

Giana Long

Prof. Fraad

English 1101

December 10th

# The Paleo Diet

\_\_\_\_\_By Giana Long\_\_\_\_\_

Everything you need to know about the Paleolithic diet and where it came from



Throughout history, the human diet has changed due to the amount of resources people have had available around them. The paleo diet has exemplified how the human diet has adapted to what nature has provided for them. As defined on Wikipedia, “The Paleolithic diet, Paleo diet, caveman diet, or stone-age diet is a modern fad diet requiring the sole or predominant eating of foods presumed to have been available to humans during the Paleolithic era.” The paleo diet has

been around since 2.5 million to 12,000 years ago. Since cavemen didn't have access to frozen meals, and cold cuts like we do today they had to work with what they had around them. When you imagine the Paleolithic era, you probably think of cavemen eating anything and everything. This may be the case, however the diet included many berries, plants, nuts, and eggs. This diet for cavemen included anything they could get their hands on and is not limited to the foods just listed.

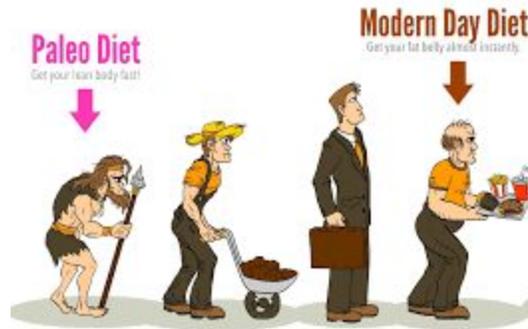


A group of scientists started exploring what other habits can be discovered from the diet of the cavemen who lived during the Paleolithic Era. Research has shown how the meals eaten by hunters and gatherers could influence current day nutrition. Our ancestors inside the palaeolithic time, which covers 2.5 million years ago, are thought to have had specific diet based on greens, fruits, nuts, roots and meats. It became valuable with the introduction of agriculture that our diets evolved to influence what we consider as staple foods now. As stated in a BBC News article, "Recreating the Cavemen Diet" the author Phillppa Roxby states, "The natural genes of plants species we collect at Kew will give us an insight into the wild relatives of the crop plants we know today." This gives the audience a look at how specific plant genetics can influence

research in developing an idea on the species it evolved from. This gives researchers an answer to how plants have evolved over time.

The modern paleo diet isn't always what Paleolithic people ate. Ancient vegetables were different from today's vegetables. Today we have a much wider selection on the produce spectrum of a diet. Back then, whatever was available food wise was what the paleolithic people consumed. Modern chickens, cows, etc, are now often treated with antibiotics in which genetically modify the present organism (GMO's)making them either produce more meat or a specific leaner type of meat. Advancements that our ancestors didn't have access to included these chemicals that today help create a surplus of animal meat. Paleolithic fruits like apples, grapes, and pears have been around for thousands of years and are similar to ours today. According to the National Geographic article it states " Ancient tomatoes were the size of berries; potatoes were no bigger than peanuts. Corn was a wild grass, its tooth-cracking kernels borne in clusters as small as pencil erasers. Cucumbers were spiny as sea urchins; lettuce was bitter and prickly." This quote shows that fruit has changed overtime and the cavemen had to eat these certain vegetables because this is what they had available to them. This quote also shows how fruit and vegetables back then in the Paleolithic Era has changed over the course of time. Today, the vegetables listed are nothing like the way they were described in the quote above. Today they are much easier to eat due to the technological advancements people have created throughout the years. Therefore, making it easier for people to eat and prepare vegetables in a timely matter. Another benefit to genetically modified fruits and vegetables helped increase the size of these specific produce items causing a change in proportioning. By looking into the past,

we may just discover how to live healthier lives. Research has shown that plants have adapted over time due to the changing of crops in the evolution and reproduction of agriculture.



On the other hand, there is only a certain amount of people that will follow through with this diet. Completely cutting out processed foods, sugar, soft drinks, grains, dairy products, artificial sweeteners, oils, margarine and fats is challenging for many people looking to lose a significant amount of weight within a specific time period. According to the BBC News article, “Recreating the Cavemen Diet” by author Phillppa Roxby states it states, “We need to decrease our reliance on refined sugar and a heavy carbohydrate diet, and replace some of the things we have lost.” This quote shows that in order for a person to achieve results from the Paleo diet, one must follow a no carb, no refined sugar diet. This is popular due to it’s fast fat burning results, only if done consistently and correctly.

The “praised” diet, called the paleo weight loss program, urges humans to connect with the past by eating the simple things our historical ancestors ate, including fruits, nuts, and vegetables. It all sounds pretty healthy, until people have to make it consistent. Today’s environment makes it challenging for the common man to have a healthy lifestyle due to

unnecessary amounts of sugar put into all of our favorite foods. Fortunately, today we simply have the choice to go to the supermarket to pick out our meals for the week.

In conclusion, ever since the Paleolithic diet originated about 25 million years ago and people today are still using the strict diet cavemen went through in order to lose weight. Even though cavemen didn't choose to live the lifestyle they were forced to live in, we have learned and adapted over 12,000 years later. Without the paleo diet, people wouldn't have a basis on the ways the diet itself bring nutrition to the human body. Even though the Paleo diet has evolved over time, we can thank the cavemen for their fast weight loss plan that has helped many people around the globe.



Citations:

“Paleolithic Diet.” *Wikipedia*, 14 Nov. 2019. *Wikipedia*,

[https://en.wikipedia.org/w/index.php?title=Paleolithic\\_diet&oldid=926193656](https://en.wikipedia.org/w/index.php?title=Paleolithic_diet&oldid=926193656).

Ungar, Peter. "The 'True' Human Diet." *Scientific American Blog Network*, <https://blogs.scientificamerican.com/guest-blog/the-true-human-diet/>. Accessed 7 Dec. 2019.

Prehistoric Dining: The Real Paleo Diet." *National Geographic*, 22 Apr. 2014, <https://www.nationalgeographic.com/culture/food/the-plate/2014/04/22/prehistoric-dining-the-real-paleo-diet/>.

Roxby, Philippa. "Recreating the Caveman Diet." *BBC News*, 17 Sept. 2010. *www.bbc.com*, <https://www.bbc.com/news/health-11075437>.