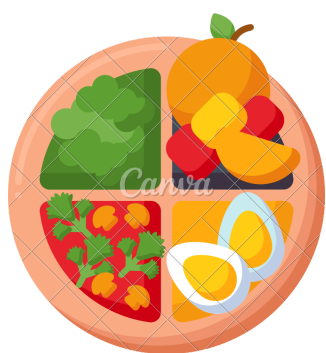


The Paleo Diet: Is It Really Worth It?



How does it work?

1. LOW CARB

3. WHOLE FOODS

2. HIGH PROTEIN
(especially red meats)

Paleo was created and somewhat modified to match what ancient humans were known to intake in their own diets, hence the name referring back to the Paleolithic Age and sometimes being called the “caveman diet”.



Origin and Ideals

Many people who live by the Paleo diet believe that there are only certain foods that should be consumed by humans, and if it wasn't available in the time of cavemen, then we are NOT meant to eat it.



- This includes:
- Dairy Products
 - Refined and Added Sugars
 - Grains
 - Starchy Veggies

What are the benefits?

Helps with weight loss

** Weight loss can occur due to the high protein factor of the diet, which keeps users feeling full for longer **



Lower risk of type 2 diabetes

** Because of the low carbs, the pancreas doesn't need to create insulin as much, reducing insulin resistance **

Improves cardiovascular health

** Stems from the avoidance of highly processed foods **

What Would the DGA Say?



The Dietary Guidelines for Americans would suggest that The Paleo Diet is:

- Too low in fiber intake
- Doesn't meet recommendations for dairy intake
- Exceeding dietary intake of saturated fats

Downsides

- Risk of vitamin D and/or calcium deficiency (bone health)
- High red meat consumption could lead to kidney problems
- Lack of whole grains
- Lack of recommended nutrients



Overall, the Paleo Diet has too many loose ends that would end in a lack of essential nutrients to the body and there is also just not enough research done on the long term effects of the diet in as a whole.

