Choosing between the Mediterranean diet and keto

Use these steps from the article to decide between the Mediterranean diet and keto.

- [ ] Choose the Mediterranean diet for long-term heart health and a pattern that is easier to keep.
- [ ] Limit added sugars and refined grains on either diet.
- [ ] Build meals around vegetables, legumes, whole grains, fish, nuts and olive oil on the Mediterranean diet.
- [ ] Keep carbohydrates at 20 to 50 grams a day only if you choose keto.
- [ ] Ask a doctor before keto if you have diabetes, kidney disease, liver disease or high cholesterol.
- [ ] Tell a doctor about insulin, sulfonylureas, SGLT2 inhibitors or blood pressure medicines before keto.
- [ ] Avoid keto during pregnancy and breastfeeding unless a doctor supervises the diet.
- [ ] Favor olive oil, fish and nuts over butter and processed meat on a Mediterranean keto diet.
- [ ] Have cholesterol checked before and during keto.
- [ ] Expect fatigue, headache or nausea in the first weeks of keto.

Notes

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