Choosing between Mediterranean and raw food diets

Use these steps from the article to choose between the Mediterranean diet and a raw food diet.

- [ ] Choose the Mediterranean diet for a pattern that keeps every food group and allows cooking.
- [ ] Eat plenty of produce, raw or cooked, without added salt or sugar.
- [ ] Cook dried legumes and whole grains instead of eating them raw.
- [ ] Pick pasteurized dairy over raw milk.
- [ ] Cook eggs, fish, poultry and meat instead of eating them raw.
- [ ] Wash raw produce thoroughly before eating.
- [ ] Avoid a raw food diet in pregnancy, childhood or illness unless a health care provider approves.
- [ ] Ask a doctor or dietitian before starting a strict raw food diet.
- [ ] Seek advice for missed periods or body weight below the normal range on a raw food diet.
- [ ] Replace ultra-processed foods with whole foods on either diet.

Notes

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