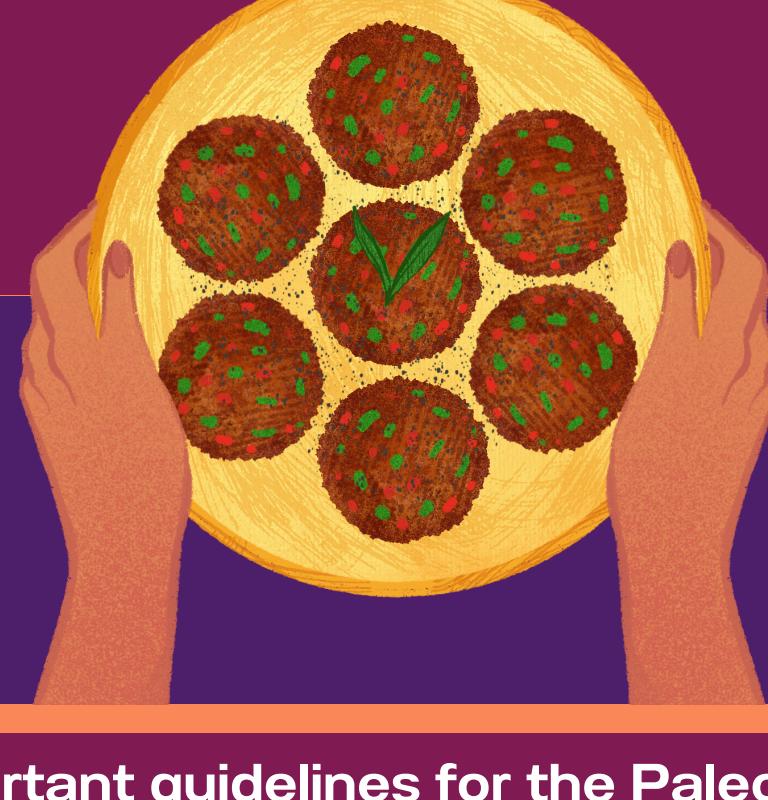


# PALEO DIET

Paleolithic  
era  
eating

Pre-  
farming  
Diet



## Important guidelines for the Paleo Diet

### Only Whole Foods



### No Grains or Legumes



### No Dairy



## Promised Benefits of the Paleo Diet

### Weight loss



### Improved Blood Pressure



### Lower Cholesterol



## Validity of Benefits

Lack of processed food + sugars help **weight loss** but only if calorie intake is reasonable

Lack of processed foods **lower blood pressure** but grains and dairy are recommended for LBP

Paleo limits processed foods (saturated and trans fats) which can **lower cholesterol**

## DGA Recommendations

The Paleo Diet...  
-meets advised Carbohydrate intake  
-meets advised Protein intake  
**but**  
-doesn't meet recommended diary intake  
-doesn't meet recommended grain intake



The Paleo diet helps with weight loss and lowering blood pressure by focusing on whole foods and avoiding processed foods. However, it doesn't meet the Dietary Guidelines for Americans because it excludes grains and dairy, which are important for a balanced diet. This makes it unsuitable for long-term health.