





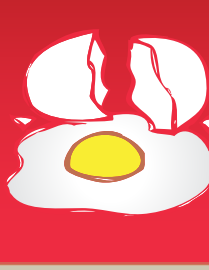
# PALEO DIET

## WHAT IS THE PALEO DIET?

Paleo is a lot more than just "fad" diet. The Paleo lifestyle is about nourishing our bodies with **real food** that is grown and raised as **nature** intended, not manufactured in a sterile facility. It's about **unplugging** from the modern day electronics from time to time and giving your body a chance to actually rest. It's about getting enough **sleep**, bonding with other individuals face-to-face, getting out in the **sun**, playing for the sake of **playing**, reducing stress and giving your body a chance to **thrive** in the manner it evolved.

## STATISTICS

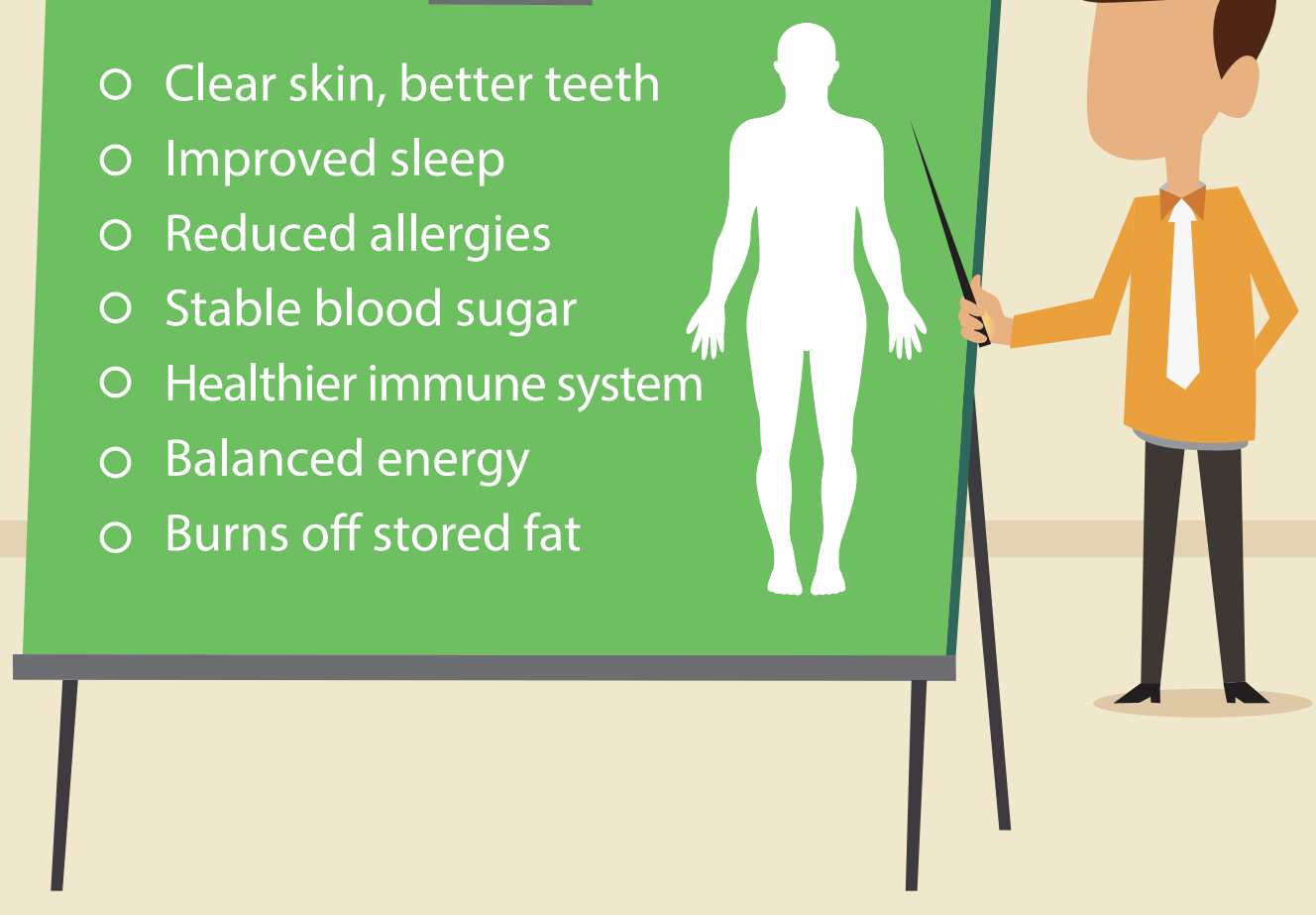
WHY GO PALEO?

	<p><b>68.5%</b> of Americans are overweight, <b>34.9%</b> of Americans are obese</p>
	<p>Once grains were introduced into our diet, the average height of humans decreased by <b>13cm</b>.</p>
	<p>Just one egg contains <b>13</b> essential nutrients all in the yolk. Why bother with egg white omelettes?</p>

## HEALTH BENEFITS




<h3>HIGH IN</h3>	<h3>LOW IN</h3>
<p>PROTEIN FIBER HEALTHY FATS</p>	<p>SUGAR TRANS FAT PROCESSED FOODS</p>

## HEALTH EFFECTS

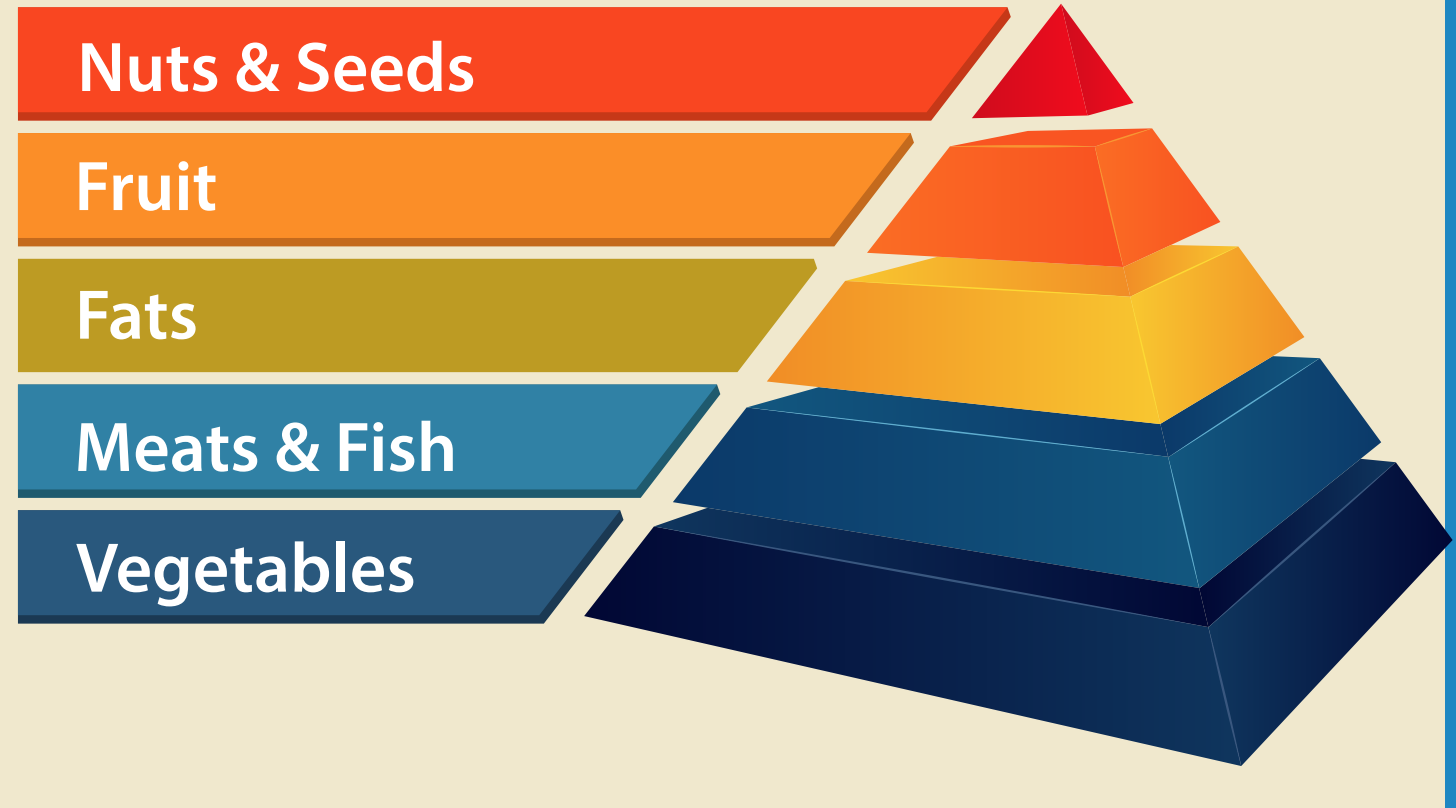


- Clear skin, better teeth
- Improved sleep
- Reduced allergies
- Stable blood sugar
- Healthier immune system
- Balanced energy
- Burns off stored fat

## WHAT TO EAT

		
<h3>TO EAT</h3>		<h3>TO AVOID</h3>
<p>Local, in-season vegetables &amp; fruits Healthy fats Nuts/seeds Wild fish/seafood/game Grass-fed/pastured meats</p>		<p>Grains Legumes Soy Refined sugar Processed foods Industrial seed oils</p>

## PALEO PYRAMID



SOURCES: <http://iquitsugar.com/24-paleo-facts-you-need-to-know/> | <http://frac.org/initiatives/hunger-and-obesity/obesity-in-the-us/>