



## THE PALEOLITHIC DIET

### Overview

The Paleo diet posits a restoration of the traditional gathering and hunting eating habits of our nomadic ancestors. Anthropologists now agree that gathering and hunting is the correct term to identify nomadic eating habits rather than hunting and gathering. Our ancestors collected more of their food off the land than they did by hunting animals. It was initially designed by a gastroenterologist to prevent and treat increasingly common inflammatory digestive disorders such as Irritable Bowel Syndrome, Celiac's disease, Crohn's Disease and food intolerances such as gluten and lactose. It emphasizes eating foods in their purest, most natural form and encourages the elimination of all processed foods. In addition, it recommends a different ratio of proteins: carbohydrates: fats than what is suggested and often consumed by the typical American diet. By lowering the amount of processed grains, sugars, and high sodium products, the Paleo diet can also prevent chronic diseases such as heart disease, cancer, high blood pressure, strokes, and hypertension.

### **Macronutrient Ratio Recommendation by the USDA:**

1. 45-65 percent carbohydrates ( only half of them recommended are "whole" grains)
2. 10-35 percent protein (emphasizes lean protein sources)
3. 20-35 percent from fats (emphasizes limiting saturated and trans fat sources)

\*Exact nutritional ratios are individual and dependent on current health status.

### **Macronutrient Ratio Recommendation of the Paleo diet:**

1. 25-30 percent carbohydrates (grain free sources such as fruits and vegetables)
2. 30-35 percent protein ( from mainly free range meats)
3. 30-35 percent fats ( from unsaturated and non-trans fat sources)



Myplate.gov offers a nutritional food data base, an online personalized food log, an activity tracker, and offers healthy suggestions for losing weight, gaining weight, or maintaining your weight. In addition, if you track your food through their your personalized food long, it will tell you if you have are within healthy limits of your carbohydrate, protein, fat, vitamin and mineral needs. Myplate is an excellent resource for anyone would like more education on nutrition or follow the USDA nutritional guidelines.

## COMPARATIVE CHART

	<b>Paleolithic (Ancient) Diet</b>	<b>Modern Diet</b>
<b>PROTEIN</b>	Very lean	Fatty
<b>CARBOHYDRATES</b>	Vegetables	Grains/refined sugars
<b>FATS</b>	Balanced intake	Pro-inflammatory
<b>ANIMAL/FISH</b>	65% of diet	15% of diet
<b>VEGETABLES/FRUIT</b>	100 different plants	Small selection
<b>FIBER</b>	100 grams/day	20 grams/day
<b>VITAMINS/MINERALS</b>	High intake	Low intake
<b>GRAINS</b>	None	Substantial
<b>DAIRY</b>	None	Substantial
<b>PRESSED OILS</b>	None	Substantial
<b>TRANS FATTY ACIDS</b>	Negligible	Substantial
<b>ALCOHOL</b>	None	3% of overall calories

Source: "[http://thekefir.com/what-is-paleo-diet-by/paleolithic\\_diet\\_chart1/](http://thekefir.com/what-is-paleo-diet-by/paleolithic_diet_chart1/)"



## Encouraged Foods on a Paleo Diet

### Lean Meats

- Lean beef (trimmed of visible fat)
- Flank steak
- Top sirloin steak
- Extra-lean hamburger (no more than 7% fat, extra fat drained off)
- London broil
- Chuck steak
- Lean veal
- Any other lean cut
- Lean pork (trimmed of visible fat)
- Pork loin
- Pork chops
- Any other lean cut

### Lean poultry (white meat, skin removed)

- Chicken breast
- Turkey breast
- Game hen breasts

### Eggs (limit to six a week)

- Chicken (go for the enriched omega 3 variety)
- Duck
- Goose

### Other meats

- Rabbit meat (any cut)
- Goat meat (any cut)

### Organ meats

- Beef, lamb, pork, and chicken livers
- Beef, pork, and lamb tongues
- Beef, lamb, and pork marrow
- Beef, lamb, and pork “sweetbreads”

## Game meat

- Alligator
- Bear
- Bison (buffalo)
- Caribou
- Elk
- Emu
- Goose
- Kangaroo
- Muscovy duck
- New Zealand cervena deer
- Ostrich
- Pheasant
- Quail
- Rattlesnake
- Reindeer
- Squab
- Turtle
- Venison
- Wild boar
- Wild turkey

## Shellfish

- Abalone
- Clams
- Crab
- Crayfish
- Lobster
- Mussels
- Oysters
- Scallops
- Shrimp

## Fish

- Bass
- Bluefish
- Cod
- Drum
- Eel
- Flatfish
- Grouper
- Haddock
- Halibut
- Herring
- Mackerel
- Monkfish
- Mullet
- Northern pike
- Orange roughy
- Perch
- Red snapper
- Rockfish
- Salmon
- Scrod
- Shark
- Striped bass
- Sunfish
- Tilapia
- Trout
- Tuna
- Turbot
- Walleye
- Any other commercially available fish

## Encouraged Paleo Foods (continued)

### Vegetables

- Artichoke
- Asparagus
- Beet greens
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Dandelion
- Eggplant
- Endive
- Green onions
- Kale
- Kohlrabi
- Lettuce
- Mushrooms
- Mustard greens
- Onions
- Parsley
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Purslane
- Radish
- Rutabaga
- Seaweed
- Spinach

- Squash (all kinds)
- Swiss chard
- Tomatillos
- Tomato (actually a fruit, but most people think of it as a vegetable)
- Turnip greens
- Turnips
- Watercress

### Fruit

- Apple
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Carambola
- Cassava melon
- Cherimoya
- Cherries
- Cranberries
- Figs
- Gooseberries
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi

- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Passion fruit
- Peaches
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Rhubarb
- Star fruit
- Strawberries
- Tangerine
- Watermelon
- All other fruits

## Nuts and Seeds

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (filberts)
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios (unsalted)
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts



## Foods to be Consumed in Moderation on a Paleo Diet

### Oils

- Olive, avocado, walnut, flaxseed, and canola oils (use in moderation—4 tablespoons or less a day when weight loss is of primary importance)

### Beverages

- Diet sodas (These often contain artificial sweeteners such as aspartame and saccharine, which may be harmful; you're better off drinking bottled and mineral waters.)
- Coffee
- Tea

- Wine (two 4-ounce glasses; Note: Don't buy "cooking wine," which is loaded with salt.)
- Beer (one 12-ounce serving)
- Spirits (4 ounces)

### Paleo Sweets

- Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)
- Nuts mixed with dried and fresh fruits (no more than 4 ounces of nuts and 2 ounces of dried fruit a day, particularly if you are trying to lose weight)



## Foods You Should Avoid on a Paleo Diet

### Dairy Foods

- All processed foods made with any dairy products
- Butter
- Cheese
- Cream
- Dairy spreads
- Frozen yogurt
- Ice cream
- Ice milk
- Low-fat milk
- Nonfat dairy creamer
- Powdered milk
- Skim milk
- Whole milk
- Yogurt

### Cereal Grains

- Barley (barley soup, barley bread, and all processed foods made with barley)
- Corn (corn on the cob, corn tortillas, corn chips, corn starch, corn syrup)
- Millet
- Oats (steel-cut oats, rolled oats, and all processed foods made with oats)
- Rice (brown rice, white rice, top ramen, rice noodles, basmati rice, rice cakes, Rice flour

(all processed foods made with rice)

- Rye (rye bread, rye crackers, and all processed foods made with rye)
- Sorghum
- Wheat (bread, rolls, muffins, noodles, crackers, cookies, cake, doughnuts, pancakes, waffles, pasta, spaghetti, lasagna, wheat tortillas, pizza, pita bread, flat bread, and all processed foods made with wheat or wheat flour)
- Wild rice

### Cereal Grain-like Seeds

- Amaranth
- Buckwheat
- Quinoa

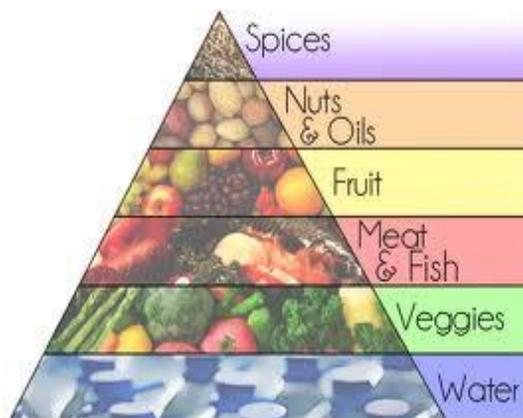
### Legumes

- All beans (adzuki beans, black beans, broad beans, fava beans, field beans, garbanzo beans, horse beans, kidney beans, lima beans, mung beans, navy beans, pinto beans, red beans, string beans, white beans)
- Black-eyed peas

- Chickpeas
- Lentils
- Peas
- Miso
- Peanut butter
- Peanuts
- Snow peas
- Sugar snap peas
- Soybeans and all soybean products, including tofu

### Starchy Vegetables

- Starchy tubers
- Cassava root
- Manioc
- Potatoes and all potato products (French fries, potato chips, etc.)
- Sweet potatoes
- Tapioca pudding
- Yams



### Salt-Containing Foods

- Almost all commercial salad dressings and condiments
- Bacon
- Cheese
- Deli meats
- Frankfurters
- Ham
- Hot dogs
- Ketchup
- Olives
- Pickled foods
- Pork rinds
- Processed meats
- Salami
- Salted nuts
- Salted spices
- Sausages
- Smoked, dried, and salted fish and meat
- Virtually all canned meats and fish (unless they are unsalted or unless you soak and drain them)

### Fatty Meats

- Bacon
- Beef ribs
- Chicken and turkey legs
- Chicken and turkey skin
- Chicken and turkey thighs and wings•
- Fatty beef roasts
- Fatty cuts of beef
- Fatty ground beef
- Fatty pork chops

- Fatty pork roasts
- Lamb chops
- Lamb roasts
- Leg of lamb
- Pork ribs
- Pork sausage
- T—bone steaks

### **Sugars/ Sweets and Soft Drinks/Fruit Juices**

- All sugars and sugary soft drinks
- Canned, bottled, and freshly squeezed fruit drinks (which lack the fiber of fresh fruit and have a much higher glycemic index)
- Candy
- Honey

Source: <http://altmed.creighton.edu/Paleodiet/Foodlist.html>

