Mediterranean or Zone diet: action checklist

Use these steps to compare the Mediterranean diet and the Zone diet before you change how you eat.

- [ ] Talk to a doctor or dietitian first if you have diabetes, kidney disease or heart disease.
- [ ] Keep taking prescribed medicines and ask your doctor before switching diets.
- [ ] Build meals around vegetables, fruit, legumes, nuts and olive oil.
- [ ] Eat fish several times a week and limit red meat and sweets.
- [ ] Try the hand-eye plate method if you want Zone-style portions without block counting.
- [ ] Choose the diet you can follow consistently, since adherence drives results.
- [ ] Treat Zone diet claims from its creator with caution until independent studies confirm them.
- [ ] Avoid starting alcohol for health reasons, even on a Mediterranean diet.

Notes

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