

Paleo



What is a Paleo diet?

Diet similar to **Paleolithic pre-agricultural, hunter-gatherer** periods^{1,2}
 i.e. focus on foods that can be hunted, fished, or gathered (meats & seafood, fruits & vegetables)²

Characterized by: higher protein, moderate to higher fat, lower carbohydrate^{1,2}

Perceived health benefits & scientific evidence



Weight loss

Some evidence for significant short-term weight loss (due to lower calorie intake)^{3,4}



Heart disease

Inconsistent improvements in risk factors compared to normal diet^{3,5}



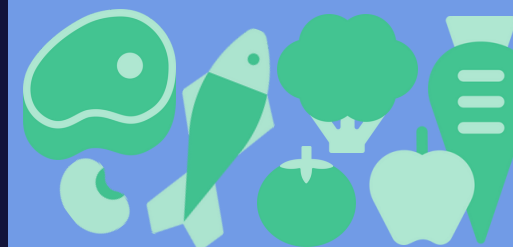
Type 2 diabetes

Moderate evidence for significant improvement in some measures of diabetes management (likely related to weight loss), but changes are not significantly different than those seen in normal diets with the same decrease in calories^{3,5-7}

Rules & foods excluded^{1,2}

FOCUS ON

protein foods (meat & seafood), unsaturated fats, and fresh fruits / vegetables as main source of carbohydrates



FOODS EXCLUDED

grains, legumes, dairy, potatoes, processed foods, artificial sweeteners



Nutrition considerations

Diet quality compared to normal control diet^{2,5-7}



HIGHER

protein
 fiber
 vitamin A, C, E, B5, B12
 fat (total & unsaturated)



LOWER

sodium
 saturated fat
 vitamin D
 calcium
 potassium

References

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