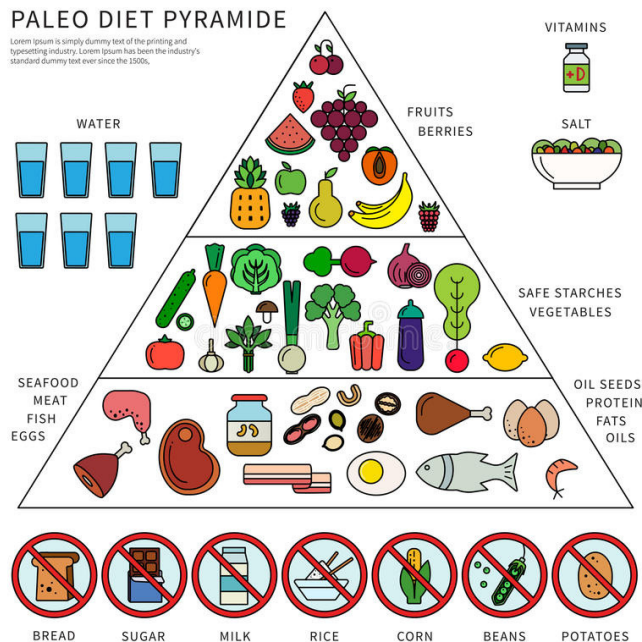


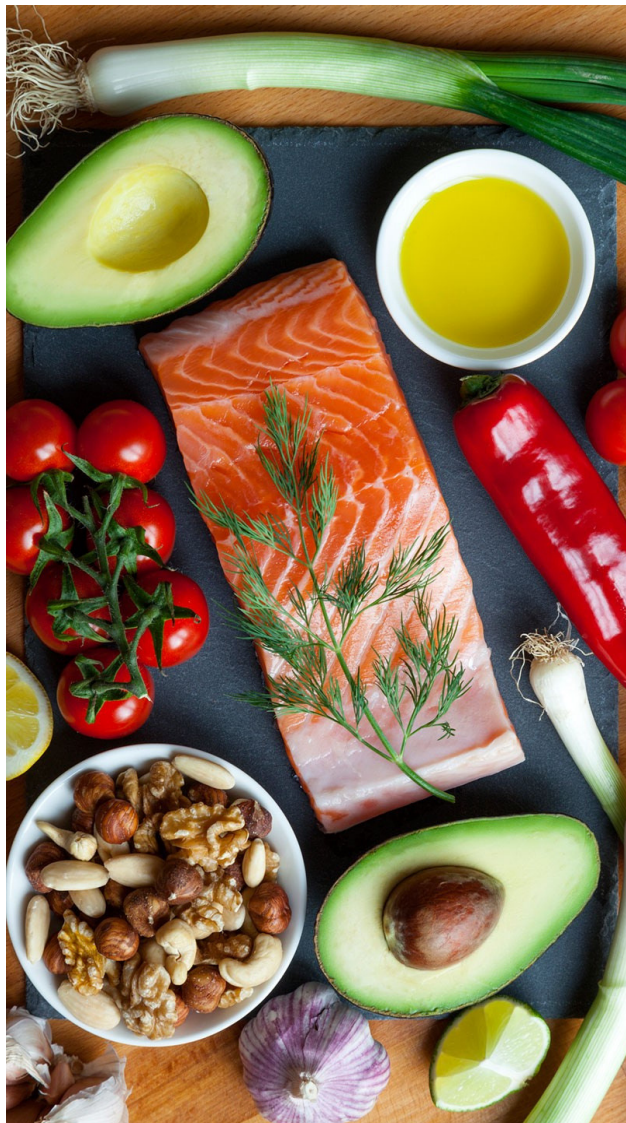
## PALEO DIET PYRAMIDE

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- **Sugar and high-fructose corn syrup:** Soft drinks, fruit juices, table sugar, candy, pastries, ice cream, and many others.
- **Grains:** Included is bread and pasta, wheat, rye, barley, etc.
- **Legumes:** Beans, lentils and many more.
- **Dairy:** Avoid most dairy, especially low-fat (some versions of paleo do include full-fat dairies like butter and cheese).
- **Some vegetable oils:** Soybean oil, sunflower oil, cottonseed oil, corn oil, grapeseed oil, safflower oil, and others.
- **Trans fats:** Found various processed foods. Usually referred to as "hydrogenated" or "partially hydrogenated" oils.
- **Artificial sweeteners:** Aspartame, sucralose, cyclamates, saccharin, acesulfame potassium. Use natural sweeteners instead.
- **Highly processed foods**

# The Paleo Diet



## Basic Info

- The Hunter/Gatherer menu from the late Paleolithic era (50,000-10,000BP) is the basis for this diet. Humans did not evolve eating grains. Grain is a modern food from about 10,000 years ago. The Paleo diet outlines eating as our caveman ancestors once did. The diet includes only what would have been hunted and gathered, mainly meats, fish, eggs, vegetables, fruit, nuts, seeds, and healthy oils (for example, olive oil).
- The Paleo diet eliminates cereal grains such as wheat, rice, and corn, as well as pseudo-grains such as quinoa, millet, and buckwheat. Other off limit foods includes legumes, dairy, refined vegetable oils, overly salty foods, and carbohydrates with high starch/carbs/sugars content like potatoes and squash. It eliminates all processed foods, trans fats, and refined sugar.

## Extra Info.

<https://goo.gl/Cj9peL>

# Your Intake

Calories	Paleo Diet 2,200	Recommended
Total Fat % of Caloric Intake	39%	20%-35%
Saturated Fat % of Caloric Intake	7%	Less than 10%
Trans Fat % of Caloric Intake	0%	N/A
Total Carbohydrates % of Caloric Intake	23%	45%-65%
Sugars (total except as noted)	N/A	N/A
Fiber	42.5 g.	22-28g
Protein % of Caloric Intake	38%	10%-35%
Sodium	726 mg.	Under 2,300 mg.
Potassium	9,062 mg.	At least 4,700 mg.
Calcium	691 mg.	
Vitamin B-12	17.6 mcg.	1k-1.2k mg.
Vitamin D	0 mcg.	2.4 mcg.  15 mcg.

**How could this diet affect you?** This depends on the person. If you are the type who eats unhealthy and doesn't exercise, they may not have an easy time adjusting to the paleo diet. But if they are the opposite of the person in the previous sentence they might not have such a hard time. They just need to start only eating foods that they can get from nature.

**Your mood on the paleo diet** should truly be better. Without eating any man-made sugars you will have a constant flow of natural sugar levels, so you won't get any mood swings relating to blood sugar levels.

**Low blood sugar** was associated with "negative mood states," especially nervousness (Sommerfield, p.6).

**High blood sugar** was sometimes associated with "positive mood states," but it could also be associated with different negative moods, especially anger and sadness. This study found that high blood sugar increased "sadness and anxiety" (Sommerfield, p.6). Scientist state that this diet is probably the **best for short-term use**. However, many scientists report that there is not enough statistical evidence nor any clinical evidence for the long-term effects of the paleo diet (Orenstein, pp. 10). But, from what is known it looks like it can be used for extended periods of time.

- With this diet, you almost get everything you need. The only thing that you would miss from a healthy diet would be grains. Recent studies show that grains are not required and may be worse for you than they were ten years ago. Neurologist Dr. David Permuter, author of Grain Brain: "Modern...structurally modified, hybridized grains contain gluten that's less tolerable than the gluten that was found in grains cultivated just a few decades ago."
- The Paleo Diet is a great diet for those who want to lose weight quickly. The main idea of the Paleo Diet is to eat foods that could be hunted or gathered. One key part of the Paleo Diet is exercise. Although many scientists don't have enough data to firmly say that this diet can help people in the long run, most of them agree that this diet will help you lose weight fast.
- When someone changes to a Paleo Diet, he or she has to begin to exercise to lose weight and burn the calories he or she do get. Not only that but they also cannot eat foods that have been processed, ie. Chocolate, Bread, and foods that were made during/after the discovery of agriculture. You will also lose weight because of the reduction of entire food groups.