MONT BELVIEU FAMILY WELLNESS

Paleo Diet: Practical Guidelines

Our clinic’s plain-language overview of Paleo-style eating. There is no single official Paleo rulebook, and a restrictive plan is not necessary for everyone. The goal is a workable, balanced eating pattern.

1. Start with a balanced plate

Include vegetables, a protein food and a source of unsaturated fat. Add fruit or a starchy vegetable as needed for energy. Choose portions that fit your activity level and nutritional needs.

2. Choose variety over strict perfection

Rotate eggs, poultry, seafood, meats, vegetables, fruit, nuts and seeds. Paleo is a modern eating pattern inspired by ancestral diets—not an exact reconstruction of what all early humans ate.

3. Understand the usual exclusions

Traditional versions omit grains, legumes and dairy. These foods can also be part of a healthy diet. If you choose to remove them, plan how to replace their nutrients rather than treating them as inherently harmful. Modified versions may allow certain exceptions.

4. Focus on ingredients, not packaging

Choose mostly minimally processed foods and reduce heavily sweetened snacks and drinks. Frozen produce and simple canned foods can save time. There is no need to avoid every additive or every packaged food.

5. Be thoughtful about fats and sweeteners

Use olive oil, avocado, nuts and seeds regularly. Limit saturated fats from coconut oil and animal fats. Honey and maple syrup do not become unlimited foods because they are less refined.

6. Keep hydration simple

Water is a good default; unsweetened tea and coffee are optional. Juice and sweetened kombucha can add substantial sugar. Sea salt and Himalayan salt are not nutritionally superior to ordinary salt; keep total sodium in mind.

7. Make the plan fit your life

Plan a few simple meals, keep convenient staples on hand and make changes gradually. Organic and pasture-raised foods are optional. Food choices should fit your budget, preferences and cultural traditions.

8. Ask for individualized guidance

Consult your healthcare team before a restrictive diet if you are pregnant or breastfeeding, planning food for a child, taking glucose-lowering medication, managing kidney disease or have a history of an eating disorder. Do not change medication on your own. Discuss how to maintain adequate calcium, vitamin D and fiber intake.

A nutrition tool—not a diagnosis

This handout is original clinic-written general education, informed by the topics in the supplied reference material. It does not promise weight loss or treat a disease, and is not an allergy or food-sensitivity test.