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Paleo Diet Food List - the Secret to the Healthy Life by [Esteban Jasso](#)

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Paleo diet food list is the optimum diet which is based on the nutritional requirements established during the evolutionary path to the present form for the human animals - having the biological name of Homo sapiens. Paleo diet is also called the biologically appropriate diet. The modern dietary regimen is known as the Paleo diet food list abbreviated as Paleo diet or paleodiet which is also popularly referred to as the caveman diet, hunter gathered diet or Stone Age diet.

Paleo diet can be easily termed as the natural food which was being used by the ancient people during the Paleolithic era – an era of about two and a half million years duration that came to an end some ten thousand years ago. Paleo food of that era consisted of wild plants and wild animals which were consumed by the human beings of the said era. Paleolithic age ended with the development of modern agricultural techniques and concepts around ten thousand years ago.

The concept of Paleo diet has become known during the 1970s and the credit goes to the gastroenterologist, Walter L.Voegtlin to popularize the concept. The theme behind the concept about feasibility of Paleolithic diet for human is that, the perfect diet for human well being and health should be closely similar to the ancestral diet.

Paleo diet food list should be composed of the above mentioned ingredients. Starting with the meat, which should be eaten as much as one can but the point to remember is that, the meat should be cooked simple without adding much of the fats because fats cause many diseases like blood pressure, cholesterol and also increase the chances of lethal heart attack by blocking the passage of blood circulation. By keeping this point in mind, meat is healthy for us whether we use it in the breakfast, lunch or dinner. Lean meat is the meat which is trimmed of visible fats and the lean meats list can be stretched to contain the lean beef, flank steak, extra-lean hamburger, lean veal, Chunk steak, London broil, Top sirloin steak and any other lean cut.

Lean poultry consists of chicken breast, turkey breast and game hen breast having white meat with skin removed out of it. Eggs at maximum six in a week of duck, goose and chicken (go for the enriched Omega 3 variety of chicken eggs). Other types of meat may consist of rabbit and goat meat. Game meat should consist of alligator, bear, bison or buffalo, emu, kangaroo etc. Fish meat is also favorable to be used as diet. The next to meat in the paleo diet food list, comes the number of fruits and the vegetables. Some people are of the view that fruits and vegetables increase the weight and make them fat.

In relation to the above, this is obviously the biggest misconception about the inclusion of fruits in the daily life. Fruits do not increase the weight at all, no matter how much you eat it as fruits and salad vegetables contains very low amounts of calories. For the ideal life and health, every meal should include a combination of meat, salad, vegetables, nuts, seeds and fruits like apples, pomegranates, grapes, apricots, figs and bananas in his diet. Oranges, lemon, pears, pineapples, watermelons and Papaya are among the famous fruits because these contain higher amount of water in it, hence provide extra energy to the consumer.

Regarding the other foodstuffs included in paleo diet, in an event of actively losing weight, at maximum 4 ounces of nuts and seeds should be used. Walnuts are among the best because they contain the highest ratio of Omega 3 in it. Oils, beverages and paleo sweets should also be used in moderate quantities and also keep in mind that paleo diet food list does not contain in it all processed foods made out of dairy products, powdered milk, ice creams, cereal grains and legumes and should be avoided.

Summing up the ingredients, Paleo diet food list mainly consists of fish, fruit, vegetables, roots, nuts and grass-fed pasture raised meats but it does not include processed oils, refined sugar, salt, dairy products and legumes. So make yourself bound to use stated items and within no time you will feel a good change in your lives, definitely a positive change.

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