



## Paleo Diet



### Overview

This diet is modeled after the way prehistoric humans ate. It focuses on whole, unprocessed foods that have a lot of nutrients our bodies need to stay healthy. Let's take a moment to learn more.

### Eat this

First, what is the Paleo diet, exactly? Well, it's quite a bit different from the typical modern way of eating. Instead of eating things that are packaged and sold for convenience, you'll choose foods that are whole and unprocessed. You'll eat a lot of fresh fruits and vegetables. You'll eat lean meat, fish and eggs. You'll eat nuts and seeds. And you'll probably find that you prepare a lot more of your meals at home.

### Avoid this

On the Paleo diet, you'll avoid foods that are highly processed. So you'll stay away from junk food, of course. You'll also avoid dairy products, including milk and cheese. And you won't eat bread, grains and legumes like beans and lentils.

### Why choose the Paleo diet?

So, why do people choose this diet? People who go Paleo like the fact that it's a very natural way of eating. They believe our bodies were made to eat whole foods. They believe processed foods, grains, and dairy are unhealthy. Many find the Paleo diet helps them lose weight and lower their risks for heart disease and diabetes. But keep in mind that some people may not get enough vitamins, minerals, and fiber from a paleo diet.

### Conclusion

The Paleo diet can be helpful for many people. But before you try it, talk to your doctor. They can make sure the foods you're choosing give you all the nutrients your body needs.