In today’s society, it is not unusual for old trends to come back into our lives. We are a culture that loves to adopt new ways of life while also looking back to our origins to get the most out of our resources. It is also not unusual for these trends to die out quicker than they did originally, because we as humans have gotten accustomed to dropping habits that could result in our ultimate extinction. One of these fads that has gained a lot of publicity in the past few years is the paleo diet. It seems as thought everyone is trying to find the perfect, magical diet that will solve all of their problems, so why not borrow from our Paleolithic ancestors? The paleo diet is based on what early humans would eat, such as meat, fish, vegetables and fruits. Imagine you were in the savannahs of Africa, now imagine it was 1.8 million years ago, this is ultimately what your diet is going to be like. It seems as though the only innovation that you can benefit from is the fact that you can cook your foods (in animal fat), you can thank your Paleolithic ancestors for that one. Like most popular fads, it is extremely criticized. When doing research on the paleo diet, it is clear that it is not suggested as long-term diet for the modern human. There is however, a lot that we can learn from the paleo diet, “most nutritionists consent that the paleo diet gets at least one thing right-cutting down on processed foods that have been highly modified from their raw state through various methods of preservation” ("How to Really Eat Like a Hunter-Gatherer: Why the Paleo Diet Is Half-Baked [Interactive & Infographic]." *Scientific American Global RSS*. 3 June 2013. Web. 18 Nov. 2015). The
paleo diet forces the dieter to be more conscientious about the food choices they make, but it is not made for the long-term. “If humans are here, then it must work?” (me, prior to any research on the diet). Yes, humans have made it to 2015 and things are looking good for us, but we got here because we evolved physically, mentally, and made innovations so that we no longer have to hunt our own food and live the way our ancestors did. By reverting back to the Paleolithic way of life we are going against the idea of evolution and everything we have worked for, “Paleos ate like hunter gatherers because they had to” ("How to Really Eat Like a Hunter-Gatherer: Why the Paleo Diet Is Half-Baked [Interactive & Infographic]." Scientific American Global RSS. 3 June 2013. Web. 18 Nov. 2015) we have the luxury to never have to live like that. You wouldn’t expect the paleos to pick up old trends from ancestors before them because it does not make sense and we would not be here today if they had this mind set. The paleo diet is good if you are trying to get more protein in your diet, but it is also important not to follow it so rigidly, its healthy to have the paleo diet in mind when making choices on leaner meats and whole grains, but also keep in mind that we need carbohydrates and have worked very hard for you to be able to eat a loaf of bread. The only real benefit of the diet is the dieter becoming more aware of what they should eat, “the diet is a good way to focus on clean eating, and eating foods most people don't get enough of, such as fruits and vegetables” (Rupard, Wade. "Back to the Basics: Paleo Diet Offers a Mix of Good and Bad For..." Grand Forks Herald. 16 Nov. 2015. Web. 18 Nov. 2015).

According to studies, over half of the adult population in America is over-weight or obese, so maybe this paleo diet is needed after all? While this is a shocking statistic and our heavily processed foods high in fat and sugar play a huge role in these numbers, there
is another factor that is contributing to our weight problem. This problem being our fitness and physical activity, “We are victims of our own evolutionary success, having developed a calorie-packed diet while minimizing the amount of maintenance energy expended on physical activity”( Leonard, William. "Food for Thought." 2002. Page 115). We are now suffering the consequences of being too good at providing food for ourselves, we are now becoming lazy. Just like a loving parent, our Paleolithic ancestors would not want us to have the same kind of struggles they had, but now we have our own struggles that we are trying not pass down to future generations, which might explain why people have reverted back to the paleo diet. There was an experiment done by researchers at university of California, San Francisco that included two groups of people with type two diabetes, one group was put on a Paleolithic diet and one not. The paleo diet was however modified slightly, there was a small amount of salt added as well as low-fat dairy, and legumes. The paleo diet group did see positive results, “Even short-term consumption of a Paleolithic-type diet improved glucose control and lipid profiles in people with type 2 diabetes compared with a conventional diet containing moderate salt intake, low-fat dairy, whole grains and legumes”( "E Edition. John December and Mark Ginsburg. Indianapolis, IN: Sams.net Publishing, 1996. 1,321 Pp., $59.99 (hardbound). WWW Site: Http://www.mcp. Com/ Sams. Telephone: 317-581-3833; Fax: 317-581-4773 ; Mail: Sams.net/Macmillan Computer Publishing, 201 Wes." Metabolic and Physiologic Effects from Consuming a Hunter-gatherer (Paleolithic)-type Diet in Type 2 Diabetes (1997): 328-29. Print.)

I am a vegetarian and I have come to conclusion that I am not a good candidate for the paleo diet, I already make healthier choices when it comes to food. During my 24
hours I ate and drank these things: green tea, green grapes, a nature valley bar (oats, oil, rice, flour, honey, sugar, salt, soy) for breakfast, a spinach wrap (carrots, spinach, apples, poppy seed dressing, almonds, sunflower seeds) for lunch, and pita chips, red pepper hummus (red pepper, chick peas), coffee with almond milk, and Greek yogurt with honey drizzled on it, for my snack/dinner, throughout the day I also managed to drink 4 bottles of water. I eat rather healthily and I need lots of energy because I am a runner. I would not do well on the paleo diet because I would be lacking the most crucial part of the diet; meat. I also indulge in dairy such as cheese and yogurt, soy, and beans are also a very large part of my diet, I need them to have protein. I run 4 or so miles almost every day and I need the energy to not get hurt. I would have to cut out dressing on my wrap, and my nature valley bar, I would not be able to have my snack/dinner (I would be left with just eating plain red peppers). This would make for at bare minimum one meal, I would be extremely deficient in nutrients and probably get sick easily and die.

I see why the average American might want to think about the paleo diet, especially those who do not follow a healthy life style. With over half of our country is over-weight, the paleo diet is helping us all out by raising awareness of the importance of being responsible with our food choices. When looking at my meal I think the most interesting part was to see just how horribly I would do, I did not realize how strongly I depend on soy and legumes, although I am a vegetarian, I did not think I was that dependent. I did not eat beans during the 24 hours I recorded my data, but most days I do have a bean-rich meal at least once a day to get the protein. I like the idea of having a balanced diet, I do not eat meat but if I were to start I would probably only eat lean meats such as fish or chicken, I think this is a responsible way to go about having a healthy and
balanced diet. I also very much agree with emphasis the paleos put into incorporating raw vegetables and fruits into your diet, I personally am trying to better in this area also. A recent fad I noticed is people replacing normal butter in food for coconut oil, however most people do not know this but coconut oil is just as fattening at butter. I think paleos idea of meat eating might be a little too extreme, with all that protein and no carbohydrates, your body would have no energy. All in all, I like the idea of being informed about our food and eating food that will give you the energy to live an active and healthy life style. The paleos got us here, and now it is our job to return the favor to help the generations to come stay healthy in the modern world.

Work cited


"Pros and Cons of the Paleo Diet." Pros and Cons of the Paleo Diet. Web. 18 Nov. 2015.

