

# Guidance:

## Evidence-based Food and Lifestyle Advice from our Lifestyle Medicine Team

### Paleo Diet

#### About

A paleo diet or stone age diet is based upon how our ancestors would have eaten during the Palaeolithic period (roughly 2.5 million years ago to 10,000 B.C.). This eating approach mimics a hunter gatherer style of eating. Some research suggests that this style of eating is more suited to our genetics.

#### Paleo Foods

Lean meats, fish, poultry, eggs, vegetables and fruits, nuts (not peanuts) and seeds.

**Safety Advice** - If you are taking diabetic medication, please ensure that you check your blood glucose regularly when starting a paleo diet. You should also speak to your medical practitioner if you experience symptoms of hypoglycemia or have consistently low blood sugar levels (less than 4). This dietary approach would **NOT** be recommended in pregnancy unless under specialist supervision.

#### Benefits

##### Who might this eating approach be good for?

Great for weight loss, prediabetes and diabetes. Found to reduce cardiovascular risk factors by improving HDL (good) cholesterol levels and helping control blood pressure and also improves some evidence to suggest this style of eating can improve appetite control.

## **How long can I safely follow this approach to eating**

Following a paleo style diet can be restrictive and limits intake of some vital nutrients including calcium and vitamin D, therefore we recommend following this eating approach for a maximum of three months.

Supplementation with vitamin D and calcium may also be advised but would

## **Foods to enjoy**

- Fruits
- Vegetables
- Nuts (not peanuts - they're not a nut, they're a legume) and seeds
- Lean meats, especially grass-fed animals or wild game
- Fish, especially those rich in omega-3 fatty acids (e.g. salmon, mackerel and sardines)
- Oils from fruits and nuts,(e.g. olive oil or walnut or avocado oil)

## **Foods to avoid**

- Grains (e.g. wheat, oats and barley)
- Legumes (e.g. beans, lentils, peanuts and peas)
- Dairy products
- Refined sugar
- Salt
- Potatoes
- Highly processed foods in general

**Paleo meal planner - Select from each column- Eat to satisfy your hunger**

<b>Fist sized portion - Aim for grass fed sources</b>	<b>Fruit 1-2 portions</b>	<b>Vegetables</b>	<b>Nuts and Seeds</b>	<b>Oils</b>	<b>Herbs and Spices</b>
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Chicken Turkey Lean Beef Pork Lamb Liver Organ meat Fish Shellfish	Apples Blackcurrants Berries Grapefruit Oranges Lemon Guava Kiwi Avocado Cherries Melon Plum Pineapple  <b>Dried fruits in moderation</b> - If not diabetic and not aiming to lose weight	Artichoke Asparagus Aubergine Beetroot Peppers Broccoli Brussel sprouts Cabbage Cauliflower Celery Cucumber Green onions Kale Lettuce Mushrooms Onion Parsnip Pumpkin Swede Spinach Sweet Potato Swiss Chard Sweet Potato Squash Tomato Turnips Watercress	Almond Brazil Cashew Chestnut Chia Seeds Flaxseeds Hazelnut Macadamia Pecan Pistachio Pumpkin seeds Sesame seeds Sunflower seeds walnuts	Coconut Oil Olive oil Avocado oil Walnut Flaxseed oil	Use Freely
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**Days Plan**

Breakfast – Smoothie with coconut milk/ berries / seeds and spinach

Lunch - Salmon with Roasted vegetables / Sweet Potatoes

Dinner - Chicken and vegetable curry with cauliflower rice

Snacks – dates with nut butter / fruit and nuts /kale crisps/ flax crackers