red meat (approx. palm size) OR ½ cup mince OR 2 small chops

8. Fish and Shellfish

At least 2 serves per week

Tips: include salmon 1 to 2 times per week. Preferentially select oily fish e.g. salmon, tuna and sardines.

One serve equals:

100g cooked OR 1 small can (95g)

9. Poultry

2 to 3 serves per week

Tips: remove the skin

One serve equals:

80 - 100g poultry (approx. palm size)

10. Eggs

Up to 6 eggs per week

One serve equals:

1 egg (60g)

11. Olive Oil

60mL (3TB) per day

Tips: use extra virgin olive oil daily as the main added fat

One serve equals:

1TB extra virgin olive oil (20mL) OR 1.5TB olive oil spread/margarine (30g)

12. Extras

3 per week

Tips: sweets for special occasions only

One extra portion equals: 500kJ

Extras include: sweets, sugary drinks, highly processed cereals, pastries, fried food, fast-food, deli meats.

Alcohol

No more than 2 standard drinks per day

Tips: select red wine preferably and only drink with meals.

One standard drink equals: 100mL wine (10g ethanol)

ModiMedDiet – Food Hamper Contents

Food Group	Food Provided	Amount Provided	Cost*
Breads and Cereals	Traditional rolled oats	750g	\$1.28
	Soy and linseed grain bread	1 loaf, 750g	\$4.83
Legumes	Tinned chick peas – no added salt	420g	\$1.39
	Tinned four bean mix	420g	\$1.73
	Baked beans in tomato sauce – no added salt	420g	\$1.88
Nuts and Seeds	LSA	250g	\$3.32
	Raw almonds – no added salt	225g	\$4.98
	Raw walnuts – no added salt	150g	\$4.98
Red meat	Lean beef steak	450g	\$9.00
Fish	Tinned fish (pink salmon)	100g	\$2.39
	Frozen Atlantic salmon fillets	260g (130g per fillet)	\$10.30
Eggs	Free range eggs	6 eggs, 350g	\$2.89
Vegetables	Tomatoes	1	\$0.60
	Diced tomatoes (tinned) – no added salt	420g	\$1.34
	Broccoli	1 bunch	\$1.02
	Salad mix	1 bag, 200g	\$4.00
	Red onion	1	\$0.60
Fruit	Fresh lemons	1	\$0.72
	Frozen mixed berries	1 packet, 300g	\$4.29
Dairy	Greek yoghurt	1 litre	\$5.35
Miscellaneous	Extra virgin olive oil	1 litre	\$10.74
	Mixed dried herbs	1 bottle, 12g	\$1.73
	Fresh garlic	1	\$1.50
TOTAL COST			\$80.86

* Costed on the 8th October 2012 (Woolworths.com.au)

ModiMedDiet – Convenient Meal Ideas

Protein	AND	Cereals and Starchy Vegetables	AND	Vegetables
For a balanced meal include a Protein , Cereal / Starch and Vegetable . Feel free to mix and match!				
Remember to add extra virgin olive oil , and herbs and spices (e.g. garlic, parsley, oregano, paprika) to meals				
Tinned tuna		with wholemeal pita bread		plus hummus and salad
Tinned sardines		with wholegrain biscuits		plus avocado, tomato and cucumber
Tinned salmon		with tinned chickpeas		and salad
Tinned salmon		plus instant brown or basmati rice		with tinned corn, peas and beetroot
Egg		on wholemeal toast		with avocado, tomato and mushrooms
Baked beans		on wholegrain toast		with capsicum, spinach and mushrooms
Baked beans		with baked potato		and salad
Tinned four-bean mix		with couscous		and mixed vegetables
Supermarket rotisserie chicken (skin removed)		with instant brown or basmati rice		and frozen vegetables

ModiMedDiet – Example Meal Plan

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Poached egg (1) on soy and linseed bread (2 slices) with avocado, tomato and spinach	Wholegrain breakfast cereal (2/3 cup) with LSA (1 Tb) and reduced fat milk (1 cup)	Baked beans (1/2 cup) on wholegrain toast (2 slices) with tomato, mushrooms, avocado & herbs	Wholegrain breakfast cereal (30g) with LSA (1 Tb) and reduced fat milk (1 cup) plus berries (1 cup)	Porridge (1/2 cup) with reduced fat milk (1 cup) and banana (1)	Omelette (1 egg) with red onion, tomato & herbs and reduced fat grated cheese (40g) on wholegrain toast (2 slices)	Muesli (1/2 cup) with LSA (1 Tb) and dried fruit (30g) plus reduced fat milk (1/2 cup) and natural yoghurt (100g)
Morning Snack	Greek (natural) yoghurt (200g) with fresh or frozen berries (1 cup)	Apple (1)	Orange (1)	Greek (natural) yoghurt (200g) with honey (1/2 Tb)	Mixed nuts (30g) with natural yoghurt (100g) and honey (1/2 Tb)	Mandarin (2)	Mixed nuts (30g)
Lunch	Wholegrain flat bread (1 – 2) with tinned tuna (95g) plus green salad	Omelette with reduced fat grated cheese (20g), tomato & mushrooms plus wholegrain toast (1 – 2 slices)	Wholegrain biscuits (3) with salad and reduced fat cheese (20g)	Omega-3 egg (1) on wholegrain bread (1 slice) with quinoa salad (R)	Salmon patties (2) (R) with fetta, spinach & sweet potato salad (R)	Tinned four-bean mix (1/2 cup) with salad vegetables (1 cup) and couscous (1/2 – 1cup)	Option 1. Lamb patties with Tzatziki (R) and salad Option 2. Spaghetti Bolognese (R) with salad
Afternoon Snack	Almonds (30g) and dried fruit (30g)	Orange (1)	Apple (1)	Banana (1)	Apple (1)	Orange (1) and walnuts (15g)	Kiwi fruit (2)

Dinner	<i>Option 1.</i> Grilled lamb steak with vegetables and brown rice (R) <i>Option 2.</i> Lamb Casserole with brown rice (R)	Lentil and vegetable soup (R) with reduced fat cheese (20g) and wholegrain bread (2 slices)	Chicken pasta with vegetables and pesto (R)	Grilled salmon with broccoli, chilli and noodles (R) plus salad	<i>Option 1.</i> Honey & soy chicken stir-fry with brown rice (R) <i>Option 2.</i> Chicken Casserole (R)	Teriyaki beef stir-fry with cashew nuts & noodles (R)	Baked beans (1/2 cup) with tomato, capsicum & mushrooms plus wholegrain bread (2 slices)
Supper	<i>Fruit smoothie:</i> Reduced fat milk (250ml) with banana (1) and honey	Almonds (30g) and mandarin (2)	Kiwi fruit (2)	Dates (5) and Almonds (30g)	Kiwi fruit (2) and wholegrain biscuits (3) with reduced fat cheese (20g)	Natural yoghurt (200g) and berries (1 cup)	Apple (1)

(R) Refer to ModiMedDiet recipe book for further details

ModiMedDiet – Healthy Snack Ideas

Remember - The best snacks include fresh fruit, vegetables and nuts!

Every Day

These snacks are high in nutritional value, low in saturated fat and are likely to improve your health. Eat these snacks on a regular basis either with meals or in between meals.

Fruits

400kJ

One serve is equivalent to:

1 Apple (220g)	1 Banana (170g)	1 Pear (200g)	2 Kiwifruit (2 x 100g)	2 Mandarins (2 x 100g)	2 Nectarines (2 x 100g)
20 Grapes (120g)	Pineapple (250g)	Cherries (1 cup, 145g)	1 Orange (230g)	Mixed Berries (1 cup, 150g)	

Dried Fruits

400kJ

One serve is equivalent to:

Sultanas (2Tbsp, 30g)	10 Dried Apricots	5 Prunes	2 Figs (2 x 15g)	5 Dates
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Tinned/Packaged Fruits in Natural Juice

400kJ

One serve is equivalent to:

Fruit in Natural Juice (140g tub)	Fruit Puree (140g)
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Vegetables

100kJ

One serve is equivalent to:

Carrot (1/2 cup, 70g)	8 Cherry tomatoes (140g)	Cucumber (200g)	Celery (120g)	Snow Peas (20 pods, 70g)	Capsicum (1 cup, 120g)
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Serve with 1 portion of dips:

300kJ

Tzatziki (1/4 cup)	Hummus (2 Tbsp)	Pesto (1 Tbsp)
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Dairy

400kJ

One serve is equivalent to:

Skim milk (200ml)	Soy milk – skim (250ml)	No fat natural yoghurt (200g)	Greek style no fat yoghurt (150g)
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Nuts and Seeds

400kJ

Raw unsalted walnuts and almonds are the best option!

One serve is equivalent to:

14 TzatzikiAl monds (20g)	6 walnuts (20g)	14 Cashews (20g)	20 Hazelnuts (15g)	6 Macadamias (20g)	5 pecans (20g)
1.5 TB Sunflower Seeds (18g)	Mixed Nuts (18g)	36 peanut halves (18g)	4 Brazil nuts (20g)	25 Pistachios (20g, shelled)	

Everyday Snack Ideas

Examples:

Walnuts with low fat Greek yoghurt and a drizzle of honey

Mixed berries with low fat natural yoghurt

Fruit salad with low fat natural yoghurt

A fruit smoothie made with banana, honey and milk

Mixed dried fruit and nuts

Vegetable sticks with

Carrot and celery sticks with pesto

Moderate Snacks

400kJ

These snacks should be consumed in moderation as they are less nutritious and are moderate in fat, moderate in sugar or lower in fibre. Limit these snacks to no more than 1 per day.

One serve is equivalent to:

1 slice of fruit toast (35g)	1 Multigrain English muffin	2 Ryvita biscuits	4 Multigrain Vita-Weat biscuits
2 – 3 Multigrain Corn Thins	Air popped popcorn (1 – 2 cups)		

Home-Made Moderate Snacks

One serve is equivalent to:

1 Sesame Snap	1 Apple and Oat Muffin	1 Apple and Date Muffin	1 Fruit and Muesli Slice
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Moderate Snack Ideas

Examples:

- Fruit toast with canola oil margarine
- Multigrain English muffin with reduced fat cheese
- Multigrain English muffin with honey
- Ryvita biscuits with hummus & tomatoes
- Multigrain Corn Thins with tomato & herbs
- Multigrain Vita-Weats with avocado

Extras

400 - 600kJ

These foods do not form part of a healthy diet. They have limited nutritional value and are high in saturated fat, high in sugar and/or low in fibre.

Limit these snacks to no more than 3 times per week.

Food Group	Single Serve Examples
Dairy desserts	<ul style="list-style-type: none">• Chocolate based (1 x 62g)• Custard based (1 x 100g)• Frozen yoghurt (1 tub, 100g)
Ice cream	<ul style="list-style-type: none">• Low fat ice cream (1.5 scoops, 75g)• Regular ice cream (1 scoop , 100mL, 50 - 60g)• Rich ice cream (1/2 scoop or 1 mini bar, 30g)
Biscuits	<ul style="list-style-type: none">• Chocolate biscuit (e.g. Tim Tam) (1 x 20g)• Plain sweet biscuits (2)• Crackers (e.g. savoy) (5)
Chocolate	<ul style="list-style-type: none">• Fun Size bar (1 x 20g)• Standard Bar (1/2)• 4 small squares (4 x 5g)
Chips	<ul style="list-style-type: none">• Potato crisps (1 small packet, 20 - 25g)• Hot chips (1/2 cup (bucket) = 70g)
Cakes	<ul style="list-style-type: none">• Plain (e.g. sponge) (35g)• Heavy (e.g. chocolate mud) (25g)• Fruit cake (30g)• Cinnamon donut (1/2 donut)
Pastries	<ul style="list-style-type: none">• Meat Pie (1/3)• Pasties (1/3)• Mini sausage roll (1 x 40g)
Beverages	<ul style="list-style-type: none">• Soft Drink (1 cup, 250ml)• Cordial (1 cup, 250ml)

ModiMedDiet – Label Reading Card

ModiMedDiet – Label Reading

Compare products using the per 100g column

Aim for...

Total Fat	10g per 100g or less
Saturated Fat	2g per 100g or less
Sugar	15g per 100g or less
Sodium (Salt)	120mg per 100g or less (some products 400mg or less)
Fibre	7.5g per 100g or more

Look at the Ingredients List

to help you choose the best options:

- Ingredients are listed in order, from highest to lowest amounts
 - If sugar, fat or salt are listed in the first three ingredients, the product may not be the best option available
 - Be aware that manufacturers often make nutrition claims that can be misleading e.g. “Light” or “Cholesterol Free”
1. For hard cheese aim for **Total Fat**: 15g per 100g or less
 2. For milk and yoghurt aim for **Total Fat**: 2g per 100g or less
 3. If products contain dried fruit aim for **Sugar**: 25g per 100g or less

ModiMedDiet Worksheet – Goal Setting

Name: _____ Date: _____

Session # ☐

SMART GOALS:

1. _____

2. _____

3. _____

4. _____

Assessment of readiness to change: How **confident** are you that you will achieve this goal?

Goal 1 ____ Goal 2 ____ Goal 3 ____ Goal 4 ____

What is the biggest **challenge** you must overcome in attaining your goals?

What **motivates** you to achieve your goals?

Notes:

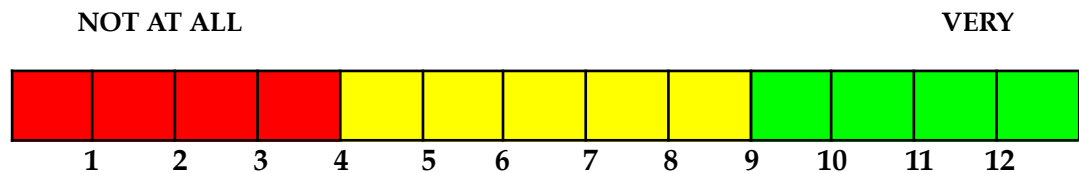
Dietitian Contact Details: _____

ModiMedDiet Worksheet – Goal Setting (continued)

Assessing Confidence

*How **confident** are you that you will achieve this goal?*

Assessment Ruler



0 – 4 = not at all confident

5 – 8 = somewhat confident

9 – 12 = very confident

ModiMedDiet Worksheet – Shopping List

Use this shopping list template to plan your meals before you shop

Food Item	Amount to Purchase
Wholegrain cereals Recommended servings: 5 to 8 per day (based on your activity levels) Tips: Choose wholegrain or wholemeal products	
Example: Soy and linseed bread	1 loaf (700g) (allows for ~2 slices per day)
Vegetables Recommended servings: 6 per day Tips: Include tomatoes and leafy greens daily. Maximum one potato per day.	
Example: Loose spinach leaves	500g (allows for ~1 x 75g serve daily)
Fruit Recommended servings: 3 per day Tips: select fresh fruit preferentially. Limit fruit juice to ½ cup (125mL) per day.	
Example: apples and bananas	7 apples and 7 bananas (allows for 2 serves daily)
Legumes and nuts Recommended servings: legumes 3 to 4 serves per week, and 30 g nuts daily Tips: Select raw and unsalted nuts – preferably walnuts and almonds	
Example: raw unsalted almonds	225g container (allows for 1 serve daily)
Example: tinned four-bean mix	4 x 125g tins (allows for 4+ serves per week)

Food Item	Amount to Purchase
Lean red meat, poultry and eggs Recommended servings: lean red meat 3 to 4 serves per week, poultry 2 to 3 serves per week, and up to 6 eggs per week Tips: Select lean meat and remove the fat. Remove the skin from chicken	
Example: lean beef mince	500g (divide and freeze in 65g to 100g portions for use over 1 to 2 weeks)
Fish and shellfish Recommended servings: at least 2 serves per week Tips: Include salmon 1 to 2 times per week. Preferentially select oily fish.	
Example: Tinned salmon and tuna	1 x 95g tin salmon 1 x 95g tin tuna (allows for 2 serves per week)
Milk, yoghurt, and cheese Recommended servings: 2 to 3 serves per day Tips: Select reduced fat products and natural (or Greek) yoghurt	
Example: Greek (natural) yoghurt	1 litre (kg) tub (allows for 5 serves per week)
Olive oil Recommended servings: 60mL (3 tablespoons) per day Tips: use extra virgin olive oil daily as the main added fat	
Example: extra virgin olive oil	1 L bottle (allows for 3 TB daily for ~2 weeks)
Extras Limit extras to 3 serves per week. 1 extra serve = 500kJ	
Example: Mars bar	1 x fun size bar, 22g (allows for ~1 extra serve)

ModiMedDiet Worksheet – Weekly Checklist

Food Group Ideal serves	Food Consumption							
	This checklist will help you to remember what to eat every day. Place a tick (✓) in the box every time you have a single serve from the food group listed.							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Whole grains 5 to 8 serves per day	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>	<div><div><div><div><div></div></div></div><div><div><div></div></div></div><div><div><div></div></div></div></div></div>
Vegetables 6 serves per day	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>
Fruit 3 serves per day	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>
Dairy 2 to 3 serves per day	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>
Nuts 1 serve per day	<div><div><div></div></div></div>	<div><div><div></div></div></div>	<div><div><div></div></div></div>	<div><div><div></div></div></div>	<div><div><div></div></div></div>	<div><div><div></div></div></div>	<div><div><div></div></div></div>	
Olive oil 3TB (60mL) per day	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>	<div><div><div></div></div><div><div></div></div><div><div></div></div></div>
Drink plenty of water								
Daily exercise								
Pulses 3 to 4 serves per week	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>							
Lean red meat 3 to 4 serves per week	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>							
Oily fish At least 2 serves per week	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>							
Eggs Up to 6 eggs per week	<div><div><div><div></div></div><div><div></div></div></div><div><div><div></div></div><div><div></div></div></div></div>							

<i>Extras</i> 3 serves per week	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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ModiMedDiet Worksheet – Daily Checklist

For healthy balanced main meals, include a food item from column A (**protein**), B (**cereals / starches**) and C (**vegetables**). Use the Snack Resource for healthy mid-meal snack ideas. Remember to add extra-virgin olive oil, herbs and spices to meals.

BREAKFAST

A. PROTEIN Select 1 of the following:	+	B. CEREALS OR STARCHES Select 1 of the following:	+	C. VEGETABLES OR FRUIT Select 1 of the following:
Baked beans (1/2 cup) <input type="checkbox"/>		Wholemeal / sourdough bread (1 to 2 slices) <input type="checkbox"/>		Leafy green vegetables (1 cup) <input type="checkbox"/>
Reduced fat milk (1 cup) <input type="checkbox"/>		Soy and linseed / wholegrain bread (1 to 2 slices) <input type="checkbox"/>		Other vegetables (1/2 to 1 cup) <input type="checkbox"/>
Greek natural yoghurt (200g) <input type="checkbox"/>		Wholegrain breakfast cereal (2/3 cup or 30g) <input type="checkbox"/>		Tomato (1 small-medium) <input type="checkbox"/>
Egg: Poached or boiled egg (1 egg) <input type="checkbox"/> Fried egg (1 egg) <input type="checkbox"/> Omelette (1 egg) <input type="checkbox"/>		Muesli (1/4 – ½ cup) <input type="checkbox"/>		Small sized fruit (x 2) <input type="checkbox"/>

Porridge (1/4 – ½ cup cooked) <input type="checkbox"/>

Medium sized fruit (x 1) <input type="checkbox"/>
Dried fruit (30g) <input type="checkbox"/>

LUNCH and DINNER

A. PROTEIN
Select 1 of the following:
<i>Legumes:</i>
Chickpeas (1/2 cup) <input type="checkbox"/>
Baked beans (1/2 cup) <input type="checkbox"/>
Four-bean mix (1/2 cup) <input type="checkbox"/>
<i>Lean beef, lamb, pork, goat etc.:</i>
Steak (65 - 100g cooked) <input type="checkbox"/>
Chop (2 small) <input type="checkbox"/>

+

B. CEREALS
Select 1 of the following:
<i>Bread:</i>
Soy and linseed bread (1 to 2 slices) <input type="checkbox"/>
Wholegrain bread (1 to 2 slices) <input type="checkbox"/>
Wholemeal / sourdough bread (1 to 2 slices) <input type="checkbox"/>
Wholegrain biscuits (3 crispbreads) <input type="checkbox"/>
Wholegrain or wholemeal pita (1 – 2) <input type="checkbox"/>

+

C. VEGETABLES
Select 2+ of the following:
Leafy vegetables (1 cup) <input type="checkbox"/>
<i>Other vegetables:</i>
Cooked vegetables (1/2 cup) <input type="checkbox"/>
Fresh vegetables (75 to 100g) <input type="checkbox"/>
<i>Starchy vegetables :</i>
Potato or sweet potato (75 to 100g) <input type="checkbox"/>
Pumpkin (75 to 100g) <input type="checkbox"/>

Minced meat (1/2 cup) ☐

Fish:

Tinned salmon or tuna (95g) ☐

Fresh salmon or tuna (100g) ☐

Sardines (100g) ☐

Shellfish (100g) ☐

Skinless chicken (80 – 100g) ☐

Egg:

Fried (1 egg) ☐

Poached or boiled (1 egg) ☐

Omelette (1 egg) ☐

Other Grains:

Quinoa (1/2 to 1 cup cooked) ☐

Barley (1/2 to 1 cup cooked) ☐

Couscous (1/2 to 1 cup cooked) ☐

Polenta (1/2 to 1 cup cooked) ☐

Buckwheat (1/2 to 1 cup cooked) ☐

Pasta (1/2 to 1 cup cooked) ☐

Brown or basmati rice (1/2 to 1 cup cooked) ☐

Tomato (1 small-medium) ☐

ModiMedDiet Worksheet -
The 5D's for managing non-hungry eating

