Choosing between Mediterranean and paleo

Use these steps from the article to pick and plan a Mediterranean or paleo style of eating.

- [ ] Keep vegetables, fruit, fish, nuts and seeds at the center of either diet.
- [ ] Use olive oil as the main cooking fat instead of butter or lard.
- [ ] Choose fish or lean meats such as skinless poultry over fatty cuts.
- [ ] Add beans or cooked grains on a routine basis if you follow paleo.
- [ ] Plan non-dairy calcium sources such as collard greens or canned bone-in fish.
- [ ] Check with a doctor before starting paleo if you have kidney disease or osteoporosis.
- [ ] Ask a registered dietitian to review calcium, vitamin D and fiber intake.
- [ ] See a doctor for unexplained weight loss or ongoing constipation.

Notes

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