

Paleo Diet

What is the paleo diet?

The paleo diet, also known as the hunter-gatherer, caveman, or stone-age diet, is essentially a diet that mimics the way prehistoric humans would have eaten in the paleolithic era. It is based on the belief that our bodies have not evolved to eat and digest foods produced through modern farming and agriculture, such as dairy, grains, beans, legumes, and processed foods.

Why follow a paleo diet?

The paleo diet may be an effective therapeutic diet for individuals with certain conditions, such as cardiovascular disease, type 2 diabetes, and metabolic syndrome.

Research has shown that the paleo diet improves several metabolic and cardiovascular risk factors, including blood pressure, glucose tolerance, insulin sensitivity, lipid profile, and weight.

Which foods are included in a paleo diet?

The paleo diet consists of foods that our prehistoric hunter-gatherer ancestors would have eaten, including:

- Vegetables
- Fruits
- Nuts and seeds
- Meats and poultry
- Fish and seafood
- Eggs
- Herbs and spices
- Healthy fats and oils (i.e., olive oil, coconut oil)



Paleo Grocery Guide

The Paleo Grocery Guide provides examples of foods permitted on the paleo diet. Be sure to consume a variety of fresh, local, and organic vegetables and fruits to ensure you're meeting your daily nutrient needs. When purchasing animal products, look for organic, free-range, pasture-raised, wild-caught, and sustainable options.

Vegetables

- | | | |
|---------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cruciferous vegetables (broccoli, Brussel sprouts, cabbage) | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Leafy greens (kale, spinach, arugula) | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Celery | | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Chives | | <input type="checkbox"/> Zucchini |

Fruit

- | | | |
|--------------------------------------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Cranberries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Dates | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Grapes | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Guava | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Citrus fruits (lemon, orange, grapefruit) | <input type="checkbox"/> Mango | <input type="checkbox"/> Pomegranate |
| | <input type="checkbox"/> Melon | <input type="checkbox"/> Tomato |

Nuts and seeds

- | | | |
|--------------------------------------|----------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Sesame seeds (tahini) |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Pine nuts | <input type="checkbox"/> Sunflower seeds |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Pumpkin seeds | |

Animal proteins

- | | | |
|----------------------------------|-----------------------------------------------------------|------------------------------------|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Fish | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Pork | <input type="checkbox"/> Wild game |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Seafood (shrimp, lobster, clams) | |

Herbs, spices, and seasonings

- Apple cider vinegar
- Balsamic vinegar
- Coconut aminos
- Herbs, dried or fresh
- Spices

Fats and oils

- Avocado oil
- Coconut milk and oil
- Lard, duck fat
- Olive oil
- Sunflower oil

Sweeteners

- Blackstrap molasses
- Coconut sugar
- Maple syrup
- Raw honey
- Stevia