

# PALEOLITHIC-TYPE DIET

## BACKGROUND

The Paleo Diet goes by many names and has many derivatives. The hunter-gather diet, the modified Mediterranean, etc. The name of this eating style is not as important as the concept of eating real, non-processed food. Such foods can be summarized into lean healthy meats / proteins, vegetables, fruits, nuts, seeds and healthy oils. Eating in this fashion most closely mimics the way that our forefathers would have eaten. These foods are easily recognized and used by the body to promote health and reduce the occurrence of disease.

## WHY PALEO

Our genetics haven't changed in thousands of years but our diet has changed drastically. Historically humans ate meat, vegetables, fruit and raw nuts and seeds. This may sound shocking but humans were not designed, genetically speaking, to eat grains and dairy. The simplicity of the Paleo Diet is your primary focus on the quality and source of food you eat, NOT portion size. Simply speaking, approximately 25-35% of your diet should be good protein. The remainder of your food should be split 2/3<sup>rd</sup> vegetables and 1/3<sup>rd</sup> fruit with nuts and seeds included as well.

Why use these ratios? Think about a carbohydrate meal like baked macaroni, mashed potatoes or chips from a Mexican restaurant. Have you ever noticed that you can sit down and gorge yourself on those foods? Our bodies have no internal mechanism to stop eating carb rich foods. Try eating that same amount of chicken or lean meat and notice that it's really hard to do. Vegetables and fruits are not calorie rich foods so how much you eat really isn't an issue. What you do have to look out for is the balance of sugar and fiber. Fruits are wonderful sources of antioxidants and vitamins and should be consumed daily. That said, they do contain more sugar than vegetables hence the 33% fruit to 66% vegetables ratio.

## HOW TO EAT

Become adventurous and **NOT** monotonous with your food selections. Prepare ahead of time. This is KEY! Consuming the same foods on a repetitive basis will cause the immune system to begin to respond against these foods.

Reduce or eliminate intake of trans-fatty acids (all hydrogenated and partially hydrogenated oils), which are prevalent in margarine, vegetable shortening, and almost all commercially prepared packaged foods. Oils that are high in Omega 6 fatty acids include corn, safflower, sunflower, soybean, and cottonseed oils.

## WHEN TO EAT

One of the best ways to feel great and encourage weight maintenance is to eat frequently throughout the day. When too much time occurs between meals, your body switches to conservation mode and attempts to use as little energy as is needed. That sounds great until you realize that when that occurs your body will burn less fat and save it for later. Frequent small meals and snacks keep your blood sugar constant thus supplying constant energy. This will make you feel great and communicate to your body to burn all the fat it needs because the food/fuel supply is endless. There is also something liberating about getting to eat 5-6 times per day!

## WHAT TO EAT

1. 4-6 ounces of unseasoned or seasoned meat, fish or poultry 2-3 times daily.  
*Simply prepared – broiled, baked, etc.*
  - Salmon, redfish, snapper, cod, trout, herring, tuna and mackerel, flounder, etc.
    - Avoid all farm raised fish
  - Lean beef, buffalo, chicken, turkey, duck, and goose, venison, quail, dove, etc.
    - Always chose free range, grass fed or wild protein when possible
  - Eggs
  - Protein drinks (low sugar, low heat processed only) – whey, pea, hemp, goat

2. Unlimited fresh vegetables (This is not a comprehensive list. You will also note that corn and potatoes have been left off of this list. Corn is a grain and mentioned below, grains are not recommended for consumption. Potatoes are a vegetable and do fit the criteria for Paleo eating. However, they are not recommended for individuals experiencing difficulty balancing their glucose. Otherwise, intermittent consumption of potatoes is acceptable.)

asparagus	cauliflower	kale	pumpkin
bean sprouts	celery	leeks	radishes
beet greens	collards	mustard greens	rutabagas
beets	cucumber	okra	spaghetti squash
bok choy	daikon	onions	spinach
broccoli	endive lettuce	parsley	sweet potato
brussel sprouts	green peas	parsnips	yams
butternut squash	green vegetables	peas	yucca

(Some may not be able to eat peas / beans / lentils / legumes. These foods contain lectins which can stimulate the immune system)

### 3. Salads with unlimited fresh vegetables

- Extra virgin olive oil, walnut, and hazelnut oils are great salad dressings to use
- Walnuts and flax seeds are permissible
- Sea salt (Celtic Sea Salt), Kosher salt and light salt are permissible

### 4. Healthy fats

- avocado
- ghee
- nuts and seeds
- nut and seed butters
- walnut, hazelnut and almond oil
- extra virgin olive and coconut oil

### 5. Fruit – eat twice as many vegetables as compared to fruit

- 1 serving = 1 cup
- Apples, bananas, blueberries, blackberries, cherries, grapefruit, grapes, kiwi, mango, oranges, papaya, peach, pear, plums, raspberries, strawberries, tomatoes, etc.

### 6. Alternative grains

**(IT IS ADVISED THAT YOU NOT CONSUME GRAINS AT ALL.** Grains have a high allergen risk and negatively affect the immune system. They also contribute to blood sugar fluctuations. If you absolutely must consume grains, these are the minimally better choices, but be aware that most of these are **NOT** gluten free.)

- Amaranth
- Arrowroot
- Buckwheat
- Millet Meal
- Psyllium
- Quinoa
- Rice (any kind)\*
- Rice bran
- Most rice crackers
- Rice vermicelli
- Soy-based lecithin (not soy)

(Excellent alternative flour choices include almond, potato, tapioca and coconut flour)

\*Note colored rice such as brown, black, or red are better choice than white rice.

### 7. Spring water (at least half of your body weight in ounces per day)

Water is essential for many bodily functions. It is so important that it makes up about 60% of the body's weight. Adequate water makes sure that the kidneys are able to flush out toxins, both those from our environment and normal metabolic function. Water is vitally important for maintaining adequate blood pressure and volume, aiding bowel function and regularity, and supporting joint mobility. In contrast, dehydration not only impairs these processes, but also creates a persistent stress response leading to hormonal imbalances.

### 8. Milk Alternatives – almond, coconut or hemp milk

#### **WHEN SHOULD YOU CHOOSE ORGANIC**

Some vegetables and fruits retain higher amounts of chemical residue from herbicides, pesticides and other environmentally toxic sources than others. When possible, it is advised to choose local, organic and grass fed foods. However, if you are not able to locate or purchase these types of food, remember eating a Paleo style diet is the most important factor. If you are exposed to toxins from non-organic foods, don't forget that your body has the inherent ability to detoxify and that you have made a better choice than eating the Standard American Diet (SAD Diet).