**THE PALEO DIET**

The paleo diet is designed to resemble what human hunter-gatherer ancestors ate thousands of years ago.

Although it’s impossible to know exactly what human ancestors ate in different parts of the world, researchers believe their diets consisted of whole foods.

By following a whole food-based diet and leading physically active lives, hunter-gatherers presumably had much lower rates of lifestyle diseases, such as obesity, diabetes, and heart disease.

In fact, several studies suggest that this diet can lead to significant weight loss (without calorie counting) and major improvements in health.

**THE BOTTOM LINE**

The paleo diet is modelled after the diets hunter-gatherers are likely to have followed. While there is no one way to follow the paleo diet, the basic idea is to avoid processed foods and focus instead on healthy, whole foods.

Paleo-friendly foods include meat, fish, eggs, seeds, nuts, fruits, and veggies, along with healthy fats and oils.

Avoid processed foods, grains, and sugar.

You can also base your diet on paleo foods, adding in a few modern healthy foods like grass-fed butter and gluten-free grains.

To get started on the paleo diet, check out the sample menu and shopping list above. Stock your kitchen and pantry with these healthy, paleo-friendly foods.