



# 2020 Nutrition Challenge: January 2021 PALEO Month

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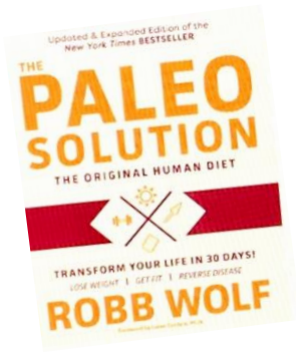
## *Are We Programmed for Meat?*

The PALEO diet claims that we are originally designed for a hunter-gatherer diet. They report that there is minimal evidence to support evolution in our digestive track to accommodate grains, sugar or dairy. Therefore, these foods are essentially poisonous elements - which have entered our food chain thanks to agriculture and domestication of farm animals.

**Dilemma:** When I decided to follow PALEO, I looked for the game plan. Well, I quickly found that there are many versions, or interpretations of what the PALEO diet should be. While we are supposed to follow our hunter-gatherer relatives, PALEO communities debate over whether we should include white potatoes, which certainly existed back then. Also, the wild fruits and vegetables were not the same as our modern-day fruits and vegetables. Frozen food are off the table of course, except for some. And what about making breads out of almond flour? I don't think our ancestors cooked at that level – so am I allowed to have that even though the ingredients are compliant? Finally, the issue of food availability would differ dramatically between northern, southern and equatorial climates.



**What Version of PALEO should I follow? I decided to listen to one of the heroes of the PALEO movement - a man named Robb Wolf.**



### **The Plan:**

No: Dairy/ Grains/ Legumes/ Sugar/ Alcohol/ Starches/  
Processed Foods

Eating Pattern: Protein + Veggies 3-4 times per day + Greens  
daily +1 piece fruit.

OK: Frozen foods/ Breads based on nut/grain flour

## **Positive PALEO Lessons**

- ⇒ Vegetables have a place at the breakfast table
- ⇒ Coconut oil is a GREAT substitute for butter
- ⇒ Home-fermenting vegetables is a terrific addition to a meal
- ⇒ 4oz of protein is perfect
- ⇒ My kitchen counter is less cluttered without the breadbox and toaster



- ⇒ Bread cravings are easily satisfied with a waffle or loaf made from almond flour – and they help to fill in the B-vitamin nutrient gaps
- ⇒ I now enjoy maple syrup

# What I Missed during my PALEO adventure

1. Butter
2. Hummus
3. Quinoa salad
4. Oatmeal for breakfast
5. Cream and sugar in my coffee
6. Bread dipped in olive oil – this is a family favorite
7. Yogurt – Fermented dairy is one way I feed my microbiome

## What I LOVED about PALEO

1. Close to the earth eating
2. Squash
3. N'ice cream
4. Coconut oil
5. Almond-flour-based waffles, muffins, bread



### N'ice Cream Recipe

4 Frozen bananas

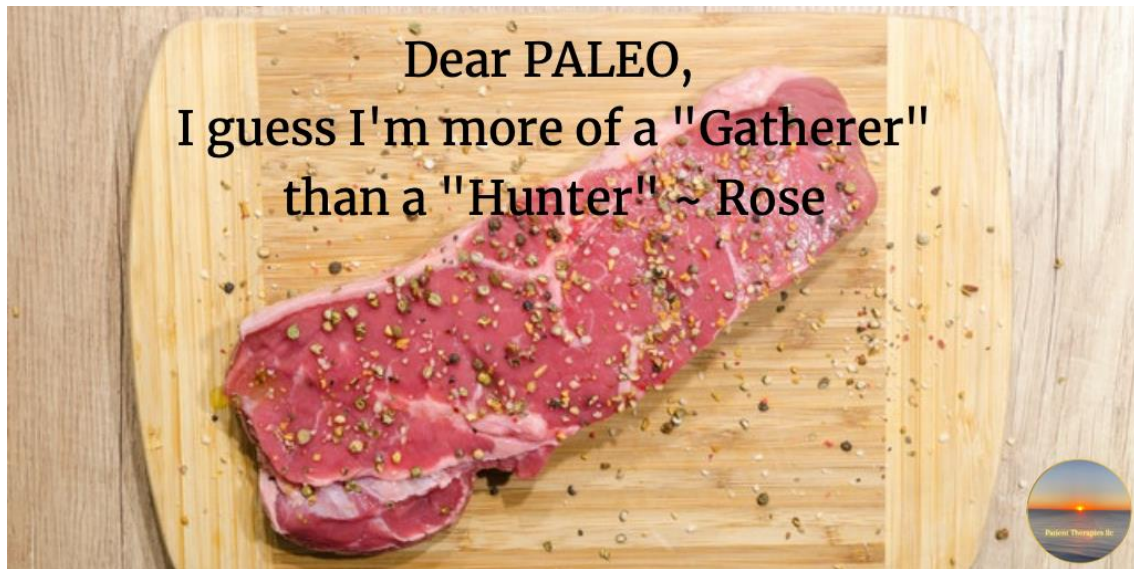
1 cup almond milk

¼ tsp vanilla extract

½ cup unsweetened cacao powder

Ginger root

Top with nuts and berries



## How did I Feel?

1. **Fatigue:** Low glycogen reserves – I felt tired a lot. I ate my share of complex carbs, but without ANY simple carbs, my body had to shift to a fat burning metabolism. Does this ring any bells? Yes. When I went on KETO.

Many PALEO advocates promise an energetic shift once you adapt to the diet. I only found the fat-burning metabolism to be uncomfortably hungry. I can see how it may help the endurance athlete learn to use fat for fuel. Maybe it's like running with ankle weights – add a stress while training, then you have made yourself stronger.

While I'm not an athlete, I do regular-make-myself-uncomfortable-exercise. Here's my schedule: M-W-F running 5 miles, T-Th-S, weight training for my upper body. Not that I'm a stud muffin or anything close, but this is intense effort for 30-60 minutes every morning. I don't eat before I exercise, so I rely on glycogen reserves and a fat-burning metabolism to fuel this effort. On PALEO my workouts have been MUCH more uncomfortable.

2. **Hungry:** I find that my body will digest the protein and veggies quickly; after 3-4 hours, I am looking for more. I'm used to eating twice a day, so this meant I had to spend more time prepping food.
3. **Tired of meat:** There are not many options. Beef. Chicken. Pork. Fish. Repeat. I don't care for the heavy nature of these proteins. It was an adjustment for me to eat meat several times a day.

# How is PALEO like other diets?

## 1) Diet Cleanup Protocol

Nearly every diet I have followed outlines a program that starts with a diet cleanup. These detrimental elements are consistent across the popular diet spectrum.

- White flour
- Sugars
- Alcohol
- Gluten
- Dairy
- Food Additives
- Cayenne or other “hot” flavors
- Alcohol
- Trans-fats

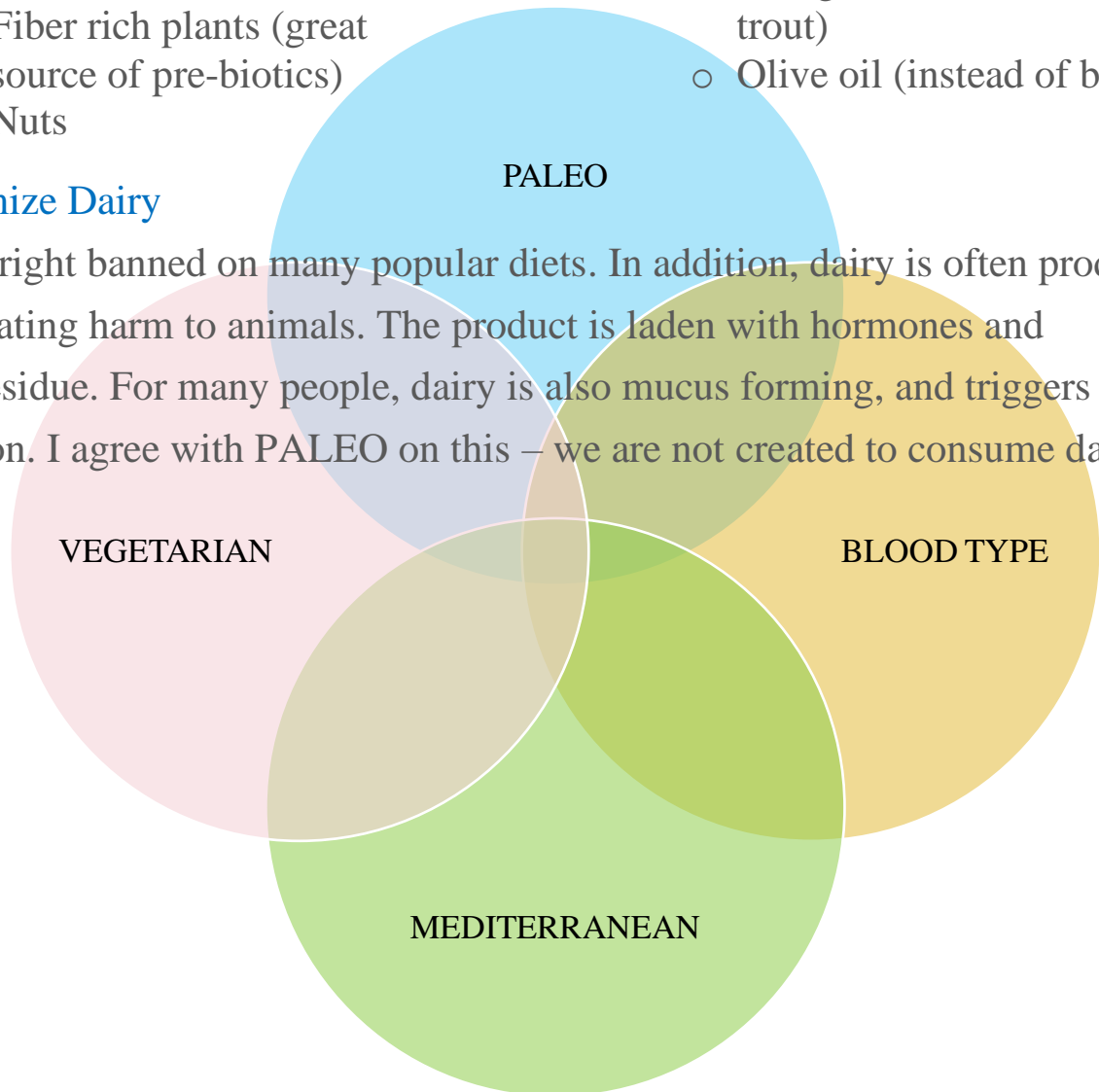
## 2) Focus on more natural foods

Vegetarian/VEGAN, Blood Type Diet & Mediterranean Diet all guide us to eat “closer to the earth”

- Nutrient Dense Foods
- Fiber rich plants (great source of pre-biotics)
- Nuts
- Omega 3 oils (salmon, trout)
- Olive oil (instead of butter)

## 3) Minimize Dairy

Dairy is outright banned on many popular diets. In addition, dairy is often produced harshly, creating harm to animals. The product is laden with hormones and antibiotic residue. For many people, dairy is also mucus forming, and triggers inflammation. I agree with PALEO on this – we are not created to consume dairy.



# How is PALEO better than other diets?

## **\*\*Anti-Inflammatory\*\***

Here's where PALEO really shines!

The strict removal of dairy, grains and legumes is simply a boon to those suffering from autoimmune (AI) system problems. Not only does the food become simple and easy to digest, but it also prevents the simple carbs from antagonizing your GI.

## **\*\*Creative Meals\*\***

While protein+veggies quickly becomes mundane day in and day out, you begin to naturally seek alternatives. Protein bowls are fun, as is the addition of beneficial spices like turmeric, and super-foods like mushrooms and bean sprouts.



## **\*\*Flush with Omega fatty acids\*\***

Nuts & seeds a-plenty for snacks. I

loved the fish too - I did eat my share of fish! Mmmm shrimp. Mmmm scallops. Mmmm orange roughy. Mmmm salmon. Can't complain about these. Yum.

## **\*\*Bread Hiatus\*\***

While most other diets allow white bread, it truly is just empty calories. I actually did not miss toast, English muffins, bagels or rice! There are so many better alternatives that are packed with nutrients and fiber. This ban on white flour products helps you fully understand the addictive power of these foods.

## **\*\*No Dairy, No Problem\*\***

Another culprit in the kitchen that we love/hate. After 2 months of minimal dairy, I now consider it more of a special flavor than an actual food group. Sure, it is packed with calcium, but, in most cases, the saturated fat level is unacceptable. In a maintenance diet, I do think there is room for fermented dairy which is much better for your microbiome.



## NUTRITIONAL ANALYSIS

PALEO embraces many of the concepts that I have adopted as keys to achieving superior health. Nutrient density is plentiful on this diet. Dark greens daily. Yes. Organically grown animal proteins. Yes. Avoidance of empty calories. Yes. Strict avoidance of white sugar and chemically laden processed foods. Yes. What's not to love? Well, the hunger every 4 hours. The lack of B-vitamins. The volume of meat. Ugh. After 1 month, I was quite short (less than 80% of the RDA) on a number of nutrients:

B1, B3, B6, Folate, Calcium, Vitamins E, D and C, Magnesium, Potassium and Zinc. That's quite a list. So, I extended the PALEO challenge to see if I could fill in these gaps with PALEO compliant foods...

- + I added almond-flour-based banana nut PALEO bread, waffles and muffins
- + I added freshly made vegetable juices

Nutrient Deficits	RDA goal	Add Bread which boosts intake of RDA (in %)	Add Juices which boosts intake of RDA (in %)	Total % that FOOD ALONE increased this nutrient	My dietary intake (RDA %) <u>without</u> vitamins	Add Vitamin	Total % of RDA
B1	1.1 mg	+ 5	+ 12	17%	(68)	+ 90	159 %
B3	14 mg	+ 7	+ 8	15%	>100	+ 89	208 %
B6	1.5 mg	+ 14	+ 21	35%	>100	+ 433	550 %
Folate	400 µg	+ 6	+ 22	28%	(79)	+ 62	141 %
Calcium	1200 mg	+ 6	+ 10	16%	(49)	--	53 %
Vit E	15 mg	+ 33	+ 13	46%	(69)	+ 87	156 %
Vit D	600 IU	+ 2	+ 1	3%	(13)	+ 83	104 %
Vit C	75 mg	+ 5	+ 57	62%	>100	+ 50	195 %
Magnesium	320 mg	+ 20	+ 14	34%	>100	+ 41	116 %
Potassium	2600 mg	+ 13	+ 23	36%	>100	--	106 %
Zinc	8 mg	+ 10	+ 8	18%	99	+ 43	149 %

**It really points out how much value you can add to a diet when you include freshly made vegetable juices.** When I include my multivitamin in the analysis, all the RDAs were met except for Calcium which maxed out at 53%. Every diet I have followed has difficulty reaching the calcium RDA.

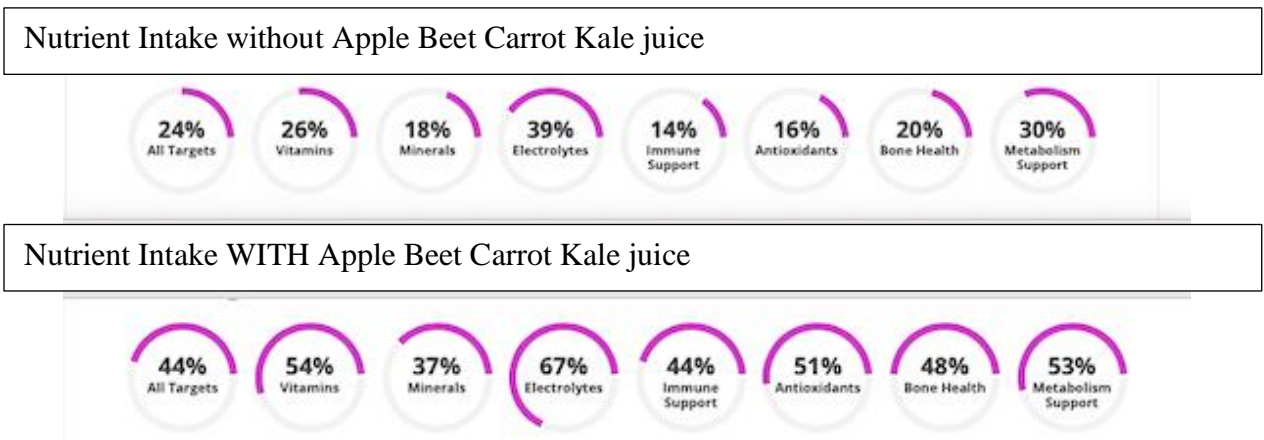
**FYI:** My bar for nutrition is 80% of the RDA for a few reasons. One is that your diet will vary from week to week. Some days you will eat more of one nutrient than needed, and your body can store many of these nutrients for future needs. Also, some nutrients can be converted into other nutrients. For example, tryptophan can be converted into niacin (B3). Finally, I log every bite of food that I eat, so when I assess the nutritional value of each diet, it is a 4-week summary.

PALEO, like most of the diets I have assessed, has gaps in its offerings. Eliminating whole grains and legumes reduces nutrients in the B-complex family which are so important to energy utilization, nerve and cellular function. Unless you are willing to adapt this diet with fortified almond milk and PALEO-compliant bread stuffs, you will also fall short of calcium, Vit D, Vit E and magnesium. I found the addition of freshly made vegetable juices necessary to meet the levels of folate and potassium. As you can see, one serving of juice will have a powerful impact on your nutrition. (Note: I track my nutritional intake on [www.cronometer.com](http://www.cronometer.com)) My conclusion is that the following nutrients are the most difficult to obtain on this diet:

Vit D  
 Vit E  
 Calcium  
 Magnesium

Folate  
 B1, B3, B6  
 Potassium

Look at how my nutritional intake jumped after I added my ABCK juice! Wow!



## Try these juices!

### Bright & Blue

#### Smoothie

*Prep 5 minutes*

*Serves 2*

#### *Ingredients:*

1 c almond milk

1 c frozen blueberries

1 banana

½ c pineapple juice

½ inch ginger root, peeled

¼ tsp turmeric

#### *Instructions:*

Place all ingredients into blender or Nutri-Bullet.

Pulse until ingredients blend together

Mix on high another 30 seconds

For the Nutri-Bullet simply press the 'Extract' button and wait until the cycle is complete

This is great for supporting the immune system with antioxidants, anti-inflammatory and immune boosting turmeric and ginger!



### Kale Juice

#### Beverage

*Prep 20 minutes*

*Serves 2*

#### *Ingredients:*

6 large carrots, peeled

4 leaves kale

1 green apple (granny smith)

1 T ginger root, raw

½ lemon raw



## Health Status



### The Marathon Goal

At the end of November, I made a decision. Covid-19 was not going to destroy my love of running. I have obediently sat on the sidelines waiting for road races to open up. Given the current state of vaccines, viral mutations and fear

of spreading this disease, there are no races on the horizon. But I am going to plan as if there was. In fact, I set my mind to run another marathon this year.

The local sports club has been my friend since then. They have isolated their treadmills with odd looking plastic walls and implemented a sanitation protocol that would make any health inspector proud.



My longest run do date has been 8 miles. When the weather in Michigan breaks, I will be able to run at Kensington Metro Park which has an 8.5-mile loop. The good folks at Under Armour have designed a wonderful mask that I wear while running, so I'm no threat to anyone. Bring it.

### ANNOUNCEMENT!

March is...

*...The South Beach Diet Month!*



- Interested in learning more about nutrition? Call Rose @ 248-390-3494
- Go to: [www.patienttherapies.com](http://www.patienttherapies.com)
- I'd love to work with you! Send me an email [Rose@PatientTherapies.com](mailto:Rose@PatientTherapies.com)