

Paleo Diet in Simple Terms



1. NO to toxic foods

Toxic foods include:

- Grains (wheat, rye, barley, oats, brown rice,)
- Legumes (soy beans, chickpeas, kidney beans, peanuts)
- Vegetable seed oils (canola oil, soybean oil, peanut oil, corn oil)
- Added sugar (sodas, lollies, biscuits, cakes, fruit juices).
- Dairy high in protein (casein) and sugar (lactose) and low in healthy butter-fat.



2. YES to healthy foods

- Vegetables, all root and starchy vegetables
- Meat, fish, seafood, poultry
- Eggs and healthy fats (butter, clarified butter, ghee)
- Fruit, nuts and seed (don't overdo the nuts-can be fattening!)



Especially foods high in vitamins and minerals including:

- Organ meats (liver, kidney, bone marrow, heart, brains)
- Leafy green vegetables (spinach, kale,)
- Meat from grass-fed ruminants (beef, lamb, mutton)
- Mollusks and other seafood (oysters, mussels, wild salmon, sardines, prawns)
- Sugar from natural sources like fruits (avoid stone fruit-they have a higher sugar content)
- Egg yolks
- Bone broth;
- Fermented foods (sauerkraut, kimchi, miso, kefir, yoghurt)



3. Build a strong immune system, resilient to infections

A healthy gut and a strong body will fight the constant attacks of infections, viruses and detrimental bacteria.

- Quality sleep
- Stress Management
- Get frequent and healthy exercise
- Careful sun exposure to boost your Vitamin D (or take a supplement)

