Should We Eat Like Our Caveman Ancestors?
Jill Kohn, MS, RDN, LDN, discusses the merits and drawbacks of the Paleo Diet. www.eatright.org/resource/health/weight-loss/fad-diets/should-we-eat-like-our-caveman-ancestors

How to Really Eat Like a Hunter-Gatherer: Why the Paleo Diet is Half-Baked
This article explores why the argument for a Paleo Diet is not only underdeveloped, but simply impractical for a modern eater. www.scientificamerican.com/article/why-paleo-diet-half-baked-how-hunter-gatherer-really-eat

Is the Paleo Diet Safe?
UC Davis RD Alex Nella discusses the advantages and disadvantages of following the Paleo Diet. www.ucdmc.ucdavis.edu/welcome/features/2014-2015/06/20150603_paleo-diet.html

The Paleo Diet emulates the eating habits of our hunter-gatherer ancestors: if they didn’t eat it, neither should you. In general, foods allowed on the Paleo Diet are high in key nutrients like fiber, protein, and essential fatty acids, as well as micronutrients like potassium and calcium.

Includes: Meat, poultry, fish, vegetables, fruits, nuts, seeds, eggs, healthy fats (avocado, olive oil), raw honey
Excludes: Grains, beans, legumes, potatoes, refined fats, refined sugars, alcohol, coffee, refined foods

The Paleo Diet emphasizes healthy, nutrient-dense foods and discourages the consumption of high-energy, low-micronutrient foods; this pattern of eating has been linked with many health outcomes like increased satiety and improved glucose control.

In the context of health, replacing highly processed foods that are high in added sugars, refined fats, and sodium with unprocessed foods high in satiating nutrients like healthy fats and protein, as well as vitamins and minerals, can be healthy and achievable for motivated individuals.

There is limited evidence to suggest that specifically restricting foods like whole grains, legumes, dairy, and potatoes is necessary to gain these benefits. In fact, increased consumption of these foods has been linked with improved cardiovascular and metabolic profiles and increased micronutrient intake as well as weight control.

For specific disease states, like diabetes, heart disease, and obesity, speak with your doctor or a Registered Dietitian to discuss the possible benefits of a modified Paleo diet and how you can fit a healthy eating pattern into your lifestyle.