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United States Department of Agriculture, University of Arkansas, and County Governments Cooperating

Secrets of the Mediterranean Diet

County:				Date	:				
Gender (Circle one.)	Male			Female					
Race (Circle one.)	E V	cial		American Indian or Alaskan Native Asian or Pacific Islander					
Ethnicity: Hispanic/Latino (Circle one)		Yes		ı	No				
Please circle one rating for each of the topic before and after the session.	e stater	ments b	elow tha	at des	scribe	es your	underst	anding	about the
	Before Meeting				After Meeting				
My Understanding About:	Didn't Know	_	Knew the Basics	All A	new Nbout his	Don't Know	Know a Little	Know the Basics	All About
Health benefits of the Mediterranean Diet	1	2	3	4		1	2	3	4
Types of foods I should eat more of	1	2	3	4		1	2	3	4
Different types of olive oil I like	1	2	3	4	4	1	2	3	4
During the class, we talked about trace expect to do?	ditional l	Mediteri	anean f	oods	. Wh	ich of th	e follow	ing do	you
Skill					Currently Doing This		1 1		Don't Intend to Do This
Try different types of Mediterranean	foods.								
Substitute olive oil for fats I currently eat.									
Eat more plant-based foods.									
Eat more seafood.									
Have you changed your attitude about If yes, please specify:	ıt eating	Medite	rranean	food	ls? (C	Circle or	ne.)	Yes	No
What do you plan to do differently?									

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