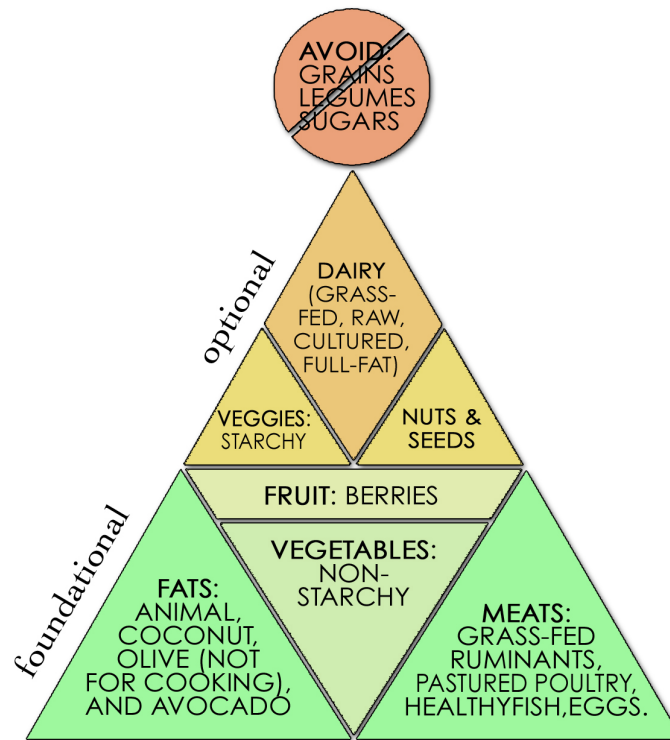


# The Paleo Diet

"Let food be thy medicine and medicine be thy food"  
Hippocrates

## paleo food pyramid



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# Fat

**Myth:** Fat is bad

**Fact:** Not all fat is bad!!

Fat has become a dirty word and it is time to reverse that thought. Ideally your body's fuel should be fat (not carbohydrate) most of the time. Most of your fat should come from meat and a small amount from oil or fat used to cook.

## **Best Choices**

**Monounsaturated Fats:** (liquid at room temp, but cloudy in the refrigerator).

Found in foods such as olives, most nuts, avocados, and grass fed meat.

**Omega 3 fatty acids-**Found in grass fed meat, wild game, wild caught fish.

**Medium chain triglycerides-**These are actually saturated fats. They are healthy and a highly utilizable source of energy for the body. The best sources of these are coconut oil and grass fed butter or ghee.

**Nuts and seeds-**First of all lets dispel another myth peanuts are legumes, not nuts. Food sources: Coconut & coconut oil, walnuts and walnut oil, macadamia nuts, olive oil, avocado, and almonds.

## **Bad Choices**

**Omega-6 Polyunsaturated Fats** - vegetable oils, safflower oil, sunflower oil, corn oil, cottonseed oil, sunflower oil, peanuts and Peanut oil.

**Trans fatty acids:** Avoid these at all cost. Contained in things like margarine, partially hydrogenated vegetable oil, and man-made fats. Be careful cooking with vegetable oils on high heat as fats in these oils can oxidize and create trans-fats.

## Triglycerides and Cholesterol

**Myth:** Eating cholesterol will give you high cholesterol and triglycerides. And cholesterol is EVIL!!

**Fact:** High triglycerides actually come from eating too many refined carbohydrates. Decrease your refined carbohydrates and you will lower your triglycerides. Eating cholesterol will NOT give you high cholesterol, nor is cholesterol evil 😊

**Cholesterol** is a natural substance your body produces for numerous uses: there is an enormous amount of cholesterol in your cell membranes (very important); vitamin D is made from cholesterol; many hormones are made from cholesterol; cholesterol is used by the body's repair mechanisms. These are just a few of the important uses for cholesterol.

A diet high in **saturated fat** boosts large LDL particles (the **benign** kind)

A diet high in **carbohydrates** raise the small LDL, raise triglycerides and lower HDL = **increased risk of heart disease**

**HDL increases** as **carbohydrate** intake goes **down**. **HDL** also goes **up** with **moderate exercise**.

**HDL/triglyceride ratio** is far more **predictive of cardiovascular events** than LDL.

## Protein

In the absence of ingested protein, your body will break down muscle to fulfill its protein requirement

### **Best Choices**

**Lean Animals Meats:** wild animals are lean most of the year, grass-fed beef (rich in omega-3 anti-inflammatory fatty acids (the healthy fat found in salmon). Local options: Yellowstone grassfed beef or Muddy Creek Ranch. Grassfed Lamb – Montana Highland Lamb.

**Wild caught fish:** Sardines and salmon are good choices

**Cage-Free/Pasture Chickens and their Eggs**

### **"Less Good" Choices**

**Grain Fed Meats** – not as high in omega-3's. When grain-fed the fat content in the meat reflects this and omega 6's are higher and tends to be more pro-inflammatory.

### **Bad Choices**

**Soy Proteins:** estrogen-like effect in the body

**Farm Raised Fish:** treated with antibiotics, not as high in omega 3's as wild caught.

## Carbohydrates

Carbohydrates cause an insulin release when ingested. If insulin is released too much and too often, health problems such as insulin resistance/diabetes, hypertension, and a host of other insulin related diseases may result

### **Best Choice**

**Vegetables:** strive to obtain the highest quality, in season vegetables and fill your plate with them!!

### **Good choices**

**Fruit:** in moderation

**Starchy vegetables:** in moderation. Examples of starchy vegetables would be yams, sweet potatoes, butternut squash.

### **Poor Choices**

**Cereal Grains:** (corn, oat, rice, barley, millet, rye, wheat) and all foods made from these grains: i.e. bread, pasta, and flour.

**Legumes:** all beans and peas.

### **Worst Choice**

**Artificial sweeteners:** Sweet and Low, Equal, stevia – AVOID!

**Sugar, Honey & Sweeteners:** white sugar and High Fructose Corn Syrup: both are bad for you – avoid at all costs.

Agave nectar, maple syrup, coconut nectar, date sugar and all other natural sweeteners are all still just sugar, so use sparingly.

## **Why no Legumes and Grains?**

Anti-nutrients are found at some level in almost all foods for a variety of reasons. Certain proteins such as lectins, however, are found in high levels in legumes and can significantly interfere with digestion. Anti-nutrient levels have been significantly reduced in modern crops such as cereal grains and corn (due to domestication of these crops). Nevertheless, the large fraction of modern diets that come from a few crops, particularly cereals, has raised concerns about the effects of the anti-nutrients in these crops on human health. So, we recommend avoiding them.

## **Reading List**

Living Paleo For Dummies by Melissa Joulwan and Kellyann Petrucci

The Paleo Solution by Robb Wolf, [www.robbwolf.com](http://www.robbwolf.com)

Good Calories Bad Calories by Gary Taubes

Why We Get Fat and What To Do About It by Gary Taubes

Protein Power Lifeplan by Mary and Michael Eades, MD,  
[www.proteinpower.com](http://www.proteinpower.com)

Lights Out: Sleep, Sugar, and Survival by T.S. Wiley

The Paleo Diet by Dr. Loren Cordain

The Paleo Diet for Athletes by Dr. Loren Cordain

The Primal Blueprint by Mark Sisson, [www.marksdailyapple.com](http://www.marksdailyapple.com)

Primal Body, Primal Mind by Nora Gedgudas

The Vegetarian Myth: Food, Justice, and Sustainability by Liene Keith

The Healthy Skeptic by Chris Kresser at [www.thehealthyskeptic.org](http://www.thehealthyskeptic.org)

Whole9, [www.whole9life.com](http://www.whole9life.com)

## **Recipes**

Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle by Diane Sanfilippo. Website - [www.balancedbites.com](http://www.balancedbites.com)

The Primal Blueprint Cookbook by Mark Sisson

Everyday Paleo by Sarah Fragoso, [www.everydaypaleo.com](http://www.everydaypaleo.com)

The Paleo Diet Cookbook by Loren Cordain, [www.thepaleodiet.com](http://www.thepaleodiet.com)