



EATING PALEO

So what's the best diet?

Despite what appears to be a lack of agreement in the nutritional world on what's best to eat, particularly if you spend your time at the local book shop or following what is in the media, the top nutritional scientists actually agree on what's best to eat. The consensus is that we should be eating the foods that have long shaped our genetic make-up as we evolved and the template is very simple; eat all the lean (a very key word) meats, poultry, fish, and seafood you can eat along with all the non-starchy vegetables (not tubers such as potatoes, sweet potatoes, and yams) and fruits (except dried fruits) you can eat. This diet is also known as the Paleo Diet as it is the diet that our paleolithic ancestors ate. Although it surprises some people, you should be avoiding or at least limiting cereals, legumes and dairy products as they are NOT the nutritional bonanzas that some people would have you believe. If you were offered the choice of a \$100 bill or a \$10 bill, there is no doubt that you'd take the \$100. We need to start adopting this thought process when it comes to food and, once you do, it will soon be recognized that **nothing can hold a candle to vegetables and fruits as a carbohydrate or to lean animal foods for your best source of protein and healthful fats**. If you analyze a diet consisting of LEAN protein, vegetables, fruits, nuts and seeds and then analyze it again after substituting in any of either cereals, legumes, dairy products and/or processed foods, the nutritional composition will be diminished EVERY time – this is easy to demonstrate. So treat your body as a temple and feed it only \$100 bills!

In summary . . . EAT

- All the lean meats, poultry, fish, and seafood you can eat
- All the non-starchy vegetables (not tubers such as potatoes, sweet potatoes, and yams) and fruits (except dried fruits) you can eat along with some nuts and seeds
- Limit or eliminate cereals
- Limit or eliminate legumes
- Limit or eliminate dairy products
- Limit or eliminate processed foods

IT IS IMPORTANT FOR YOU TO NOTE

***“The Paleo Diet is not a fat-free diet, it is a bad fat-free diet.
It is also not just another low-carbohydrate diet, it is a low- bad-carbohydrate diet.”***

By following this simple paleo template of eating lean protein, vegetables, fruits, nuts and seeds, you will:

Eat a relatively high amount of animal protein compared to that in the typical American diet; **Eat** fewer carbohydrates than most modern diets recommend, but eat lots of good carbohydrates - from fruits and vegetables, not from grains, starchy tubers, and refined sugars; **Eat** a large amount of fiber from non-starchy vegetables and fruits; **Eat** a moderate amount of fat, with the right amount of monounsaturated, polyunsaturated and saturated fats, and nearly equal amounts of omega 3 and omega 6 fats; **Eat** foods with a high potassium content and a low sodium content; **Eat** a diet with a net alkaline load; and **Eat** foods rich in plant phytochemicals, vitamins, minerals, and antioxidants.

As a result your body will return to its natural healthy balance. You don't have to think about doing each of these criteria, if you follow the template it will automatically happen.

It is not easy to change the habits of a lifetime and so don't expect to do it overnight. The main concept is that what you eat occasionally won't harm the overall good of what you eat most of the time - remember this as it will help you stay focused on trying to follow the paleo template as much as possible. Any improvement in your diet is better than nothing at all and will reap benefits even if they are hard to notice. But those benefits will plateau unless you continue to improve your compliance toward the paleo template. Basically you should aim to get a little more than half of your calories from lean meat, organ meats (free

range a must with this), fish, shellfish, and poultry and the rest from plant foods. So you should be eating animal food at almost every meal along with vegetables and fruit. It is not easy to get 50 percent of your daily calories from fruits and vegetables because of the high bulk and low calorie density; there is a limit to how much fiber the human gut can hold. However, some plant foods, such as avocados, nuts, seeds, and olive oil, are rich in healthful fats. You can eat these plant foods in moderate amounts and they will help you get the calories you need for a balanced diet.

It is **not** okay to eat unlimited amounts of fatty meats, our primitive ancestors ate wild game which contains about 15 to 20 percent of its calories as fat. The meat from the sedentary, grain-fed animals of today look nothing like the animals found in the wild or those allowed to roam free and feed off the land. Even a lean cut of beef trimmed of all visible fat contains 35 to 40 percent fat. Some fatty cuts of meat can contain as much as 65 to 80 percent fat. And it is not just the total amount of fat that is too high in the “meats to avoid” category, but they also contain low levels of omega 3 fats and high levels of omega 6 fats. This is because the animals are feedlot fattened with mostly corn and sorghum which is not a natural feed for the animals (grass fed is natural). The meats on the paleo diet contain the right balance of monounsaturated, polyunsaturated and saturated fats, as well as the right ratio of omega 3 and omega 6 fats.

There is no one paleo diet, particularly with respect to the macro-nutrient breakdown of the diet. Given the list of foods that are acceptable to eat, different people will have differing amounts of proteins, fats and carbohydrates. Research has shown some indigenous peoples ate as much as 97 percent of calories from animal foods and others as much as 65 percent from plant foods. These are the extremes and most people will fall somewhere in between with animal foods making up about 60 percent of the daily calories. If you eat foods from the paleo template, you will naturally find the macro nutrient breakdown that is right for you based upon your own individual metabolism. So go with what you feel like eating when picking foods from the paleo food lists.

Are Eggs Okay?

Eggs are okay but don't eat too many as they can promote weight gain and can certainly contribute to elevated serum cholesterol levels in certain people. Primitive man ate wild bird eggs whenever they found them, however, it would not be that often. Also, wild bird eggs are nutritionally different from domesticated chicken eggs; they contain higher levels of omega 3 fats and lower levels of saturated fat. It is therefore recommended to limit consumption of eggs to around six a week and to also purchase eggs enriched with omega 3 fats.

Meat for breakfast?

Although it might seem a bit strange at first, salmon or turkey for breakfast, along with some fruit such as berries or cantaloupe, is a great choice to start your day. Remember that protein will help you lose weight faster by boosting your metabolism while blunting your hunger at the same time. It also improves your blood lipid profile, prevents blood sugar swings and reduces the risk of hypertension, stroke, heart disease, and certain cancers. Cook meats simply, without too much added fat – broiling, baking, roasting, sautéing, or browning, then pouring off excess liquid fat, or stir frying over high heat with a little olive oil (never deep-fat fry). With domestic meats, particularly grain-fed animals, trim the meat of visible fat.

Nuts are a rich source of monounsaturated fats which have been shown to lower cholesterol and reduce the risk of heart disease, and may also reduce the risk of certain cancers including breast cancer. However, because nuts and seeds are such a concentrated source of fat, they can slow down weight loss, particularly if you are overweight. If you are trying to lose weight, limit your nuts and seeds consumption to no more than 4 ounces a day. Once your metabolism has increased and you've reached your desired weight, you can eat more nuts. It is best to eat nuts with a low omega 6 to omega 3 ratio (see the nuts and seeds table below); walnuts are the best nuts to increase your omega 3 fats and macadamia nuts run a close second. The nuts you consume should also be raw and unsalted. Add some spices and Celtic sea salt if you find raw nuts a little bland.

IMPORTANT

Peanuts are not nuts, they are legumes and are the number one leading allergy food in children today. Another potential problem with peanuts is their susceptibility to aflatoxin which comes from the mold *Aspergillus flavus*; this substance has the ability to cause cancer and it can be deadly if consumed in significant amounts. They are one of the most common pesticide-contaminated crops. They are loaded with omega-6 fats that disrupt the omega-6:omega-3 ratio, an essential component of health. Most peanut butters are also made with hydrogenated vegetable oils that contain harmful trans-fatty acids (a recent study in the American Journal of Public Health concluded that consumption of trans fats by Americans was responsible for more than 30,000 deaths annually from heart disease alone). Both peanuts and peanut butter are also very acidic which disrupts the acid-base balance of the body leading to an increased risk of chronic diseases. Further still, peanuts contain lectins that are known to increase intestinal permeability and allow peptides and gut bacteria to spill into the bloodstream potentially setting in motion a cascade of negative autoimmune responses. So instead of peanut butter, purchase walnut and/or macadamia and/or cashew butter. Almond butter is another alternative but is higher in omega 6 fats and so is not as quite as good.

Unlimited Quantity Paleo Foods (\$100 Bills!)

Meats: (this includes poultry and fish)

The key word here is "lean." So long as it is lean, red meat - such as beef and pork - organ meats and game meat are just what your biochemistry desires. Remember the paleo diet is not a fat-free diet but a bad fat-free diet.

Meats/seafood you can eat

| Fat and Protein Content of Meats and Fish (Percentage of Total Calories) | | | | | |
|---|------------------|-------------|----------------------------------|------------------|-------------|
| <i>Meats/seafood you can eat</i> | <i>% Protein</i> | <i>%Fat</i> | <i>Meats/seafood you can eat</i> | <i>% Protein</i> | <i>%Fat</i> |
| Skinless turkey breasts | 94 | 5 | Steamed clams | 73 | 12 |
| Boiled shrimp | 90 | 10 | Lean pork tenderloin | 72 | 28 |
| Orange roughy | 90 | 10 | Beef heart | 69 | 30 |
| Pollock | 90 | 10 | Broiled Tuna | 68 | 32 |
| Broiled lobster | 89 | 5 | Veal steak | 68 | 32 |
| Red Snapper | 87 | 13 | Sirloin beef steak | 65 | 35 |
| Crab | 86 | 10 | Chicken livers | 65 | 32 |
| Alaskan king crab legs | 85 | 15 | Skinless chicken breasts | 63 | 37 |
| Buffalo roast | 84 | 16 | Beef liver | 63 | 28 |
| Broiled Mackerel | 82 | 18 | Lean beef flank steak | 62 | 38 |
| Roast venison | 81 | 19 | Broiled salmon | 62 | 38 |
| Broiled halibut | 80 | 20 | Lean pork chops | 62 | 38 |
| Beef Sweetbreads | 77 | 23 | Mussels | 58 | 24 |

Meats to limit or avoid

| <i>Meats to limit</i> | <i>% Protein</i> | <i>%Fat</i> | <i>Meats to avoid</i> | <i>% Protein</i> | <i>%Fat</i> |
|-----------------------|------------------|-------------|-----------------------|------------------|-------------|
| Fat pork chops | 49 | 51 | Pork ribs | 27 | 73 |
| Lean lamb chops | 49 | 51 | Beef ribs | 26 | 74 |
| Pork shoulder roast | 45 | 55 | Fat lamb chops | 25 | 75 |
| Ham lunch meat | 39 | 54 | Dry salami | 23 | 75 |
| T-bone steak | 36 | 64 | Link pork sausage | 22 | 77 |
| Chicken thigh/leg | 36 | 63 | Bacon | 21 | 78 |
| Ground beef (15% fat) | 35 | 63 | Liverwurst | 18 | 79 |
| Eggs | 34 | 62 | Bologna | 15 | 81 |
| Lamb shoulder roast | 32 | 68 | Hot dog | 14 | 83 |

Vegetables and Fruits:

Vegetables*

| | | | | | |
|------------------|-------------|--------------|---------------------|--------------------|---------------|
| Artichoke | Cabbage | Eggplant | Mustard greens | Radish | Turnip greens |
| Asparagus | Carrots | Endive | Onions | Rutabaga | Turnips |
| Beet greens | Cauliflower | Green onions | Parsley | Seaweed | Watercress |
| Beets | Celery | Kale | Parsnip | Spinach | |
| Bell peppers | Collards | Kohlrabi | Peppers (all kinds) | Squash (all kinds) | |
| Broccoli | Cucumber | Lettuce | Pumpkin | Swiss chard | |
| Brussels sprouts | Dandelion | Mushrooms | Purslane | Tomatillos | |

* All, except for starchy tubers like potatoes, yams, and sweet potatoes. Also, peas and green beans are legumes and were foods rarely on the paleo menu.

Fruits*

| | | | | | |
|---------------|---------------|----------------|---------------|-------------|-----------------------|
| Apple | Cantaloupe | Gooseberries | Lime | Peaches | Rhubarb |
| Apricot | Carambola | Grapefruit | Lychee | Pears | Star fruit |
| Avocado | Cassava melon | Grapes | Mango | Persimmon | Strawberries |
| Banana | Cherimoya | Guava | Nectarine | Pineapple | Tangerine |
| Blackberries | Cherries | Honeydew melon | Orange | Plums | Tomato (yes a fruit!) |
| Blueberries | Cranberries | Kiwi | Papaya | Pomegranate | Watermelon |
| Boysenberries | Figs | Lemon | Passion fruit | Raspberries | |

* Fruits with a low glycemic load (if fat loss is a major goal, consider eating these fruits in the morning or consuming fruit later in the day).

Nuts and Seeds:

Omega 6 to Omega 3 Fat Ratio in Nuts and Seeds (#s are lowest (*best*) to highest)

While all the nuts and seeds listed are good for you, you should eat more of the nuts and seeds with a low ratio of omega 6 to omega 3; meaning nuts with higher levels of omega 3. This is particularly true if you are new to eating the paleo diet as you are likely to have high levels of omega 6 relative to omega 3. The nuts you consume should also be raw and unsalted.

| | | |
|------------------------------|-------------------------------|--|
| 1. Walnuts (4.2 to 1) | 5. Cashews (47.6 to 1) | 9. Brazil nuts (377.9 to 1) |
| 2. Macadamia nuts (6.3 to 1) | 6. Pistachio nuts (51.9 to 1) | 10. Sunflower seeds (472.9 to 1) |
| 3. Pecans (20.9 to 1) | 7. Hazel nuts (90.0 to 1) | 11. Almonds (High - no detectable omega 3) |
| 4. Pine Nuts (31.6 to 1) | 8. Pumpkin seeds (114.4 to 1) | 12. Sesame seeds (?) |

Oils for salads and cooking:

Olive (extra virgin for salad dressings), avocado or walnut oil are best (use in moderation – 4 tablespoons or less a day when weight loss is of primary importance). Also, DO NOT use “cooking wine” as it is loaded with salt.

Paleo Sweets:

- Dried fruits (no more than 2 ounces a day, particularly if you are trying to lose weight)

Beverages:

Bottled or filtered water is your best beverage, drink at least eight 8 oz glasses of water a day. A good organic green tea would be your best hot beverage and it can also be chilled for a refreshing drink. Note that a glass of freshly squeezed juice is not as healthy as eating the whole fruit and drinking a glass of water! If you want to drink fruit juices, get them without any added sugars and absolutely no artificial sweeteners or high fructose corn syrup. Diluting them is also a good thing to do. If you must drink coffee, drink a good organic coffee as it is less acidic but drink it sparingly! In moderation, wine is fine! Drink the red wines as they have greater health benefits compared to white wines; Pino Noir is one of the best reds to drink from a healthy antioxidant perspective. Limit other alcohol consumption as much as possible, particularly when trying to lose weight.

Foods you should avoid (at least most of the time):

- Dairy Foods
- Cereal Grains (Barley, Corn, Millet, Oats, Rice, Rye, Sorghum, Wheat, Wild rice)
- Cereal Grain like Seeds (Amaranth, Buckwheat, Quinoa)
- Legumes (this includes all beans, all peas, lentils, miso, peanuts, soybeans and all soy products including tofu)
- Starchy vegetables (starchy tubers, cassava root, manioc, potatoes and all potato products (french fries, potato chips, etc.), sweet potatoes, tapioca pudding, yams)
- Salt-Containing Foods (this is essentially everything in a box, packet or tin! - unless from a health-food store)
- Fatty Meats
- Soft Drinks and Fruit Juices
- Sweets (organic honey is okay in limited quantities)

***If you have an autoimmune disease, you should avoid the above list strictly as well as coffee, alcohol and other yeast-containing foods. If remission occurs, foods can be slowly introduced one at a time to help determine an offending food.

Implementation:

Eat three meals a day along with paleo snacks to curb your hunger between meals and maintain blood glucose levels.

Follow the 80:15:5 Rule

Eat 80% paleo foods; Allow 15% non-paleo, unprocessed foods; Allow 5% treats! For 21 meals per week:

| 80% Paleo | 15% Non-paleo, unprocessed food | 5% Treats! |
|------------------|--|-------------------|
| 17 meals | 3 meals | 1 meal |

Get organized . . .

Failing to plan is planning to fail. This couldn't be more true when trying to eat a healthy paleo diet. Our fast paced lifestyle, and the food industry that caters to it, is not set up to eat a healthy diet. So unless you get organized on a weekly basis, the odds are that you will not be successful in eating a healthy paleo diet and in turn not reach the health goals that you set.

Getting organized is not difficult and only requires a small time commitment once per week. We are used to doing a weekly grocery shop but what is needed to eat well is to commit to preparing your food for the week ahead. The reason for this is two fold. First, it will save you a significant amount of time in preparing your food (you do it just once) so that eating the paleo way does not add time to an already busy schedule. And second, it will help you to avoid eating convenience foods when you are hungry and need to eat right away. If you are starving and know that your meal will take an hour to cook, it is quite likely for you to seek an alternative that will satisfy that hunger immediately; this will typically lead to you eating foods that are not particularly healthy.

So simply commit to preparing your meat, vegetables and fruit (washing, chopping and trimming) and put them in the refrigerator and/or freezer in sealed containers (Glass containers such as Pyrex will keep your food the freshest and longest). One can also prepare small snack bags (one for each day of the week) using your prepared meat, vegetables, nuts, seeds and fruits. When cooking your meat, you can cook for the whole week ahead or have only the prepared meat to cook each night. If doing the latter, always cook enough meat for that evening's dinner and tomorrow's breakfast, lunch and snacks. Committing to these simple procedures will see your way to a new you!



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