

The Paleo Diet

The Paleo diet consists of eating as much lean, grass-fed meats, poultry, fish, seafood, low-glycemic fruits (except dried fruit) and vegetables (except starchy tubers such as potatoes) as you want. This diet is based upon what our ancestors from the Paleolithic era would have eaten. Our genetic make-up has not changed that much since then but our diets have, and as a society we are paying for it! The following is a basic guideline for the Paleo Diet. More information can be found in a number of books or online. We have the book *The Paleo Diet* by Loren Cordain, PhD available for check-out in our office.

The Ground Rules:

1. All the lean meats, fish, and seafood you can eat.
2. All the fruits and non-starchy vegetables you can eat.
3. No cereals.
4. No legumes.
5. No dairy products.
6. No processed foods.

Eat the following:

Lean Meats – Grass-fed beef, bison, chicken, turkey and various types of wild game.

Vegetables (about 50% of your caloric intake) – Any except starchy tubers like potatoes. Try any of the following: Artichoke, asparagus, beets, bell peppers, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, lettuce, mushrooms, onions, pumpkins, radish, rutabaga, seaweed, spinach, squash, Swiss chard, tomatoes, turnips, and more!

Fruits – If you are trying to lose weight, stick to low-glycemic fruits staying away from bananas, grapes, cherries and mangoes (we have a more complete list of glycemic fruits and vegetables available). Try any of the following: Apple, apricot, avocado, blackberries, blueberries, boysenberries, cantaloupe, cranberries, grapefruit, lemon, lime, nectarine, peaches, pears, pineapple, raspberries, rhubarb, strawberries, tangerines, watermelon, and more!

Nuts and Seeds – If you are trying to lose weight, eat no more than 4 ounces of nuts and seeds per day. (Peanuts are legumes and are not allowed on the Paleo diet.) Try any of the following, unsalted: Almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds and walnuts.



Have the following in MODERATION:

Oils – olive, avocado, walnut and flaxseed oils (use only 4 tablespoons or less per day when

weight-loss is a primary goal)

Eggs – Our ancestors would have had eggs only when they found them and only in the spring, so

eat rarely.

Beverages – Coffee, tea, wine (two 4-ounce glasses), beer (one 12-ounce serving), spirits (4 ounces)

Paleo Sweets – Dried fruits (no more than 2 ounces per day)

Avoid the following:

Dairy – butter, cheese, cream, frozen yogurt, ice cream, milk, yogurt

Cereal Grains – barley, corn, millet, oats, rice, rye, sorghum, wheat, wild rice

Cereal-like seeds – amaranth, buckwheat, quinoa

Legumes – All beans, black-eyed peas, chickpeas, lentils, peas, peanuts, snow peas, sugar snap peas, soybeans and all soy products

Starchy Vegetables – starchy tubers, potatoes and potato products, sweet potatoes, tapioca, yams

Salt-containing foods – Almost all commercial salad dressings and condiments, processed foods, deli-meats, olives, pickled foods, salami, salted spices, sausages, smoked meats, virtually all canned meats

Fatty meats – bacon, bacon bits, bologna, breakfast sausage, chicken and turkey skin, chicken wings, deli meats, fatty lamb or pork, pepperoni, salami, spam

Soft-drinks and fruit juices – avoid all sugary beverages, canned bottled, and fresh squeezed fruit drinks (they lack the fiber content of fresh fruit and have a much higher glycemic index)

Exercise, Paleo-style:

Our Paleolithic ancestors exercised only when necessary, which was a large part of the time for them. They had to perform manual labor on almost a daily basis to survive. Their activity level consisted of moderate manual labor throughout the day with brief bursts of heavy activity for survival.

Basically, if you can exert yourself physically throughout your day, you should. Incorporate more activity into your daily routine: walk, ride your bike to work, take the stairs, do physical chores around your house. Also, increasing your activity level during leisure time is a great way of getting more exercise. This can be with fishing, hiking, walking, gardening, swimming, etc. Just do as much physical activity as possible. Throw in short bursts of higher cardio activity 3 times per week.

