MONT BELVIEU FAMILY WELLNESS

Paleo Diet: Food Guide

A practical shopping companion from our chiropractic team. Paleo-style eating emphasizes vegetables, fruit, protein foods, nuts and seeds. Use these examples to plan varied meals—not as a medical prescription.

Build meals around these foods

Vegetables: Leafy greens, broccoli, cauliflower, carrots, peppers, cabbage, mushrooms, onions, beets, zucchini and squash. Sweet potatoes, potatoes and plantains can add starch; some Paleo versions differ on these choices.

Protein: Eggs, chicken, turkey, lean beef, pork, lamb, fish and shellfish. Choose a variety rather than relying mainly on red meat.

Fruit: Berries, apples, pears, citrus, peaches, melon, kiwi and bananas. Whole fruit provides fiber that juice lacks.

Nuts and seeds: Almonds, walnuts, pecans, cashews, pistachios, pumpkin seeds, sunflower seeds, chia and flax. Avoid any food you are allergic to; peanuts are legumes.

Fats: Olive oil, avocado oil, avocados, nuts and seeds. Coconut oil and animal fats are used in some Paleo plans, but contain more saturated fat; use them sparingly.

Drinks and everyday extras

Make water or unsweetened sparkling water your usual drink. Unsweetened tea or coffee may fit if you tolerate caffeine. Check nut-milk labels for added sugar and calcium fortification. Honey, maple syrup and coconut sugar are still added sugars; keep them limited.

Foods traditional Paleo plans usually leave out

Grains such as wheat, oats, rice and corn; legumes such as beans, lentils, chickpeas, peanuts and soy; and milk, cheese and yogurt. Ghee is dairy-derived and is not suitable for a milk allergy. Green beans are legumes, although some modified plans include them.

Limit sugary drinks, sweets and highly processed snack foods. Frozen vegetables, canned fish and other convenient foods can still be useful—packaging alone does not make a food unsuitable.

Shop with flexibility

Conventional produce and protein foods can be nutritious choices. Organic, grass-fed or wild-caught options are optional, not requirements. Read ingredients, vary your foods and choose what fits your budget.

Before restricting food groups

Removing grains, beans and dairy can reduce fiber, calcium or vitamin D intake. Discuss replacements with your healthcare team. General education only; not a diagnosis, allergy test or individualized treatment plan.