

PALEO DIET



The Paleo diet, also known as the "caveman diet," emphasizes consuming whole, unprocessed foods that mimic what our ancestors might have eaten during the Paleolithic era. The principle behind this diet is to eliminate modern, processed foods and focus on nutrient-dense, natural options to improve health, reduce inflammation, and promote overall well-being.

Why Certain Foods Are Good or Bad for the Paleo Diet

- **Foods to Include:** These foods are nutrient-dense, minimally processed, and free of additives, which align with the dietary patterns of our hunter-gatherer ancestors. They help maintain stable blood sugar levels, reduce inflammation, and provide essential vitamins, minerals, and healthy fats.
- **Foods to Avoid:** These are typically processed, high in refined sugars, grains, or additives, and can cause inflammation, gut irritation, and insulin spikes. Many modern agricultural products are excluded due to their relatively recent introduction to human diets and their potential negative health effects.

FOODS TO EAT ON THE PALEO DIET



Proteins

Grass-fed Meats: Beef, lamb, bison (rich in omega-3s and CLA for heart health).

Poultry: Chicken, turkey (high in lean protein).

Wild-caught Fish and Seafood: Salmon, mackerel, sardines (loaded with omega-3 fatty acids).

Eggs: Pasture-raised or organic (a complete protein source and rich in choline).

Vegetables

Non-starchy Options: Spinach, kale, broccoli, cauliflower, and bell peppers (fiber-rich and packed with vitamins).

Root Vegetables: Carrots, beets, sweet potatoes (great for energy without grains).

Fruits

Berries: Blueberries, raspberries, strawberries (high in antioxidants).

Moderate-sugar Fruits: Apples, pears, oranges, and bananas (natural sugar with fiber).

Nuts and Seeds

Almonds, walnuts, cashews, chia seeds, flaxseeds, and sunflower seeds (good fats and plant-based protein).

Healthy Fats

Oils: Olive oil, coconut oil, avocado oil (anti-inflammatory and good for brain health).

Avocados: High in monounsaturated fats and potassium.

Natural Sweeteners (In Moderation)

Honey, maple syrup, and dates (natural sources of sugar, but consume sparingly).

Herbs and Spices

Garlic, turmeric, ginger, and rosemary (anti-inflammatory and rich in antioxidants).

FOODS TO AVOID ON THE PALEO DIET



Grains

- Wheat, rice, oats, corn, and barley (contain gluten and lectins that can irritate the gut lining and lead to inflammation).

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Legumes

- Beans, lentils, chickpeas, peanuts, and soy (high in anti-nutrients like phytic acid that hinder nutrient absorption).

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Dairy

- Milk, cheese, yogurt, and butter (not part of the ancestral diet; can cause inflammation in lactose-sensitive individuals).

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Refined Sugars and Artificial Sweeteners

- Table sugar, high-fructose corn syrup, aspartame, and saccharin (spike insulin levels and promote chronic inflammation).

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Processed Foods

- Chips, crackers, packaged snacks, and ready-to-eat meals (loaded with preservatives, unhealthy fats, and artificial ingredients).

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Industrial Seed Oils

- Canola, soybean, corn, and sunflower oils (high in omega-6 fatty acids, which promote inflammation when consumed excessively).

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Alcohol

- Beer, wine, and spirits (processed and not aligned with ancestral diets; can disrupt gut health).

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Artificial Additives

- Food dyes, MSG, and preservatives (associated with various health issues, including allergies and inflammation).

TIPS FOR SUCCESS ON THE PALEO DIET



1. **Meal Prep:** Plan and cook your meals to avoid the temptation of non-Paleo foods.
 2. **Shop Smart:** Stick to the perimeter of grocery stores where fresh produce and proteins are located.
 3. **Listen to Your Body:** Adjust portion sizes and food choices based on your energy levels and needs.
 4. **Stay Hydrated:** Drink plenty of water to support digestion and overall health.
- By focusing on whole, nutrient-dense foods and avoiding processed options, the Paleo diet can help you improve your health and align your eating habits with your evolutionary biology.