Before you choose a carnivore or Mediterranean diet

Use these steps to compare the two diets safely and protect your heart, kidneys and gut.

- [ ] Ask your doctor for a lipid panel and kidney tests before changing your diet.
- [ ] Speak to your doctor first if you have kidney disease, gout or heart disease.
- [ ] Review diabetes medication with your doctor before cutting carbohydrates.
- [ ] Cut refined carbohydrates and added sugar as a first step.
- [ ] Choose oily fish, poultry and eggs more often than red meat.
- [ ] Keep red and processed meat to 70 g or less a day.
- [ ] Add vegetables, nuts, seeds and legumes to build fibre intake.
- [ ] Use extra virgin olive oil in place of butter.
- [ ] Seek care for side or back pain, blood in the urine or a swollen joint.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/mediterranean-diet-vs-carnivore-diet/