# Building a high-protein Mediterranean diet

Use these steps from the article to compare and combine the Mediterranean diet and a high-protein diet.

- [ ] Choose fish, legumes, yogurt, eggs, nuts and poultry as main protein foods.
- [ ] Limit red meat and processed meat on either diet.
- [ ] Place a protein food at every meal and snack for a high-protein Mediterranean day.
- [ ] Treat the RDA of 0.8 grams per kilogram as a minimum, not a personal target.
- [ ] Keep total calories in check, since weight loss depends on energy balance on either diet.
- [ ] Pair protein with strength training to protect muscle with age.
- [ ] Ask a doctor about kidney function before raising protein intake.
- [ ] See a dietitian before a high-protein diet with kidney disease, diabetes or high blood pressure.
- [ ] Choose whole foods over protein powder in most cases.

**Notes**

For general education only. Not a substitute for professional medical advice.