

The Paleo Diet Basics

WHAT'S ALLOWED

All the Lean Meat you want:

Any beef (ground beef, steak), pork (chops, ham), lamb, duck, chicken, turkey, eggs, fish, seafood (clams, scallops, etc). Fresh or frozen.

Plenty of Veggies:

Any fresh or frozen veggies (except potato, corn, and beans)

Supplement with Nuts/Seeds:

Any nuts/seeds (except peanuts), raw/ lightly roasted and unsalted; or any nut butters

Add some other Healthy Fats:

Avocados, olive/almond/coconut oil, or flaxseed/grape seed oil

Some Fruit:

Any whole fresh fruit (no juice), but in moderation (1-2 servings)

Why All the Veggies?

Loaded w/ vitamins, minerals, fiber, etc

Fills you up

Doesn't spike your insulin

Balances the acid-base (more alkaline as opposed to acidic)

Why Nuts/Seeds, Olive Oil, or Avocado

Fat ratios of omega 3/6/9 get normalized

Get more 3 w/ fish oil and more 9 w/ olive oil and nuts

Anti-inflammatory (Inflammation causes: heart attacks, cancer, and Alzheimer's to name a few)

Essential to human health

Promotes healthy blood flow

Why Only Some Fruit?

Sadly, fruit raises insulin levels and needs to be moderated if you are:

1) Trying to lose weight OR

2) Diabetic or have another metabolic derangement

That being said, fruits are still very good for you, naturally sweet, and loaded w/ nutrients. A good rule of thumb is to keep your fruit intake less than that of vegetables

Why No Sugar Substitutes?

Sugar and all substitutes may spike insulin levels

Prohibits many people from losing weight

OFF LIMITS

No Sugar or Artificial Sugar

(Equal, Splenda, Stevia, agave nectar, pure cane, corn syrup, fructose, molasses, honey, maltodextrin, etc)

No Junk Food

(cakes, desserts, cookies, candy, chocolate, pastries, chips, crackers, ice cream, snack foods, etc)

No Grains

(wheat products, corn products, rice, pasta, bread, oatmeal, cereals, etc)

No Legumes/Beans

(peanuts, lima beans, kidney beans, black beans etc)

No Dairy

(milk, cream, butter, yogurt, cheese, etc)

No Alcohol

(Includes wine, beer and hard liquor)

Why No Grains?

Not healthy, no nutrients, not suitable for our digestive system – (causes weight gain and bloating)

Contain anti-nutrients (phytates- more on that soon)

Contain lectin (grain protein causes gut irritation) > celiac: gluten intolerance > destruction of villi in intestines > a vast array of digestive/gastrointestinal problems: constipation – heart burn – colon disease – IBS – varicose veins – indigestion – colitis – gall stones – hemorrhoids – appendicitis – hiatal hernia – duodenal ulcer

Gluten (wheat, oats) disrupts insulin signaling (1 in 33 people have celiac disease)

Highly inflammatory.

Why No Legumes/Beans?

Contain phytates > binds w/ bone minerals > robs you of it

Contain lectin: originally evolved to fight off insect predators > binds w/ tissues in our body > increase intestinal permeability > allows partially digested food and gut bacteria to pass into the bloodstream > also impairs the immune system > leads to many autoimmune diseases in genetically susceptible people

Why No Dairy?

Spikes insulin levels

Highly inflammatory in many people.

Nutrient deficient (cows are fed grain) and loaded w/ antibiotics and growth hormones

Thirst Quenchers

Black coffee – Espresso – Americano – green/black/herbal/oolong tea water – water w/ lemon.

THAT'S IT!

Flavor It Up

- Tomato paste, crushed tomatoes, salsa
- Fresh onion and/or garlic
- Fresh dill, basil, or lemongrass
- Dried dill, basil, oregano, cumin, ginger, adobo, curry, mustard
- Black pepper, red pepper, chili pepper, chili powder, Montreal Seasoning
- Fresh lemon or limes; Mojo
- Newman's Own Olive Oil & Vinegar or Farmer Boy Greek Dressing

Conventional Food vs. Organic Food

Organic foods are produced according to certain production standards, meaning they are grown without the use of conventional pesticides, artificial fertilizers, human waste, or sewage sludge, and that they were processed without ionizing radiation or food additives.

Organic is not required unless you have a serious illness and must reduce the toxins/allergens on/in your food. It does taste better and is better for you. If you can afford organic, then do it! Keep in mind, just because it is organic doesn't mean it's good for you! An organic donut is still a donut and is NOT good for you.

Conventional Meat vs. Organic Meat vs. Grass-Fed/Free-Range/Wild Meat

Conventional meat is raised with the routine use of antibiotics and growth hormones. They are fed a diet of grains and are caged/farmed. Organic meat is raised without the use of antibiotics and growth hormones, but is still fed an organic diet of grains and are also caged/farmed. Grass-Fed/Free-Range/Wild means exactly what it says. No antibiotics or growth hormones. They eat what they were meant to eat (cows-grass, fish-other fish or sea life, chicken-bugs) and they are not caged.

Again, these are personal choices. If you can afford GF/FR/W, then do it. The quality of our food is largely determined by the quality of the food that animal ate or with fruits+veggies, the quality of the growing conditions.

Fish Oil

Get 2-4 grams per day.

- 1) But only if you are interested in: better brain development – better emotional control/mood – hormone synthesis – regulation of pain and inflammation – better immune function – proper circulation – proper kidney function – proper nerve transmission – more energy production better looking skin, hair and nails – better athletic performance or
- 2) if you are concerned about the following diseases: arthritis – asthma – ADD – heart attack – stroke – cancer – depression hair loss - hypertension – lupus – memory problems – schizophrenia diabetes – bronchitis – emphysema – gastrointestinal disorders obesity – fatigue – fibromyalgia – autoimmune diseases

There are many books and websites devoted to Paleo and wholefood eating.

The Paleo Diet is based upon eating wholesome, contemporary foods from the food groups our hunter-gatherer ancestors would have thrived on during the Paleolithic era, the time period from about 2.6 million years ago to the beginning of the agricultural revolution, about 10,000 years ago.