

# Modern Myths and the Paleolithic Diet

Why not eat the same unprocessed diet that was able to sustain our strong ancestors?

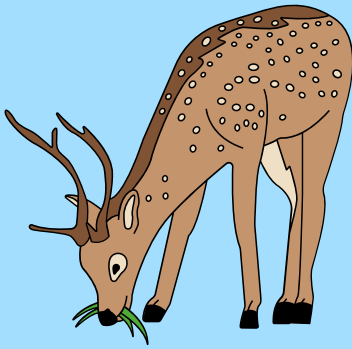
## Nutritional Components

### Fresh Produce + Healthy Fats



Fruits, non-starchy vegetables, and nuts

### Lean Protein



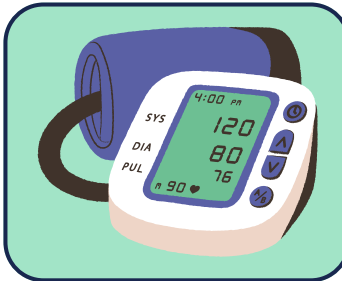
Grass-fed animals, fish, and wild game

### Avoid/Limit



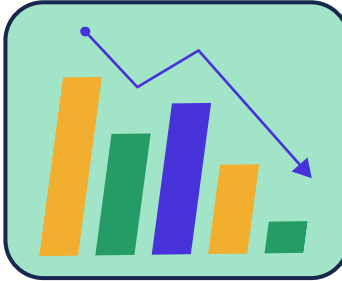
Highly processed/sugary foods, grains, legumes, and dairy

## Claimed Health Benefits



### DECREASE BLOOD PRESSURE

While there have been modest reductions in blood pressure, most clinical interventions only monitored participants during a short period lasting 10 days to a few weeks.



### WEIGHT LOSS + MANAGEMENT

“Studies show that participants lost 4-6% of total body weight within 10-12 weeks.”

- However, there is limited research on significant long-term weight loss that is directly caused by the diet



### MINIMIZE DISEASE RISK

- While some studies show a decrease in LDL and an increase in HDL, other studies find the opposite
- No significant changes in fasting blood glucose has been noted

## Drawbacks

A Paleo Diet may not meet the dietary requirements set by the Dietary Guidelines for Americans.



Dietary  
Guidelines  
for Americans

Important food groups (legumes, dairy, and grains) are limited, posing a risk for nutrient deficiencies like calcium.

Limited long-term research data

Without long-term studies, the potential risks and benefits of the diet are unknown.

Other diets achieve similar results without risk of nutrient deficiencies

The DGA recommends other dietary habits that are well researched, such as the Healthy US-Style, Healthy Vegetarian, and Mediterranean Diets.

Consider working with a Registered Dietitian or a Degreed Nutritionist when trying a new diet. Although there may be quick results, there is limited research around the long-term effects of the Paleo diet. Be careful when following restrictive diets, and be sure to meet sufficient nutrient intake while meeting health goals.