

## Turkish Adolescents' Adherence to the Mediterranean Diet

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**ABSTRACT** This study aims to examine nutritional status and KIDMED of adolescents, and to determine their relation with some parameters. The study sample included a total of 497 students selected from high schools. Of the participants, 52.5 percent were females (n=261) and 47.5 percent were males (n=236). To determine the KIDMED index of adolescents, the independent t-test was used for gender. One-way ANOVA was used for the variables of age and Body Mass Index (BMI). The adolescents' average score for KIDMED was 4.65±2.38. Of them, thirty-one percent had "poor" diet quality ( $\leq 3$ ), 58.4 percent had "average" diet quality (4-7) and 10.6 percent had "good" diet quality ( $\geq 8$ ). MedDiet is effective in providing a healthy life. It is important that governmental policies encourage people to follow this diet to prevent future health problems.