

# Fad Diet Review: The Paleo Diet

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The Paleolithic diet is one of the most popular trending diets today. It is also referred to as the Paleo diet, Caveman diet, Stone Age diet, Hunter-Gatherer diet, and Primal diet. The Paleo diet mimics the types of foods that our ancestors ate prior to the agricultural revolution. Supporters of the Paleo diet say that you will be healthier, lose weight, and curb disease by following this diet.

Typical Foods INCLUDED				Foods FORBIDDEN
Animal Sources	Plant Sources	Oils (from fruit/tree nuts)	Sweeteners	
wild game	fruit	olive	honey	strictly NO processed foods
fish	leafy	palm		grains/cereals
shellfish	vegetables	avocado		potatoes
birds	cruciferous	coconut		legumes (beans and peas)
eggs	vegetables	walnut		dairy
organ	root vegetables	almond		sugar
meats	nuts	hazelnut		artificial sweeteners

On one hand, the Paleo diet contains foods rich in plant sources and proteins which can aid in controlling blood sugar and blood pressure levels, contribute to weight loss, and help prevent type 2 diabetes and cardiovascular disease. The diet also encourages an increased intake in fruits and vegetables and a decreased intake in salt and added sugars.

On the other hand, cutting out too many carbohydrates, especially whole grains, is not necessarily the best ticket to a healthy lifestyle. Whole grains contain fiber, which is important for maintaining digestive health and may also reduce the risk of diabetes, heart disease, and cancer. Carbohydrates are also the primary energy source for the brain. Other downsides of the Paleo diet include being low in calcium and exceeding the daily recommendations for fat and protein.

Another aspect of the diet that is worth considering is sustainability. Today's society is much different than our ancestors' society. Wild game meats, which are a great source of lean protein, are not readily available to us like they were in the days of "hunting and gathering." Strictly conforming to this way of eating may not be as realistic as one might think.

For more information on the pros and cons of the Paleo diet and how you can improve your nutritional health, visit a registered dietitian in your area and/or check out [www.eatright.org](http://www.eatright.org).



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