Choosing between Mediterranean and macrobiotic eating

Use these steps from the article to choose between the Mediterranean diet and the macrobiotic diet.

- [ ] Choose the Mediterranean diet for stronger evidence and fewer food rules.
- [ ] Build meals on whole grains, vegetables and beans on either diet.
- [ ] Add calcium and vitamin D fortified non-dairy foods if you avoid dairy.
- [ ] Use miso and soy sauce in small amounts to limit sodium.
- [ ] Keep total sodium under 2,300 milligrams a day.
- [ ] Speak to your cancer specialist before trying a macrobiotic diet with cancer.
- [ ] Never use a macrobiotic diet in place of cancer treatment.
- [ ] Avoid strict macrobiotic eating for children and during pregnancy or breastfeeding.
- [ ] Ask a doctor for a vitamin B12 and vitamin D blood test on a strict macrobiotic diet.
- [ ] See a doctor about unplanned weight loss on the macrobiotic diet.

Notes

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