



# The Paleo Diet

AKA the “hunter and gatherer diet,” “caveman diet,” and the “stone-age diet.”

The Paleo diet originated ~ 2.5 million years ago and gained popularity via books such as “The Stone Age Diet” and “The Paleolithic Diet.”



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## The Overall Concept of the Diet

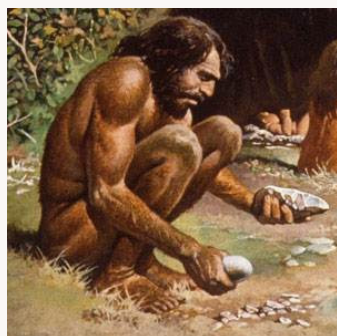
- Eat as our ancestors did ~ 2.5 million years ago
- Proponents of the diet believe that human genetics and biology have not evolved much since the Paleolithic time period, therefore, humans should continue to eat as before.

## Discrepancies Regarding the Diet

- No consensus on a “true” paleo diet due to regional differences in food availability.
- Today’s time doesn’t resemble the prehistoric times.
- Entire food groups are eliminated from the diet, increasing the risk for vitamin/mineral deficiencies.

## RDN’s Take

- There are a lot of good aspects to the Paleo diet, but elimination of food groups increases the risk for nutritional deficiencies, boredom, and hyper fixation on food.
- Use clinical judgement and build rapport with a client considering the Paleo diet.



## Different Variations of the Diet

- Basic Paleo → Excludes grains, dairy, soy, refined, and processed foods
- Autoimmune Paleo → Nightshades, seeds, nuts, and eggs are avoided
- 80/20 Paleo → Paleo 80% of the time, eat non-Paleo 20% of time
- Primal Diet → Organic, raw dairy, fermented soy, some legumes
- Ketogenic Paleo → Used by those who have a lot of weight to lose, have diabetes, epilepsy, or body builders
- Pegan Diet → Paleo Diet but Vegan

## Exercise on the Diet

- Follow a “Paleo lifestyle,” which emphasizes natural forms of movement that are conducted outside.

## References

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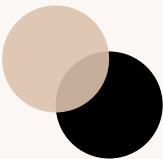
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# PALEO-FRIENDLY FOOD LIST



## MEAT, SEAFOOD & EGGS

GRASS-FED OR WILD-CAUGHT

- BEEF
- CHICKEN
- COD
- EGGS
- PORK
- SALMON
- TUNA
- TURKEY



## FRUITS & VEGETABLES

- APPLES
- BERRIES
- BROCCOLI
- BRUSSELS SPROUTS
- BUTTERNUT SQUASH
- CABBAGE
- CAULIFLOWER
- CITRUS FRUITS
- GRAPES
- MELONS
- PEACHES
- PLUMS
- SPINACH
- SWEET POTATOES



## HEALTHY OILS

- AVOCADO OIL
- COCONUT OIL
- FLAXSEED OIL
- MACADAMIA OIL
- OLIVE OIL
- WALNUT OIL



## NUTS & SEEDS

- ALMONDS
- CASHEWS
- HAZELNUTS
- MACADAMIA NUTS
- PECANS
- PINE NUTS
- PISTACHIOS
- PUMPKIN SEEDS
- SUNFLOWER SEEDS

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## Foods Included / Excluded on the Diet

### Included

- Fresh lean meats, fish, shellfish, eggs, nuts, seeds, fruits, vegetables, olive oil, coconut oil, and small amounts of honey. Certain root vegetables like sweet potatoes and cassava may be allowed in moderation because of their high nutrient content.

### Excluded

- Whole grains, cereals, refined grains and sugars, dairy products, white potatoes, legumes (peanuts, beans, lentils), alcohol, coffee, salt, refined vegetable oils, and most processed foods in general.

## Evidence for Weight loss on the Paleo Diet

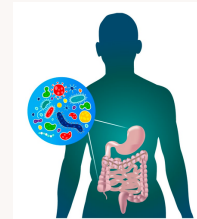
- Paleo diet has been associated with weight loss, decline in BMI, and decline in waist circumference → can help prevent chronic diseases
- Best results in weight loss and BMI seen in overweight/obese women



## What Does the Research Say About the Paleo Diet?

### Article 1: "Gut microbiome response to a modern Paleolithic diet in a Western lifestyle context"

- Those following a Paleolithic diet have been found to have a higher gut biodiversity than individuals not.
- A high gut biodiversity has been shown to be beneficial at preventing non-communicable diseases such as obesity, diabetes, asthma, high blood pressure, and so forth.



### Article 2: "The Effect of the Paleolithic Diet vs. Healthy Diets on Glucose and Insulin Homeostasis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials"

- The Paleo Diet has been found to be to have positive effects on diabetes biomarkers including HbA1c, fasting blood glucose and insulin levels, and the level of insulin resistance in an individual.
- However, it should be noted the paleo diet wasn't found to be more effective at improving these biomarkers than other diets commonly used for diabetes management.



### Article 3: "Intermittent fasting, Paleolithic, or Mediterranean diets in the real world: exploratory secondary analyses of a weight-loss trial that included choice of diet and exercise"

- Intermittent fasting (IF) or the Mediterranean diet is the preferred diet for weight loss in the real world as it is more realistic, reliable, and its effectiveness has been studied more.
- Weight loss, adherence, and biomarkers like HbA1c and waist circumference have better results in IF or the Mediterranean diet vs Paleo.

