

PALEO

QUICKSTART



GUIDE

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PALEO QUICKSTART GUIDE

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WHAT IS THE PALEO TEMPLATE?

The Paleo template is a framework—rooted in science—for eating and living to support lifelong health.

The dietary component of the Paleo template is a set of nutritional principles compiled using modern scientific health and nutrition research. While the initial insight leading to the Paleo diet was gleaned from studies of Paleolithic man and both modern and historically studied hunter-gatherers, the core support for this way of eating comes from contemporary biology, physiology, and biochemistry. There are thousands of scientific studies that evaluate how components in foods interact with the human body to promote or undermine health. These are the studies used to form the basic tenets of the Paleo diet.



The diet's core principles are: micronutrient density, balanced macronutrients, diverse omnivorism, biological systems health, and minimizing toxin exposure.

These fundamental principles form the criteria against which foods are evaluated to determine what role they merit in our diets.

The Paleo template includes an equal emphasis on lifestyle choices because of the huge impact that things like sleep, stress, and activity have on our overall health. While most of us intuitively understand that we should strive for work-life balance and get some exercise, the Paleo lifestyle goes beyond making New Year's resolutions to join a gym and instead integrates a focus on achievable healthy lifestyle choices.

PALEO DIET FOODS TO EAT



RED MEAT

antelope
bear

beaver
beef
bison/buffalo
boar
camel
caribou
deer
elk

goat
hare
horse
kangaroo
lamb
llama
moose
mutton

pork
rabbit
sea lion
seal
whale
(essentially,
any mammal)



POULTRY AND EGGS

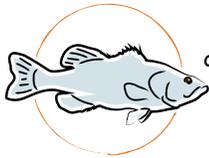
chicken
dove
duck
eggs (chicken, duck,
goose, quail, and so on)

emu
goose
grouse
guinea hen
ostrich
partridge
pheasant
pigeon
quail
turkey
(essentially, any bird)



OTHER ANIMAL FOODS

crocodile
frog
snake
turtle



FISH

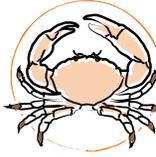
anchovy
Arctic char
Atlantic croaker
barcheek goby
bass
bonito
bream
brill
brisling
carp
catfish

cod
common dab
conger
crappie
croaker
drum
eel
fera
filefish
gar
haddock
hake
halibut
herring
John Dory
king mackerel*
lamprey

ling
loach
mackerel
mahi mahi
marlin*
milkfish
minnow
monkfish
mullet
pandora
perch
plaice
pollock
sailfish
salmon
sardine
shad

shark*
sheepshead
silverside
smelt
snakehead
snapper
sole
swordfish*
tarpon*
tilapia
tilefish*
trout
tub gurnard
tuna
turbot
walleye
whiting

*May contain higher levels of methylmercury than selenium

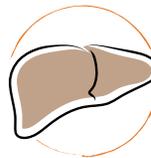


SHELLFISH

abalone
clam
cockle
conch
crab
crawfish
cuttlefish

limpet
lobster
mussel
octopus
oyster
periwinkle

prawn
scallop
shrimp
snail
squid
whelk



OFFAL

blood
bone broth
bone marrow

brain
chitterlings and
natural casings
(intestines)
fats and other
trimmings (tallow
and lard)
fries (testicles)
head meat (cheek
and jowl)
heart

kidney
lips
liver
melt (spleen)
rinds (skin)
sweetbreads (thymus
gland or pancreas)
tail
tongue
tripe (stomach)

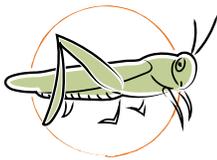


OTHER SEAFOOD

anemone

caviar/roe
jellyfish
sea cucumber

sea squirt
sea urchin
starfish



EDIBLE INSECTS

agave worm
ant

bamboo worm
bee larvae
centipede
cicada
cockroach
cricket
dragonfly
dung beetle
earthworm

fly pupa
grasshopper
hornworm
June bug
locust
mealworm
sago worm
silkworm



LEAFY GREENS AND SALAD VEGGIES

amaranth greens
beet greens
borage greens
carrot tops
cat's-ear
celery
celtuce
Ceylon spinach
chickweed
chicory

Chinese mallow
chrysanthemum leaves
cress
dandelion greens
endive
fat hen
fiddlehead
fluted pumpkin leaves
Good King Henry
greater plantain
komatsuna
Lagos bologi
lamb's lettuce
land cress
lettuce
melokhia

New Zealand spinach
orache
pea leaves
poke
pumpkin sprouts
radicchio
radish sprouts
sculpit (stridolo)
sorrel
spinach
squash blossoms
summer purslane
sunflower sprouts
sweet potato greens
Swiss chard
water spinach
winter purslane

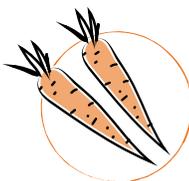


CRUCIFEROUS VEGETABLES

arugula (rocket)
bok choy
broccoflower
broccoli
broccoli rabe (rapini)

Brussels sprouts
cabbage
canola (rapeseed)
cauliflower
Chinese broccoli
collard greens
daikon
field pepperweed
flowering cabbage
garden cress
horseradish
kale
kohlrabi

komatsuna
land cress
maca
mizuna
mustard
radishes
Romanesco
rutabaga
tatsoi
turnips
wasabi
watercress
wild broccoli



ROOT VEGETABLES AND WINTER SQUASH

acorn squash
ambercup squash
arracacha
arrowroot
bamboo shoot
banana squash
beet root
broadleaf arrowhead
burdock
butternut squash
calabaza
camas
canna

carnival squash
carrot
celeriac
Chinese artichoke
daikon
delicata squash
earthnut pea
elephant foot yam
Ensete
ginger
gold nugget squash
Hamburg parsley
horseradish
Hubbard squash
Jerusalem artichoke
jicama
kabocha squash
lotus root
maca
mashua
parsnip

pignut
prairie turnip
pumpkin
salsify
scorzoneria
skirret
spaghetti squash
squash, winter (all varieties)
swede
sweet potato
taro
ti
tiger nut
turban squash
ulluco
water caltrop
water chestnut
yacón
yam
yuca (cassava, manioc, tapioca)



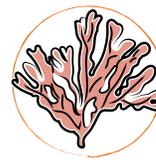
ONIONS, GARLIC, AND OTHER ALLIUMS

abusgata
chives
elephant garlic
garlic
kurrat
leek
onion
pearl onion
potato onion
scallion
shallot
spring onion
tree onion
wild leek (ramp)



MUSHROOMS AND OTHER EDIBLE FUNGI

beech mushroom (shimeji)
boletus, many varieties
button mushroom, many varieties (includes portobello and crimini)
cauliflower mushroom (Sparassis crispa)
chanterelle, many varieties
field blewit
gypsy mushroom
hedgehog mushroom (sweet tooth fungus)
kefir (includes both yeast and probiotic bacteria)
king trumpet mushroom
kombucha (includes both yeast and probiotic bacteria)
lion's mane mushroom
maitake
matsutake
morel, many varieties
oyster mushroom, many varieties
saffron milk cap
shiitake (oak mushroom)
snow fungus
straw mushroom
tree ear fungus
truffle, many varieties
winter mushroom (enokitake)
yeast (baker's, brewer's, nutritional)



SEA VEGETABLES

aonori
arame
carola
dabberlocks
dulse
hijiki
kombu
laver
mozuku
nori
ogonori
sea grape
sea kale
sea lettuce
wakame



HIGH-FAT FRUITS

avocado
olives (green and black)



BERRIES

açai
bearberry
bilberry
blackberry
blueberry
cloudberry

cranberry
crowberry
currant
elderberry
falberry
gooseberry
grape
hackberry
huckleberry
lingonberry
loganberry
mulberry

Muscadine grape
nannyberry
Oregon grape
raspberry
salmonberry
sea buckthorn
strawberry
strawberry tree
thimbleberry
wineberry



CITRUS

amanatsu
blood orange
Buddha's hand
cam sành
citron
clementine
fernandina

grapefruit (many varieties)
kaffir lime
key lime
kinnow
kiyomi
kumquat
lemon (many varieties)
lime (many varieties)
limetta
mandarin
Meyer lemon
orange (many varieties)

orangelo
oroblanco
pomelo
pompia
ponkan
rangpur
shonan gold
sudachi
tangelo
tangerine
tangor
ugli
yuzu



OTHER FRUITS AND VEGGIES

abiu
acerola
ackee
African moringa
ambarella
apple
apricot
artichoke
asparagus
babaco
banana
biriba
bitter melon (bitter gourd)
camucamu
canary melon
canistel

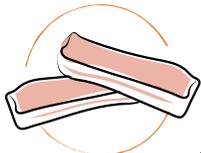
cantaloupe
capers
cardoon
casaba
celery
ceriman
Charentais
chayote
cherimoya
cherry
chokeberry
chokecherry
Christmas melon
coco plum
coconut
crabapple
Crenshaw melon
cucumber
custard apple
date
derishi
dragonfruit
durian

edible flowers (such as carnation, clover, dandelion, gladiolus, hibiscus, honeysuckle, lavender, marigold, nasturtium, pansy, primrose, scented geranium)
fennel
fig (many varieties)
Florence fennel
Galia
gambooge
granadilla
greengage
guanabana
guava (many varieties)
guavaberry
hawthorn
honeydew
horned melon
ilama
ivy gourd
jackfruit
jujube

karonda
kiwi
korlan
kumquat
lizard's tail
longan
loofa
loquat
lychee
mamey sapote
mango
mangosteen
maypop
medlar
melon pear
muskmelon
nance
nectarine
net melon
nopai
ogen melon
okra
papaya

passion fruit
pawpaw
peach
peanut butter fruit
pear
pepino melon
Persian melon
persimmon
pineapple
plantain
plum
pomegranate
Prussian asparagus
pulasan
quince
rambutan
rhubarb (only the stems are edible)
riberry
rose apple
rose hip
rowan
Russian melon (Uzbek melon)

safou
salak
samphire
santol
sea beet
sea kale
service tree
serviceberry
sharlyn
shipova
soursop
squash blossoms
star apple
star fruit (carambola)
sugar apple
sweet melon
tinda
ugni
wampee
watermelon
West Indian gherkin
winter melon
zucchini



ANIMAL FATS*

bacon fat	poultry fat	strutto
lard	salio	tallow
leaf lard	schmaltz	pan drippings

*Ideally from grass-fed or pasture-raised animals



PLANT OILS*

avocado oil	olive oil	red palm oil
coconut oil	palm oil	sesame oil
macadamia nut oil	palm shortening	walnut oil

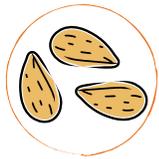
*Ideally cold-pressed, unrefined, organic, and ethically sourced



PROBIOTIC FOODS

beet and other vegetable kvasses
coconut milk kefir or yogurt

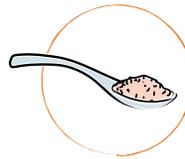
kombucha
raw, unpasteurized, lactofermented condiments (relishes, salsas)
raw, unpasteurized, lactofermented fruits (green papaya, chutneys)
raw, unpasteurized, lactofermented vegetables (kimchi, beets, carrots, pickles)
raw, unpasteurized sauerkraut
water kefir



NUTS*

almonds
Brazil nuts
cashews
chestnuts
coconut
hazelnuts

macadamia nuts
pecans
pili nuts
pine nuts
pistachios
walnuts



MINERALS

Celtic sea salt
Himalayan pink salt
sea vegetable powder (or salt)
sel gris
truffle salt

*Limit nut consumption to 1 ounce per day



SPICES

ajwain
allspice
amchur (mango powder)
anise seed
annatto seed
asafetida*
black caraway
black pepper
caraway
cardamom
celery seed
cinnamon
cloves
coriander seed
cumin seed
dill seed
fennel seed

fenugreek seed
garlic
ginger
green peppercorns
juniper
mace
mustard seed
nutmeg
pink peppercorns
saffron
star anise
sumac
truffles
turmeric
vanilla bean
wasabi
white pepper

*Frequently sold mixed with wheat starch; check ingredients.



SEEDS*

cacao (chocolate)
chia (see page 256)
flax (see page 308)
hemp
poppy
pumpkin
sacha inchi
sesame
sunflower

*Limit seed consumption to 1 ounce per day



HERBS

balm (lemon balm)
basil leaves (sweet)
bay leaves (laurel leaves)
chamomile
chervil

chives
cilantro (coriander leaf)
curry leaves
dill weed
epazote
fenugreek leaves
Kaffir lime leaves
lavender
lemongrass
marjoram
oregano
parsley
peppermint
perilla leaves (beefsteak leaves)
rosemary
sage
savory
spearmint
tarragon
thyme



BEVERAGES

almond milk (emulsifier-free)
beet and other vegetable kvasses
carbonated or sparkling water
coconut milk (emulsifier-free)
coconut milk kefir
coconut water
coffee (in moderation)
kombucha

lemon or lime juice
mineral water
nut and seed milks (emulsifier-free)
soda water
tea (green, black, or white)
tea, herbal (including chamomile, chicory, cinnamon, citrus rind, clove, dandelion root, dried fruit, ginger, Greek mountain, hibiscus, honeybush, lavender, lemon balm, lemon verbena, marshmallow root, milk thistle, mint, olive leaf, rooibos, rose hip, sage, sea buckthorn, turmeric, and yerba mate)
vegetable juices and green smoothies (in moderation)
water
water kefir



PANTRY ITEMS AND FLAVORING INGREDIENTS

agar agar
almond flour
anchovies or anchovy paste*
apple cider vinegar
arrowroot powder
baking soda
balsamic vinegar
bonito flakes

capers
carob powder**
cassava flour
chestnut flour
chocolate (dark)
chutneys*
coconut aminos (a great soy sauce substitute)
coconut butter (aka creamed coconut, coconut cream concentrate)
coconut cream
coconut flour
coconut milk
coconut water vinegar
cream of tartar

dried fruit**
fish sauce*
gelatin
green banana flour
honey**
jams and jellies*,**
kuzu starch
maple syrup**
molasses**
nutritional yeast (caution: common sensitivity)
nuts and seeds
olives
plantain flour*
pomegranate molasses**
red wine vinegar

sea vegetables
shrimp paste*
sunflower seed flour
sweet potato flour or starch
tamarind paste
tapioca starch
truffle oil* (made with extra-virgin olive oil)
truffle salt*
truffles
umeboshi paste
unrefined cane sugars
vegetable powders (such as pumpkin, sweet potato, spinach)
water chestnut flour
white wine vinegar

* Check ingredients. **In moderation.

HOW THE PALEO DIET IMPROVES HEALTH



By focusing on the most nutrient-dense foods and eliminating foods that can contribute to hormone dysregulation, inflammation, and gut dysbiosis (where the bacteria in your gut are the wrong kinds, wrong diversity, or wrong numbers and/or are in the wrong part of the gastrointestinal tract), a Paleo diet can improve a vast array of health conditions.

Clinical trials demonstrate that a Paleo diet improves cardiovascular disease risk factors, reduces inflammation, improves glucose tolerance, helps with weight loss, and can even improve autoimmune disease.

The Paleo diet provides the foundation for a healthy digestive system. It supports healthy growth of a diversity of probiotic bacteria in the gut through its focus on prebiotic and probiotic foods and through its avoidance of foods that contribute to gut dysbiosis. It supports the health of the tissues that form the gut barrier by supplying essential nutrients required for gut barrier integrity and avoiding foods that are inherently difficult to digest, are known to irritate or damage the tissues that form the gut barrier, or are known to stimulate the immune system. And Paleo's focus on eating eight or more servings of vegetables a day is a boon to the microbial community within the gut that relies on quality dietary fiber for sustenance.

The Paleo diet reduces inflammation and supports normal functioning of the immune system. Foods that are inherently inflammatory are avoided, removing this unnecessary stimulus for increased inflammation. Providing the essential nutrients that the immune system requires to

regulate itself can modulate an overactive immune system. When supplied with the essential nutrients that it needs to function optimally, a suppressed immune system can recover.

The Paleo diet naturally helps regulate blood sugar through its focus on whole-food sources of slow-burning carbohydrates like starchy roots and tubers and whole fruits. Blood sugar regulation is also a major rationale behind eating full, balanced meals centered on an animal protein and several servings of vegetables, thereby ensuring that we're eating quality carbohydrates, protein, fat, and fiber every time we dine.

There are no hard-and-fast rules about when to eat or how much protein versus fat versus carbohydrates to eat (beyond eating some of each with every meal), and there are even some foods (like high-quality dairy and potatoes) that some people choose to include in their diets whereas others do not. This means that there's room to experiment, so you can figure out not just what makes you healthiest but also what makes you happiest and fits best into your schedule and budget.



The Paleo diet supports detoxification systems by providing the essential nutrients that the liver needs to perform its functions. Hormone regulation is achieved via focusing on foods that contain the nutrients required for hormone balance and avoiding foods known to stimulate or suppress vital hormone systems. Because providing the body with essential nutrients for health forms the basis of the Paleo diet, every system in the body is positively affected by this approach to food.

Best of all, the Paleo diet is not a diet in the sense of being some hard thing that requires a great deal of willpower and self-deprivation until you reach a goal. It's a way of life. Because the focus is long-term health, the Paleo template allows for imperfection but educates you so that you can make the best choices.

Sustainability is an important tenet of the Paleo template, meaning that this is a way of eating and living that you can commit to and maintain for your entire life. You have the flexibility to experiment with your own body to discover what is optimal versus what is tolerable, to find what works best for you and fits into your life for the long term. For some people, flexibility is achieved by following an 80/20 rule (or a 90/10) rule, which means that 80% (or 90%) of your diet is healthy Paleo foods and the other 20% (or 10%) is not. Many people find that they are healthiest when their 20% (or 10%) continues to exclude the most inflammatory foods, such as wheat, soy, peanuts, pasteurized industrially produced dairy, and processed food chemicals. The foods that are eliminated in a Paleo diet are the ones that provide our bodies with little nutrition (especially for the amount of energy they contain), are difficult to digest (which can cause gut health problems and contribute to gut dysbiosis), and have the ability to stimulate inflammation or mess around with important hormones.

GENERALLY, A PALEO DIET EXCLUDES:

- Grains and pseudograins (such as quinoa)
- Legumes (legumes with edible pods, like green beans, are fine)
- Dairy (especially pasteurized and industrially-produced products)
- Refined and processed foods (including refined seed oils like canola oil and safflower oil, refined sugars, and chemical additives and preservatives)



There are some foods that can be additionally problematic, especially for those with chronic health conditions, typically referred to as “gray-area” foods. These include grass-fed dairy, rice, nightshades, and traditionally-prepared legumes.

There are also many foods that might be reintroduced to your diet and tolerated after an elimination phase. Some people enjoy white rice. Others include good-quality (that is, grass-fed) dairy, generally considered a healthful food with the caveat that a large percentage of people are sensitive or intolerant (and might not know it). The best way to know whether these foods

work for you is to cut them out completely for a few weeks and then reintroduce them one at a time and see how you feel.

Thoroughly researched and consistent in its overarching principles, a Paleo template is a sustainable way of eating to achieve our best health. Even more, it is a comprehensive approach to health that is steeped in solid science. The Paleo framework looks to evolutionary and contemporary biology to create a solid scientific foundation that informs our day-to-day choices impacting all inputs to our health.

ELIMINATED FOODS



The word food is defined as any nutritive substance that we eat or drink. That means food must provide our bodies with essential nutrients to qualify as food! The sad fact is that grocery store shelves are filled with foodlike substances that provide very little in the way of nutrients but contain compounds that may undermine our health. Of course, you won't be surprised to learn that potato chips, candy bars, and soda fall into this category, but it may come as a bit of a shock to know that many foods marketed as healthy really shouldn't be called food, either. These items provide adequate amounts of only a couple of nutrients while interfering with biological systems health owing to the presence of problematic compounds.

This may be one of the biggest differences between the Paleo diet and other dietary approaches that focus on micronutrient sufficiency.

The Paleo diet goes beyond ensuring that our bodies have the resources they need to be healthy to omit problematic foods as well—meaning any food that has the capacity to undermine health by increasing inflammation, damaging the gut, negatively affecting hormones, or causing other problems. A healthy diet isn't just about eating more of the good; it's also about avoiding the bad.

Most of us aren't used to thinking of food in these terms. Certainly, we understand that fast food and junk food might make us gain weight or raise our cholesterol levels, but we don't typically think of them as contributing to our diagnosed health conditions. Type 2 diabetes is likely the only exception: most of us recognize that diabetes is linked to food choices (although we probably fail to see the true extent of that link). The fact is, an alarming number of compounds in common foods are known to negatively impact health. And unfortunately, most diets and nutrition guidelines do not take them into account.

The Paleo diet eliminated foods that contain inherently inflammatory compounds, that negatively impact gut barrier or microbiome health, that dysregulate hormones, as well as refined and manufactured foods and empty calories.

ELIMINATED FOODS CHEAT SHEET



GRAINS:

barley
corn
durum
fonio
Job's tears
kamut
millet
oats
rice
rye
sorghum
spelt
teff
triticale

wheat (all varieties, including einkorn and semolina)
wild rice



DAIRY:

butter
buttermilk
butter oil
cheese
cottage cheese
cream
curds
dairy-protein isolates
ghee
heavy cream
ice cream
kefir
milk
sour cream
whey
whey-protein isolate
whipping cream
yogurt

GLUTEN

GLUTEN:

barley
rye
wheat
foods derived from these ingredients



PSEUDOGRAINS AND GRAINLIKE SUBSTANCES:

amaranth
buckwheat
quinoa



PROCESSED FOOD CHEMICALS AND INGREDIENTS:

acrylamides
artificial food color
artificial and natural flavors
autolyzed protein
brominated vegetable oil
emulsifiers (carrageenan, cellulose gum, guar gum, lecithin, xanthan gum)

hydrolyzed vegetable protein
monosodium glutamate
nitrates or nitrites (naturally occurring are okay)
olestra
phosphoric acid
propylene glycol
textured vegetable protein
trans fats (partially hydrogenated vegetable oil, hydrogenated oil)
yeast extract
any ingredient with a chemical name that you don't recognize



ADDED SUGARS:

agave
agave nectar
barley malt
barley malt syrup
beet sugar
brown rice syrup
brown sugar
cane crystals
cane juice
cane sugar
caramel
coconut sugar
corn sweetener
corn syrup
corn syrup solids
crystalline fructose
date sugar
dehydrated cane juice

demerara sugar
dextrin
dextrose
diastatic malt
evaporated cane juice
fructose
fruit juice
fruit juice concentrate
galactose
glucose
glucose solids
golden syrup
high-fructose corn syrup
honey
inulin
invert sugar
jaggery
lactose
malt syrup
maltodextrin
maltose
maple syrup

molasses
monk fruit (luo han guo)
muscovado sugar
palm sugar
panela
panocha
rapadura
raw cane sugar
raw sugar
refined sugar
rice bran syrup
rice syrup
saccharose
sorghum syrup
sucanat
sucrose
sugar
syrup
treacle
turbinado sugar
yacon syrup



LEGUMES:

adzuki beans
black beans
black-eyed peas
butter beans
calico beans
cannellini beans
chickpeas (aka garbanzo beans)
fava beans (aka broad beans)
Great Northern beans
Italian beans
kidney beans

lentils
lima beans
mung beans
navy beans
pinto beans
peanuts
peas
runner beans
soybeans (including edamame, tofu, tempeh, other soy products, such as soy protein, and soy isolates, such as soy lecithin)
split peas
tamarind



PROCESSED VEGETABLE OILS:

canola oil (rapeseed oil)
corn oil
cottonseed oil

palm kernel oil
peanut oil
safflower oil
sunflower oil
soybean oil



SUGAR ALCOHOLS:

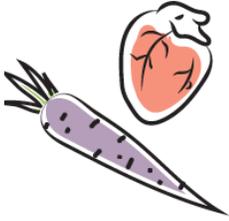
erythritol
mannitol
sorbitol
xylitol
(Naturally occurring sugar alcohols found in whole foods like fruit are okay.)



NONNUTRITIVE SWEETENERS:

acesulfame
potassium
aspartame
neotame
saccharin
stevia
sucralose

NUTRIENT DENSITY



Micronutrient deficiency is increasingly showing up as a major underlying driver of chronic disease including autoimmune disease. Many of us think that nutrient deficiencies are mainly a problem in developing nations (whereas in Westernized countries like the United States, our problem is that we have too much food!), but this is a misconception. The Standard American Diet is definitely energy-rich, but it's also nutrient-poor: the types of food that many people eat each day are high in added sugars, refined grains, and industrially processed oils, but devoid of the vitamins and minerals (and other health-promoting compounds) found in whole foods. The result is a high prevalence of nutrient deficiency right in our own backyard.

Nutrients are the molecular building blocks of our bodies. Not only are we made up of these raw materials, but our cells also use nutrients when they perform their various functions.

This is why we need to continually consume enough nutrients for our cells to stay healthy and keep doing their jobs effectively.

The term nutrient density refers to the concentration of micronutrients (mainly vitamins and minerals, but the term micronutrients also encompasses phytochemicals, essential fatty acids and essential amino acids) per calorie of food.

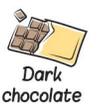
High nutrient density foods supply a wide range of vitamins and minerals (or alternatively, high levels of a specific, important vitamin or mineral) relative to the calories they contain, whereas low nutrient density foods supply lots of energy without much in the way of additional nutrition. Achieving nutrient-sufficiency requires an additional focus on incorporating more of the nutrient powerhouses readily available to us. This means focusing on organ meats, shellfish, brightly

pigmented fruit, sea vegetables, fatty fish, cruciferous vegetables, leafy greens, fermented vegetables, fresh herbs and fibrous roots whenever possible. Eating 8 or more servings of vegetables per day is important for nutrient sufficiency!

When we consciously opt for the most nutrient-dense foods the majority of the time, we find our whole diet becomes nutrient-dense as a result. The dietary foundation of the Autoimmune Protocol is the most nutrient-dense foods in the foods supply, including eating copious amount of vegetables, plus fish, shellfish, sea vegetables, organ meat, fruit, healthy fats, and fresh herbs.

TOP FOOD SOURCES OF ESSENTIAL NUTRIENTS

VITAMIN A Abundant in:  Fish  Liver  Shellfish	VITAMIN C Abundant in:  Berries  Citrus fruits  Dark leafy greens	IRON Abundant in:  Dark leafy greens  Liver  Red meat
VITAMIN B1 Abundant in:  Nuts & seeds  Pork  Asparagus	VITAMIN D Abundant in:  Fish  Liver  Mushrooms	MAGNESIUM Abundant in:  Avocados  Green vegetables  Fish
VITAMIN B2 Abundant in:  Organ meat  Red meat  Nuts & seeds	VITAMIN E Abundant in:  Avocados  Leafy greens  Fish	PHOSPHORUS Abundant in:  Seafood  Nuts & seeds  Red meat
VITAMIN B3 Abundant in:  Organ meat  Poultry  Seafood	VITAMIN K1 Abundant in:  Dark leafy greens  Cruciferous vegetables  Asparagus	POTASSIUM Abundant in:  Leafy greens  Root vegetables  Bananas
VITAMIN B5 Abundant in:  Mushrooms  Liver  Egg yolks	VITAMIN K2 Abundant in:  Fermented vegetables  Nuts & seeds  Liver	SELENIUM Abundant in:  Fish  Poultry  Red meat
VITAMIN B6 Abundant in:  Leafy greens  Root vegetables  Red meat	CALCIUM Abundant in:  Leafy greens  Nuts & seeds  Fish* *(especially canned fish with the bones)	ZINC Abundant in:  Oysters  Red meat  Poultry
VITAMIN B7 Abundant in:  Egg yolks  Organ meat  Fatty fish	CHLORIDE Abundant in:  Seaweed  Celery  Leafy greens	TRACE MINERALS Abundant in:  Unrefined sea salt  Sea vegetables  Vegetables grown in quality organic soil
VITAMIN B9 Abundant in:  Avocados  Beets  Green vegetables	CHROMIUM Abundant in:  Shellfish  Nuts (especially Brazil nuts)  Pears	DHA AND EPA Abundant in:  Fish  Liver  Sea vegetables
VITAMIN B12 Abundant in:  Fish  Shellfish  Red meat	COPPER Abundant in:  Mushrooms  Organ meats  Shellfish	MONOUNSATURATED FATS Abundant in:  Olives & olive oil  Avocados & avocado oil  Macadamia nuts
CHOLINE Abundant in:  Egg yolks  Organ meat  Grass-fed dairy	IODINE Abundant in:  Fish  Shellfish  Sea vegetables	ALANINE Abundant in:  Seafood  Red meat  Poultry

<p>ARGININE</p> <p>Abundant in:   </p>	<p>METHIONINE</p> <p>Abundant in:   </p>	<p>CoQ10</p> <p>Abundant in:   </p>
<p>ASPARAGINE</p> <p>Abundant in:   </p>	<p>PHENYLALANINE</p> <p>Abundant in:   </p>	<p>L-CARNITINE</p> <p>Abundant in:   </p>
<p>ASPARTIC ACID</p> <p>Abundant in:   </p>	<p>PROLINE</p> <p>Abundant in:   </p>	<p>LYCOPENE</p> <p>Abundant in:  </p>
<p>CYSTEINE</p> <p>Abundant in:   </p>	<p>SERINE</p> <p>Abundant in:   </p>	<p>POLYPHENOLS</p> <p>Abundant in:   </p>
<p>GLUTAMINE</p> <p>Abundant in:   </p>	<p>THREONINE</p> <p>Abundant in:   </p>	<p>QUERCETIN</p> <p>Abundant in:   </p>
<p>GLUTAMIC ACID</p> <p>Abundant in:   </p>	<p>TRYPTOPHAN</p> <p>Abundant in:   </p>	<p>RESVERATROL</p> <p>Abundant in:   </p>
<p>GLYCINE</p> <p>Abundant in:   </p>	<p>TYROSINE</p> <p>Abundant in:   </p>	<p>TAURINE</p> <p>Abundant in:   </p>
<p>HISTIDINE</p> <p>Abundant in:   </p>	<p>VALINE</p> <p>Abundant in:   </p>	<p>PLANT PHYTOCHEMICALS</p> <p>Abundant in:   </p>
<p>ISOLEUCINE</p> <p>Abundant in:   </p>	<p>CARNOSINE</p> <p>Abundant in:   </p>	<p>INSOLUBLE FIBER</p> <p>Abundant in:   </p>
<p>LEUCINE</p> <p>Abundant in:   </p>	<p>CREATINE</p> <p>Abundant in:   </p>	<p>SOLUBLE FIBER</p> <p>Abundant in:   </p>
<p>LYSINE</p> <p>Abundant in:   </p>		

A DIET THAT'S NOT A DIET



Despite being called the “Paleo diet,” we shouldn’t think of Paleo in the same way we do the Atkins Diet, the South Beach Diet, or other programs designed as temporary ways to lose weight. Paleo isn’t a quick fix. Rather, it’s a framework that informs our daily food choices and permeates other areas of our lives to become the “new normal” for how we think about food, sleep, stress, activity, and community. When we adopt this way of eating and living, the goal is to be in it for the long haul, not just to lose 10 pounds for an upcoming event.

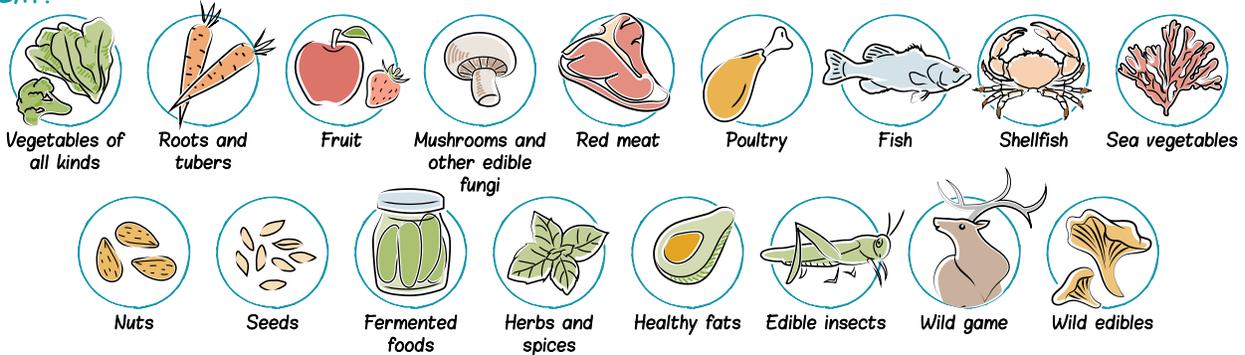
Whereas fad diets are often scientifically unsound and hard to adhere to long-term, Paleo has abundant scientific support from multiple fields of research and is designed to provide everything we need throughout life.

Unlike diets that have rigid rules about fat or carbohydrate grams, calories, “points,” number of meals per day, or other metrics that take away the joy and spontaneity of eating, Paleo is simply a guide—a scientific foundation for understanding the optimal food choices that nourish our bodies.

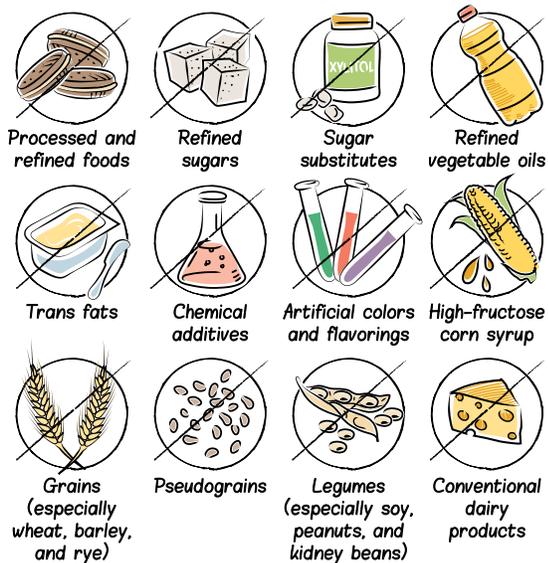
When we refer to the Paleo diet, we’re referring to the scientific definition of diet—that is, it describes the foods we habitually eat. Think of it this way: lifelong health requires a lifelong commitment to healthy habits. The Paleo principles inform those healthy habits and keep you motivated to make the best choices as often as possible.

PALEO DIET CHEAT SHEET

EAT:



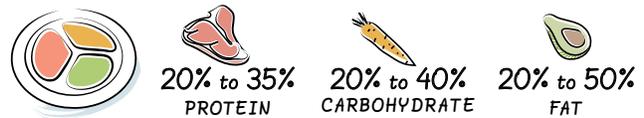
AVOID:



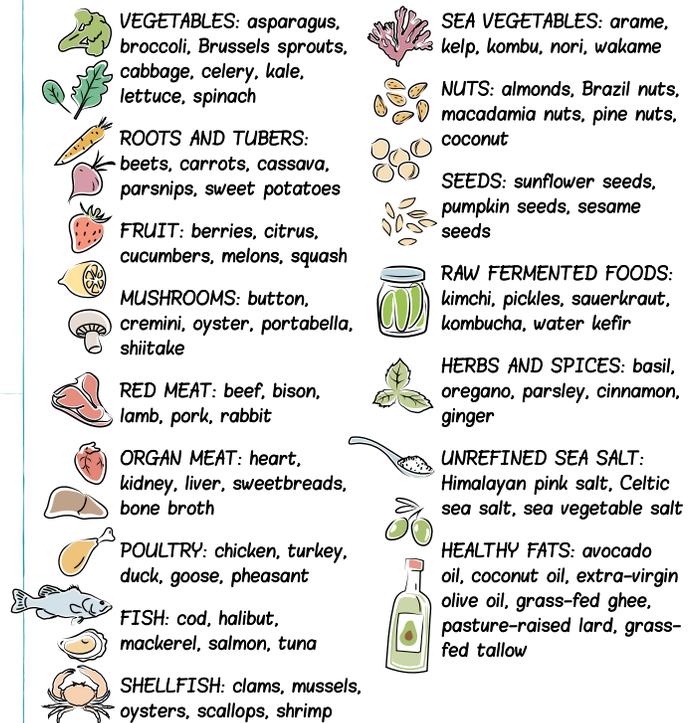
IMPORTANT DIETARY FACTORS:

- Nutrient density
- Seasonal variation
- High variety
- Snout-to-tail (nothing wasted)
- High fiber (lots of veggies!)
- High phytochemicals (lots of veggies!)
- Whole, unprocessed, unrefined foods

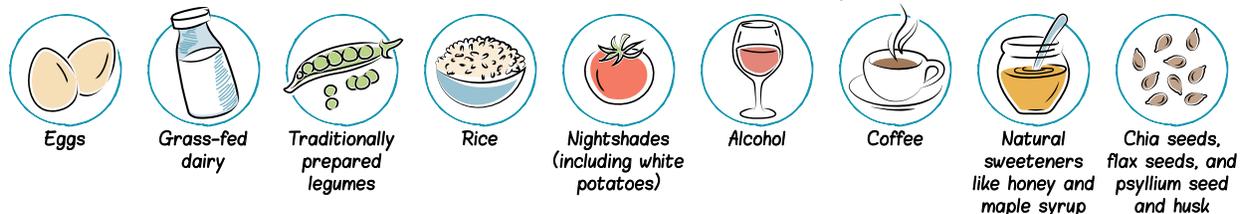
BALANCED MACRONUTRIENTS:



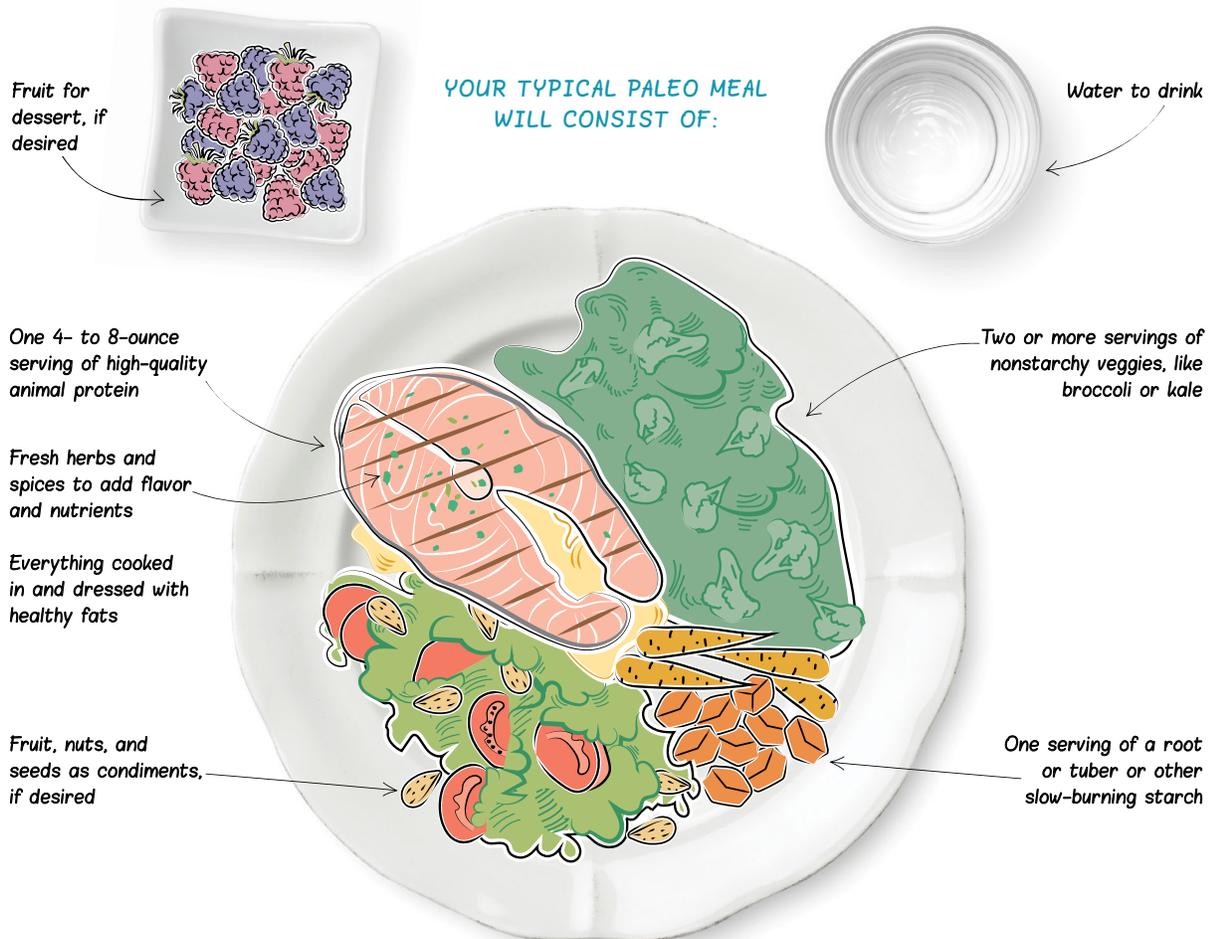
EXAMPLES OF PALEO FOODS:



FIND YOUR INDIVIDUAL TOLERANCE TO THE FOLLOWING ITEMS (see Chapter 24):



CONSTRUCTING A PALEO MEAL



WHEN CONSTRUCTING A MEAL, THINK OF:

NUTRIENT-DENSE PROTEINS:

Choose fish, shellfish, and organ meat for proteins more often; seek the highest-quality meat you have access to and can afford (grass-fed or pasture-raised, organic).

TONS OF VEGGIES:

Aim for at least three servings per meal to hit your eight-a-day minimum.

EATING THE RAINBOW:

Choose vegetables of different colors.

MIXING UP RAW VERSUS COOKED:

Vary the way you prepare your vegetables.

SLOW-BURNING CARBS:

Choose starchy roots and tubers.

PHYTOCHEMICAL-RICH FRUITS:

Options like berries and citrus pack more antioxidant bang for your buck.

NUTS AND SEEDS AS CONDIMENTS:

Aim for up to 1 ounce of nuts and seeds per day.

CHOOSING HIGH-QUALITY FATS FOR COOKING AND DRESSING:

Use rendered fats from grass-fed or pasture-raised animals, high-quality cold-pressed extra-virgin olive oil, avocado oil, coconut oil, or grass-fed butter or ghee.

ADDING A PROBIOTIC FOOD:

Think of raw sauerkraut or pickles as a probiotic boost to your meal.

USING FRESH HERBS AND SPICES WHENEVER POSSIBLE:

Fresh herbs and spices not only provide tons of flavor and variety, but also are packed with vitamins, minerals, and phytochemicals.

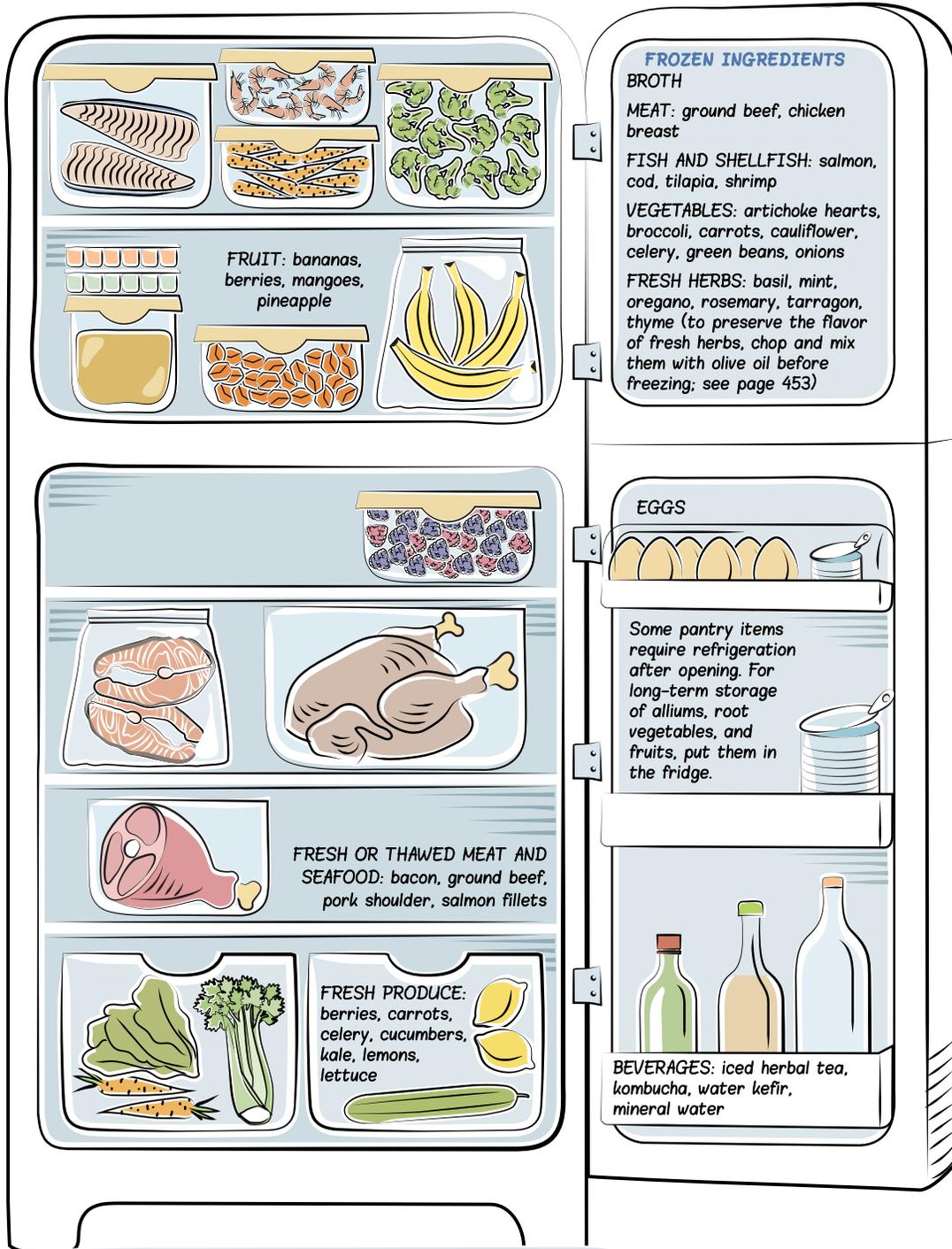
COOKING AT HOME MOST OF THE TIME:

Take control of your food quality by committing to cooking your meals yourself; when eating out, choose healthier options like farm-to-table restaurants.

AVOIDING GETTING IN A RUT:

Aim for a wide variety of fruits, vegetables, cuts of meat, types of seafood, and so on.

STOCKING YOUR FRIDGE



Avoid freezing salads, delicate herbs, and hot foods that have not yet cooled. The best containers for freezing are freezer-safe glass containers with tight-fitting lids, plastic freezer bags, and lidded plastic containers.

STOCKING YOUR PANTRY

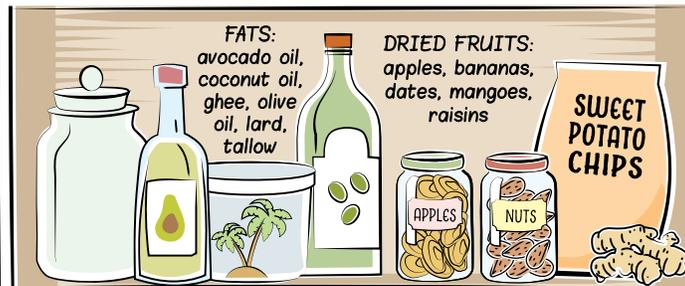
VINEGARS: apple cider, balsamic, pear cider, red wine, white wine

PROTEINS: canned haddock, mackerel, oysters, salmon, sardines, shrimp, tuna

PICKLED STAPLES: artichoke hearts, horseradish, olives (check for ingredients to avoid)

BAKING STAPLES: almond flour, arrowroot powder, baking soda, blackstrap molasses, cocoa powder, cassava flour, coconut flour, cream of tartar, gelatin, honey, maple syrup, palm shortening, sweet potato flour, tapioca starch

DRIED HERBS AND SEASONINGS: basil, dill, marjoram, mint, oregano, rosemary, sage, thyme, garlic powder, onion powder, cinnamon, cloves, ginger, mace, sea salt, truffle salt



FLAVORINGS: anchovies, coconut aminos, fish sauce (check for ingredients to avoid), wasabi (check for ingredients to avoid)

CONDIMENTS: avocado oil mayonnaise, horseradish, ketchup (check for ingredients to avoid), mustard, salad dressing made with olive oil or avocado oil

EXTRAS: coconut wraps, nori wraps, apple chips, banana chips, cassava chips, plantain chips, sweet potato chips, coconut flakes, coconut milk or cream

NUTS AND SEEDS: almonds, Brazil nuts, cashews, coconut flakes, pine nuts, pumpkin seeds, sunflower seeds

BUDGET TIPS

SAVINGS STRATEGIES:

- Know the average prices for foods and shop around, including online.
- Clip coupons.
- Shop sales.
- Buy in bulk.
- Haggle or barter.
- Grow your own.



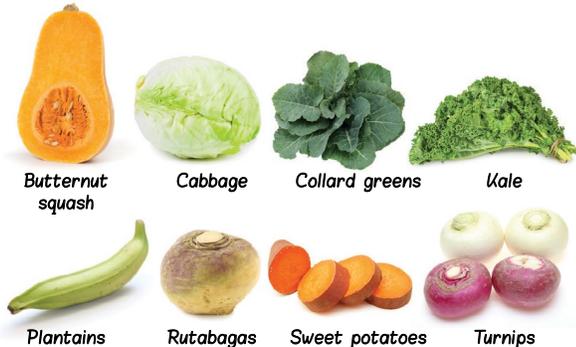
"LONGCUTS" TO SAVE MONEY (NOT SHORTCUTS, BUT WORTH THE EFFORT):

- Buy bigger cuts of meat, which are typically cheaper per pound, and butcher them yourself or roast whole and freeze leftovers.
- Buy tough cuts of meat that take longer to cook.
- Buy veggies in bulk rather than washed and chopped in packages.
- Buy meat, seafood, veggies, and fruits when heavily discounted and freeze them yourself.

SURPRISING WAYS HEALTHY FOOD AND LIFESTYLE CHOICES WILL SAVE YOU MONEY:

- You'll no longer eat at fast food joints or restaurants or grab prepared foods.
- You'll cut out completely or cut down on expensive beverages like soda, fancy coffee drinks, beer, wine, and spirits.
- Walking or cycling more will save you money on gas.
- You may reduce the need for medications, supplements, and doctor visits.

CHEAP VEGGIES THAT STRETCH A MEAL:



Butternut squash

Cabbage

Collard greens

Kale

Plantains

Rutabagas

Sweet potatoes

Turnips

THE CHEAPEST OPTIONS:



BEEF:
chuck roast
ground beef
sirloin
tri-tip
liver
heart
kidney
bones



PORK:
Boston butt
picnic
shoulder
ground pork
belly
loin

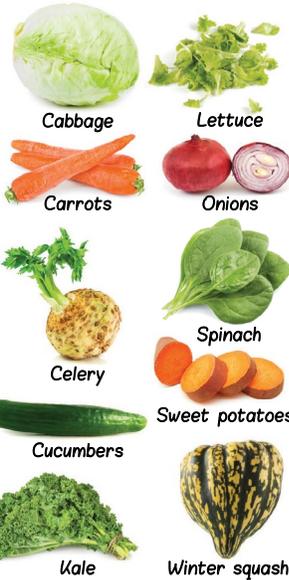


CHICKEN:
whole chicken
chicken thighs
ground chicken
liver
heart



SEAFOOD:
canned seafood
frozen seafood
cod
farmed salmon
tilapia

VEGETABLES:



Cabbage

Lettuce

Carrots

Onions

Celery

Spinach

Cucumbers

Sweet potatoes

Kale

Winter squash

FRUITS:



Apples

Avocados

Bananas

Frozen berries

Olives

Plantains

Frozen is usually much cheaper than fresh!

FROZEN FOODS:



Veggies

Fruits

Seafood

Meats

FOODS THAT GIVE YOU A GOOD BANG FOR YOUR BUCK (AND YOUR HEALTH):



Avocados

Olives

High-quality olive oil or coconut oil

Canned seafood (wild salmon, mussels, oysters, sardines)

Chicken livers (and any other organ meat)

Frozen organic berries

Frozen organic spinach

Leafy greens (kale, Swiss chard, spinach, dandelion greens)

Cruciferous veggies (arugula, Brussels sprouts, cabbage, kale)

Sweet potatoes

Winter squash

Sea salt

WHAT IS THE PALEO LIFESTYLE?



“Blue Zones” (including Sardinia, Italy; Okinawa, Japan; Loma Linda, California; Nicoya Peninsula, Costa Rica; and Icaria, Greece) are regions with a high rate of centenarians, low rate of chronic disease, and whose peoples enjoy many more healthy years of life than typical in other Western countries. Analyses of how these people eat and live have revealed some striking patterns. In terms of diet, they: consume moderate calories (they don’t overeat) from whole, unprocessed foods; consume a lot of vegetables and fruit (so much so that they’re labeled as semi-vegetarians); and consume only moderate amounts of alcohol, mostly wine. In terms of lifestyle, they: engage in moderate, regular physical activity; have low chronic stress; have a highly engaged social life including family life and spirituality; and they have a life purpose.

We see similar themes when we consider modern hunter-gatherers who also have very low rates of chronic disease and who have a similar life expectancy to most Western countries despite lack of emergency medicine (once you account for high infant mortality rates).

In terms of diet, hunter-gatherers tend to consume a high variety of vegetables and fruits along with moderate quantities of high-quality animal foods, while consuming moderate calories. In terms of lifestyle, hunter-gatherers engage in moderate, regular physical activity; have low chronic stress, live in sync with the sun and consistently get adequate sleep; and have strong social connections with family and tribe.

Scientific studies into the biological mechanisms of lifestyle factors further emphasize the importance to our long-term health of regular sleep, low chronic stress, living an active lifestyle, spending time outside and in nature, and nurturing strong social bonds. Of course, lifestyle factors that support health tend not to be controversial—everyone can agree that living an

active lifestyle is beneficial—which is why a much larger proportion of this book is focused on diet. It's important to communicate the importance of lifestyle factors in addition to a healthy diet by way of motivation. Even though these small lifestyle changes may seem easy, we often put them off (and off, and off) because we don't realize the big impact they can have.

The Paleo template includes equal focus on these important lifestyle factors.

SLEEP



Studies show that adults need seven to nine hours of sleep every single night. Getting enough sleep reduces the effects of stress on our bodies and has a tremendous positive impact on our hormones, metabolism, and insulin sensitivity. On the other hand, shortchanging our sleep by even a small amount, even a few times a week, can have terrible consequences on our health. The regulatory arm of our immune systems works primarily while we're sleeping, so just plain not getting enough sleep causes inflammation. Sleep is intricately tied to how our bodies respond to stress as well as insulin regulation—in fact, studies show that a single night of lost sleep can harm our insulin sensitivity as much as 6 months of bad diet does.

The importance of consistent adequate sleep cannot be underestimated. And while seven hours may seem like a doable minimum, if you're battling a chronic illness, chances are your body needs more than that.

The single best thing you can do to prioritize sleep is to have a regular bedtime—a bedtime that is early enough that you can get at least eight hours of sleep (or more, if eight hours isn't enough for you to wake up feeling refreshed and energized).

Having a bedtime is such a simple thing, but it's one of the hardest things for adults to implement. Everything seems to be more important than sleep: going out with coworkers after work, watching that amazing new television show, checking social media, doing the laundry But sleep must come first, not just in the initial healing phase of our health journeys but for the rest of our lives.

What else can we do to ensure that we get good sleep? Spend some time outside during the day and keep your indoor lighting dim in the evening—this helps maximize the production of melatonin, the hormone that regulates sleep, in the evening. Sleep in a cool, dark, quiet room. And avoid anything stimulating (such as work, exhaustive exercise, arguments, and emotionally intense, scary, or suspenseful TV shows and movies) in the last two hours before bed. It can also be helpful to avoid evening snacking.



STRESS MANAGEMENT



Stress has a direct impact on immune system function, nervous system health, and—via the gut-brain axis—gut health. Being under chronic stress (the kind that most of us struggle with) both increases inflammation and undermines the regulatory functions of the immune system.

Chronic stress can inhibit digestion, encouraging the development of gut dysbiosis and leaky gut. And chronic stress can impact our endocrine system via effects on central nervous system function, blunting thyroid function and sex hormone production, and causing insulin resistance.

Stress is a major contributor to chronic illness, and when stress is out of control, it worsens the prognosis. When it comes to stress management, there are two factors: stress reduction and resilience.

Reducing stress means removing things from our lives that are causing stress. Even if individual responsibilities aren't causing undue stress on their own, the sheer number of them on our plates may be creating stress. Whenever you can, say no, or ask for help to reduce stress. There are as many ways to reduce stress as there are stressed people—it's up to you to figure out what works for you. Take a critical look at everything you do and how it impacts your stress level, and determine where you can make small changes (or big ones!) to reduce stress.

Resilience refers to how the body responds to stressors. This is different from reducing stress—it's about implementing strategies so that the stressful aspects of your life just don't get to you as much. Activities that improve resilience include getting enough sleep, being physically active, meditating, forming social bonds, connecting with nature, laughing, and playing. Making time for these things can have a direct impact on both your health and your sense of well-being.

ACTIVITY



We all know that we're supposed to exercise, but what is much less well known is that gentle movement throughout the day and daily weight-bearing exercise (like walking) has a bigger impact on overall health than a sweaty session at the gym five times per week. Yes, building muscle has all kinds of health benefits, and including some exercise sessions during the week is awesome, but when it comes to the immune system, it's more important to simply avoid being sedentary. That means not sitting all day!

There are lots of ways to add movement to your day, but the simplest strategy is to set a timer to go off every 20 minutes during the part of the day when you typically sit (at work and in front of the television, for most of us). Whenever the timer goes off, get up and move around for 2 minutes. You can walk around, jump rope, do some push-ups, stand and stretch, or do some yoga poses—whatever works for you. Yes, studies show that just 2 minutes of movement for every 20 minutes of sitting is all it takes. Of course, you can ramp this up with a treadmill desk or bicycle desk if you have access to those sorts of things.

There are tremendous health advantages to one of the simplest and most accessible activities out there: walking. Walking helps build muscle, improves cardiovascular health, strengthens bones, helps improve resilience to stress, improves brain health (everything from mood to memory to cognition) and reduces the risk of problems like dementia, improves hormone health, and can even help us sleep better! If all you do is make time for a 30-minute walk every day (in addition to moving every 20 minutes throughout the day), you are doing great.

More-intense activity is awesome, too. If you love to lift weights, participate in a sport, or get your groove on at the gym, those activities are all worthwhile. It's important to emphasize, though, that even the hardest workout can't make up for damage that sitting all day does to your health. Even if you sweat up a storm for a couple of hours each day, moving around every 20 minutes the rest of the day is still essential for optimal health.

NATURE AND SUNLIGHT



Exposure to nature and sunlight has been an integral part of human life since the very beginning of our existence. Only relatively recently have we transitioned to indoor lifestyles where we can go days—even weeks—

without spending substantial time in the fresh air and sun.

Ample evidence exists that time outdoors has positive effects on the body and brain, whether we're strolling through the woods, walking barefoot in the backyard, or simply stopping to hear the sounds of nature.

A major benefit of being outside is sun exposure. When exposed to ultraviolet light, our bodies produce vitamin D, which plays a critical role in health (vitamin D controls the expression of more than 200 genes and the proteins regulated by those genes).

The functions of vitamin D in our bodies include mineral metabolism, immunity, regulation of inflammation, cell growth, and biorhythm activation.

In addition, cells throughout the body, including the skin and eyes, directly affect the pituitary gland and hypothalamus region of the brain when stimulated by blue light from the sun. As a result, sun exposure (and exposure to daylight in general) is vital for regulating our circadian rhythm.

CONNECTION



An often-underrated lifestyle factor that directly impacts our health is community.

Connecting with others, whether a spouse, child, friend, family member, or pet, helps regulate hormones and neurotransmitters that directly impact inflammation.

Plus, social bonding improves resilience to stress and generally improves mood, which makes every other change you're working on seem a bit easier.

There's a practical aspect to connection as well. When we have people in our lives whom we can depend on, we have resources to help us reduce stress and put other priorities, like getting enough physical activity and sleep, at the top of our to-do lists. And having a companion while we tackle the job of healing, whether it's a walking buddy, a friend to meet up with at the farmers market, someone to watch the kids while we exercise, or a family member to batch cook with on weekends, can make all the difference.

For some people, making community a priority requires effort and dedication. It can be easy to let social media sites provide us with the illusion of connection without having real, meaningful interactions with friends and family. It also can be easy to let every other item on our to-do lists supplant quality time with the people we care about. If you're struggling to find time for connection, think about how you might combine social interaction with other activities, like exercising, shopping, and even cooking.

SUMMARY OF PALEO PRINCIPLES

Instead of a set of rules, the principles that Paleo is built upon are meant to liberate us, bringing us greater freedom from disease and closer to the health and wellness that we all deserve to experience. In that sense, these principles are more like stepping stones toward a better future.

To summarize, the guiding principles of the Paleo framework are:



MAXIMIZE NUTRIENT DENSITY. Focusing on minimally processed whole plant foods (especially vegetables) and animal foods (including seafood and organ meat) while limiting energy-rich, nutrient-poor foods (like refined sugar, refined grains, and processed vegetable oils) helps us obtain the highest concentration of micronutrients per calorie of food we consume.



AVOID TOXINS. Grains, pseudograins, legumes, and even nuts and seeds, albeit in much smaller quantities, contain natural toxins that can harm the gut or inhibit mineral absorption, including prolamins (such as gluten), agglutinins (such as wheat germ agglutinin), and phytates. Some vegetables also contain naturally occurring toxins that certain people are particularly sensitive to, such as the glycoalkaloids found in nightshades.



EMBRACE DIVERSE OMNIVORISM. Humans are omnivores, and our nutritional needs are best met with a diet that includes a variety of plant and animal foods. Neither veganism nor strict carnivory is optimal for human health.



EAT BALANCED MACRONUTRIENTS. Fat, protein, and carbohydrate all play important roles in human health, but any one macronutrient in excess can be problematic; the same goes for eating too little of any macronutrient. Aim for a 30/30/40 ratio; it doesn't matter which one is the 40 and there's lots of wiggle room!



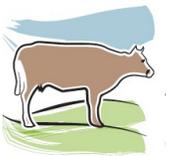
BALANCE OMEGA-3 AND OMEGA-6 FATS. The Standard American Diet is skewed heavily toward pro-inflammatory omega-6 fats, raising the risk of many chronic diseases. Eating more omega-3-rich foods, like seafood, while decreasing intake of omega-6 rich foods, like grains and vegetable oils, helps create a healthier balance.



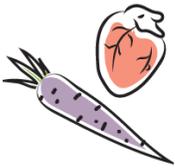
EAT EIGHT (OR MORE!) SERVINGS OF VEGETABLES PER DAY. Along with being an incredible source of micronutrients, vegetables supply fiber and phytochemicals that can protect against numerous chronic diseases. Aim to eat the rainbow (red radishes, orange carrots, dark leafy greens, purple cabbage, white cauliflower, and so on) to ensure that you receive the full spectrum of what vegetables have to offer.



EAT PLENTY OF FIBER TO SUPPORT THE GUT MICROBIOME. Fiber (including fiber from Paleo starches) feeds the beneficial microbes in our guts, which in turn help neutralize toxins, produce certain vitamins and short-chain fatty acids, support digestion, protect against diseases, and assist in a number of metabolic processes. When our microbial colonies are healthy, our entire bodies benefit.



FOCUS ON FOOD QUALITY. Whenever possible, buying food that's locally sourced, organic, fresh, and, in the case of animal foods, grass-fed, pasture-raised, or wild-caught helps ensure maximum nutrient density as well as promotes sustainability and lower toxin exposure.



FOCUS ON FOOD VARIETY. The more we can vary the foods on our plates day to day and season to season, the higher our chances of micronutrient sufficiency. Mix up the types of vegetables you eat, look for fun varieties of your staples (like purple carrots or heirloom lettuce), eat meats from different animals, and embrace snout-to-tail ideals.



UNDERSTAND YOUR OWN BODY. Many foods have checkmarks in both the pros and cons categories; these foods may work well for some people but not for others. Methodically testing your individual tolerance to these foods while understanding whether these foods are likely to support your specific health goals is a prerequisite for determining whether to include them in your diet.



SLEEP. Getting adequate sleep—7 to 9 hours for most adults—reduces the risk of a number of chronic diseases (including diabetes, heart disease, and stroke), improves vitality and mood, improves athletic performance and work performance, decreases inflammation, regulates the immune system, regulates hunger and metabolism, reduces stress, and gives us energy throughout the day. It can even help us live longer!



MANAGE STRESS. Reducing unnecessary stress in our lives (including saying “no” to optional activities that would drain us, asking for help when we're feeling overwhelmed, and reevaluating our goals and priorities), as well as taking measures to

better handle the stress we can't avoid (such as through meditating, spending time in nature, walking, and stretching), helps support healthy hormone function, reduces inflammation, improves immunity and sleep quality, and reduces cravings and uninhibited eating behaviors.



BE ACTIVE. Frequent gentle movement (such as walking, yoga, or stretching), as well as moderate-intensity activity that you find enjoyable and that works with your particular health situation (such as hiking or lifting weights) can decrease your risk of cardiovascular disease, type 2 diabetes, depression, and some cancers, as well as improve your mood. At the same time, it's important to avoid over-exercising, which can create a new set of health problems.

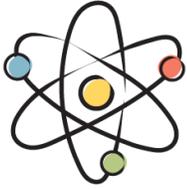


SEEK COMMUNITY. Social connection provides profound health and longevity benefits. Even if you're not close to your family and don't have a spouse, making an effort to nurture existing relationships or form new ones can go a long way. Even owning a pet has been shown to reduce risk factors for chronic disease and obesity.



FOCUS ON DIET PLUS LIFESTYLE. A great diet can only take us so far if healthy lifestyle factors aren't in place, and a healthy lifestyle won't keep us totally healthy if our diet is poor. Combining diet and lifestyle is the best way to see maximum benefit from the Paleo template.

SUMMARY OF SCIENTIFIC STUDIES



Let's take a look at what the peer-reviewed scientific literature has to say about the effects of consuming Paleo-style diets in human beings, as of the printing of this book. Grouping together studies by the particular health outcomes evaluated, we see some pretty impressive results!

- **WEIGHT LOSS.** Studies show that the Paleo diet is effective for healthy weight loss with concurrent reductions in total fat mass, liver fat, belly fat, BMI, waist circumference, and hip-to-waist ratio. And this weight loss success occurs with study participants eating as much as they want! In fact, Paleo beats out government dietary guidelines, weight control diets, and diabetes diets in terms of weight loss. Studies also go a long way to explaining why: the Paleo diet provides higher satiety per energy per meal, meaning we feel fuller after consuming fewer calories. One study in men showed that participants reduced their caloric intake by about 400 calories per day without trying, and another study in postmenopausal women showed that participants reduced their caloric intake by 25%, also without trying! Multiple studies show that the Paleo diet reduces leptin levels, which might explain why Paleo meals are so filling, including showing that leptin reductions from Paleo are greater than those from following a Mediterranean diet.
- **DIABETES.** Studies show that the Paleo diet is an effective diet for improving type 2 diabetes. Multiple studies have shown that the Paleo diet improves glucose tolerance on oral challenge, fasting blood sugar, insulin sensitivity, HbA1c (a measurement of average blood sugar levels over the last 3 months), C-peptide (a marker of insulin secretion), and HOMA indices (measures of insulin resistance and beta-cell function). In fact, the Paleo diet outperforms the American Diabetes Association diet in terms of glucose control and restoring insulin sensitivity.
- **CARDIOVASCULAR DISEASE.** Studies show that the Paleo diet is effective at reducing cardiovascular disease risk factors, even in high-risk populations. Multiple studies have shown that following a Paleo diet reduces systolic blood pressure, diastolic blood pressure, total cholesterol, LDL cholesterol, triglycerides, apolipoprotein B (a component of LDL and VLDL), apolipoprotein A1 (a component of HDL), plasminogen

activator inhibitor-1 (PAI-1, related to intravascular clotting and linked to increased risk of diabetes and cardiovascular disease), BMI, waist circumference, and hip-to-waist ratio, as well as boosting HDL “good” cholesterol and improving arterial distensibility (a measure of artery wall elasticity; lower distensibility is a risk factor for cardiovascular disease). In fact, studies show that the Paleo diet beats out the American Heart Association dietary guidelines in terms of reductions in total cholesterol, LDL, and triglycerides and increases in HDL. Paleo reduces cardiovascular disease risk by 22%, comparable to the Mediterranean diet.

- **CANCER.** One study that compared the Paleo diet to the Mediterranean diet in terms of cancer risk showed comparable reductions in all-cancer risk (Paleo reduced risk of developing any cancer by 28%). Another study showed that the Paleo diet reduced risk of colorectal adenomas slightly more than the Mediterranean diet (Paleo reduced risk by 29% whereas Mediterranean reduced risk by 26%).
- **INFLAMMATION.** Multiple studies have shown that Paleo reduces C-reactive protein, a marker of inflammation easily measured by blood test. In fact, even over a 2-year timespan, Paleo is more effective at reducing C-reactive protein than the Mediterranean diet, although both Paleo and the Mediterranean diet reduce inflammation and oxidative stress.
- **MULTIPLE SCLEROSIS.** Studies using the Paleo diet in conjunction with other therapies (including stretching, strengthening exercise, meditation, massage, and electrical stimulation) improve symptoms of both secondary progressing multiple sclerosis and relapsing remitting multiple sclerosis. Study participants experienced improvements in perceived fatigue, anxiety, depression, and cognitive function.
- **INFLAMMATORY BOWEL DISEASE.** A recent study placed patients with active IBD on the Paleo autoimmune protocol. Impressively, 73% of those patients were in full clinical remission after only 6 weeks.
- **OVERALL HEALTH AND LONG-TERM SAFETY.** All-cause mortality is a measure of overall health and longevity. One large study showed that following a Paleo diet reduced all-cause mortality by 23%, comparable to the Mediterranean diet. Every single study of the Paleo diet has shown benefits to health markers. And, studies of the Paleo diet have now followed participants for as long as two years with zero adverse events reported. Two years is considered ample time for any potential down-sides to Paleo to turn up. At this point, there are none!

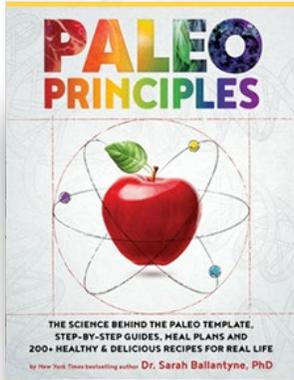
For scientific studies, the Paleo diet is typically defined as lean meats, seafood, eggs, fruit, vegetables (including root vegetables), nuts, seeds, avocado, olive oil, coconut oil, and almond milk in place of cow's milk plus complete avoidance of grains, legumes, and dairy. But, there's variation from study to study, so it can be tricky to extrapolate the results of a particular study to different interpretations of Paleo eating. In fact, many of the studies performed so far have features that aren't embraced by mainstream Paleo (such as consuming canola [rapeseed] oil—even in small amounts—avoiding salt, and choosing only lean meats).

However, while smaller details may differ among various interpretations of Paleo, the core elements are what really matter: micronutrient density, relatively balanced macronutrients, and a mixture of plant and animal foods. In that sense, the results of these studies can be expected to hold true for the Paleo framework at large.

For those of us who've experienced amazing healing, weight loss, and overall well-being from eating Paleo, the results of clinical trials might not seem that important. After all, we already know it works for us! But to the rest of the world (and because it's always a good idea to gain deeper understanding of how nutrition affects our bodies), clinical studies are important for helping Paleo gain legitimacy in the scientific community . . . and therefore reaching (and benefiting) even more people.

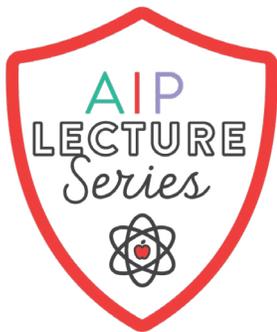
Even though we have tons of evidence that individual components of the Paleo diet are extremely health-promoting (like eating omega-3 fats from seafood, consuming high-quality protein, loading up on phytochemical-rich vegetables and fruits, getting plenty of fiber, and avoiding heavily processed foods low in nutrients), misleading news reports frequently claim that the Paleo diet is harmful and may even raise our risk of certain diseases or obesity. As a science-based diet, we should expect Paleo to make sense on both a mechanistic level and in terms of real-world evidence; it does!

THE BEST PALEO RESOURCES



PALEO PRINCIPLES

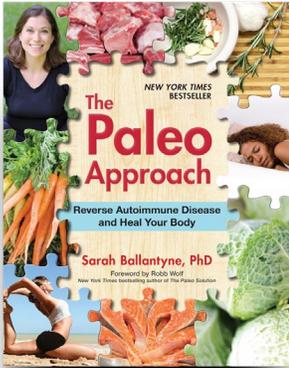
Paleo Principles is the most comprehensive resource to date for those seeking a scientifically founded nutritional approach to optimal health. In her signature approachable yet scientifically detailed style, Sarah Ballantyne, PhD, has laid a complete foundation for understanding the principles of the Paleo template in order to inform and empower your day-to-day choices. Combined with an unprecedented collection of practical strategies, tips, and visual guides, plus more than 200 delicious recipes and twenty meal plans for diverse health goals, this book is a one-stop-shop for nutrition nerd, health nut, and gourmand alike. With the perfect balance of detailed explanations, accessible summaries of actionable information, and visual guides, Paleo Principles provides everything you need to achieve your best health.



THE AIP LECTURE SERIES

[The Autoimmune Protocol Lecture Series](#) is a 6-week video-based, self-directed online course that will teach you the scientific foundation for the diet and lifestyle tenets of the Autoimmune Protocol. Think of this course as going to college for your health! The AIP Lecture Series features:

- 42 video lectures (totaling 16 hours!), all taught by Dr. Sarah Ballantyne, PhD
- Dozens of printable guides
- Action steps to help you go from theory to practice
- Daily self-discovery exercises to reinforce and refine implementation
- An online forum to connect with other students and ask questions
- Guided discussions in the online forum
- Weekly FAQ videos by Dr. Sarah Ballantyne, PhD in the online forum
- Recommended reading for every topic
- Interactive quizzes to test your knowledge



THE PALEO APPROACH

[The Paleo Approach](#) is the New York Times bestselling complete guide to using diet and lifestyle to manage autoimmune disease and other chronic illnesses. With over 400 pages of scientific explanations of the why's, what's, and how's behind diet and lifestyle recommendations to help regulate the immune system and provide the body with the opportunity to heal. This encyclopedic resource also contains tons of practical information including tips for transitions, working with your doctor, medical

test and treatments that might be helpful, troubleshooting, and when and how to reintroduce foods. This book goes into scientific detail, while keeping explanations accessible and fun to read, and includes over 1200 scientific references. This is the book for people who want to understand the contemporary science behind how the food we eat as well as how we live our daily lives together impact our bodies to either promote health or facilitate disease.