



# The Paleo Diet

The Paleolithic or Paleo Diet was developed from research and writings about the diet of our human ancestors. Although these writings are not in total agreement, there are many common themes and many agree that it is a way of eating for optimal health based on our ancestors and our genetics.

Modern Paleo diets are based on the idea that humans and their ancestors evolved for millions of years eating a diet that was largely hunted, fished or gathered from the natural environment. This way of eating was typical long before farming and other agricultural advancements. These advancements and drastic changes to our environment and food have contributed to the decline in human health and the rise in preventable diseases. Further changes in the last century, and even more so in the last two decades, have accelerated this process.

Foods should be eaten when hungry - not at set times of the day. Our ancestors hunted and gathered foods in anticipation of, or in response to, hunger pangs. It might be necessary when following a diet like this to eat more frequently throughout the day, or "graze" as you become hungry. It is important to use hunger as a guide not overeat.

## Fruits

### Include

- All fresh and dried fruits; preferably local, seasonal, and organic options.

### Limit

- Tropical and citrus fruits (except lemons and limes), or other high sugar fruits when out of season; this keeps our body in tune with our natural environment and the changing seasons.

## Flours

### Include

- Nut flour (almond, walnut, hazelnut, pecan, etc), chestnut flour, arrowroot powder, tapioca starch.

### Avoid

- All flours made from above listed grains, corn based products.

## Dairy & Dairy Substitutes

### Include

- Dairy substitutes such as unsweetened almond or coconut milks, coconut and almond based yogurts, nut cheeses.

### Avoid

- All dairy products including milk, cheese, cottage cheese, yogurt, butter, ghee, ice cream, frozen yogurt, cream, goat cheese, goat milk, sheep cheese, etc.
- Watch for milk based ingredients in packaged foods.

## Grains

### Include

- None - All grains should be avoided when following the Paleo Diet.

### Avoid

- All grains including wheat, barley, rye, spelt, kamut, rice, millet, quinoa, oats, teff, sorghum, amaranth, etc.
- Most bread products, crackers, etc. are also made from grains and should be avoided.
- Watch for grain based ingredients in packaged foods.

## Animal Protein

### Include

- Organic, free-range, hormone free, non-medicated, grass-fed chicken, turkey, beef, lamb, game meat, duck, wild fish, seafood, free range eggs.

### Avoid

- Most processed meat products such as sausages, cold cuts & deli meats, canned meats, hot dogs, bacon, etc.
- Some good quality, filler free products (sausages, bacon) can often be found at specialty grocery stores.



## Beans & Legumes

### Include

- None; all beans and legumes should be avoided on the Paleo Diet.

### Avoid

- All beans and legumes should be avoided; this includes chickpeas, kidney beans, black beans, lima beans, pinto, mung, lentils, peanuts.
- All soy products - soy beans, soy proteins powder, tofu, tempeh, soy sauce, edamame, etc.

## Fats & Oils

### Include

- Cold pressed olive oil, cold pressed avocado oil, coconut oil, palm oil, other unrefined nut/seed oils (flax, hemp, walnut, sunflower, sesame).

### Avoid

- Butter, ghee, margarine, vegetable shortening, poor quality olive oil, poor quality nut/seed oils, commercial salad dressing, mayonnaise, corn oil, cottonseed oil, peanut oil, soybean oil, canola oil, rice bran oil, wheat germ oil.

## Vegetables

### Include

- Almost all - asparagus, broccoli, cauliflower, Brussels sprouts, green beans, snap peas, lettuce, other greens - kale, chard, collard greens, spinach, arugula, etc., carrots, artichoke hearts, celery, zucchini, cabbage, peppers, eggplant, squashes, sweet potatoes, yams, mushrooms, beets, fennel, bok choy, etc.

### Avoid

- White potatoes and corn.

## Nuts & Seeds

### Include

- All nuts and seeds, preferably raw and unsalted. This includes - walnuts, hazelnuts, almonds, pecans, Brazil nuts, cashews, pistachios, sunflower seeds, pumpkin seeds, sesame seeds, chia, flax, hems, sacha inchi.

### Avoid

- Sweetened nut and seed butter using sugar, icing sugar.
- Candied nuts and seeds

## Beverages

### Include

- Lots of filtered or distilled water, decaffeinated herbal teas, mineral water, coconut water, kombucha, fresh pressed fruit and vegetable juices.

### Avoid

- Alcohol, coffee, caffeinated teas, soft drinks, other carbonated beverages, commercial juices.

## Sugars & Sweeteners

### Include

- Pure maple syrup, raw honey, coconut palm sugar, stevia.

### Avoid

- Refined sugars and sweeteners of all kinds - cane sugar, corn sugar, high fructose corn syrup, white sugar, brown sugar, panela, evaporated cane juice, dextrose, glucose, etc.

