

# PALEO4HEALTH:



**A Guide for healthy living ... eating naturally**



**Foodhealth4life**

[www.foodhealth4life.com](http://www.foodhealth4life.com)

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*This Paleo Guide aims to provide information on food that may benefit general health, fitness and, in some cases, conditions such as Type 2 diabetes (T2), cancer, bone strength, arthritis, and heart health. It should also help to boost the immune system – what we might call resilience planning. Easy conforming Recipes are separately available on our website.*

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*(Charts of Vitamins, Minerals with Benefits are easily found with the Recipes on the website.)*

### 1. What is Foodhealth4life about?

Our focus is mainly on food that is plant-based and place-based, where possible. Foodhealth4life is a small group of specialists in nutritional anthropology and heritage protection. After research and testing, this Paleo Guide for healthy living offers a compilation of food facts, (augmented by the insights of scientist and nutritional anthropologist, Geoff Bond, [www.thebondeffect.com](http://www.thebondeffect.com)), that should help general health. Our research has been commended by the European Commission in Brussels with their new 2021 to 2027 policy. To help you through the maze we have uniquely created nutrients charts on the website that give general health benefits of the main vitamins, minerals and other nutrients, including the complaints that flag up deficiencies. We use a variety of low-GI and very low saturated fat foods that provide the most healthful impact (the glycemic index (GI) measures the level of glucose in foodstuffs). This guide is not for Type 1 diabetes (T1) requiring specific management.  
Note: Nutrients need to work in symbiosis and can only be obtained from real food, not supplements.

The Paleo diet (living as nature intended) is close to that of the palaeolithic period - the pre-farming age of hunter-gatherers, and similar to the Greek Cretan and Ikarian models of the Mediterranean. Foodhealth4life's Paleo diet is a very updated version of the Cretan diet (now interpreted as the Mediterranean 'Med' diet) with changes from our research. We mention the diet of the Cretans over the many centuries as it resonates to some extent with our philosophy. The Cretan diet was much more as nature intended, consisting of many vegetables, fruits, fish, herbs, rustic bread, legumes and, of course, olive oil and wine! Their health on this diet was remarkable, with no records of having the health problems we do today. The Mediterranean is UNESCO-listed as a cultural heritage region for its food referring to the culture, skills and traditions involved. An EU project on the Med diet involves Italy, Portugal, Greece, Spain and Cyprus researching this diet high in vegetables, fruits, legumes, nuts, beans, cereals, grains, fish, and olive oil but low in meat and dairy foods. Well, that's fine but Foodhealth4life restrict the use of grains (wheat etc.) cereals, legumes, potato, soya, meat and dairy.



Our foods have generally low sugar, low saturated fat, low acidity and have good nutrients to help provide the main vitamins, minerals and protein needed to improve general health, increase immunity and lose weight naturally. We do include some red wine for the antioxidants! Necessary is regular exercise, especially walking. For Vitamin D, we need oily fish and 10 minutes a day of good sunshine. **As well as plant food, our varied paleo diet includes important sources of protein such as oily fish, eggs (esp. omega-3), nuts, poultry and game.** Most fruit and vegetables are rich in micro-nutrients and phytochemicals, such as flavonoids, phenols, terpenes and carotenoids. Flavonoids have been associated with reducing the risk of cardiovascular disease and cancer, as they are deemed to be more powerful antioxidants than vitamins C, E and selenium. Phytochemicals are chemical compounds produced by plants, the name coming from the Greek, φυτόν, meaning 'plant'.

**Our food comes from the natural environment.** So, we need to try to protect our resources. The aim is to be plant-based and place-based and try to reduce the growing issue of food waste. A sobering thought: the world population in cities is expected to rise to 70-75% by 2050 (World Bank data) - the EU is already at 75%. It is therefore worth thinking about sustainable 'urban gardening'. Perhaps try microgreens\* and their seeds from local vegan and artisan markets. They are nutritious and easy to grow, even on the windowsill, with no waste.



Thessaloniki market, Greece - awarded 'UNESCO Creative City for Gastronomy' in 2022

## 2. What is healthy?

The BMI (Body Mass Index) is a measure to indicate obesity (18-25 BMI is a healthy range) but a more accurate measure of **body fat** is the waist-to-height ratio - between 0.42-0.48 is good. To lose weight, exercise is most important as is healthy eating. It is recommended to walk about 150 minutes a week in fresh air. This is an excellent start, clearly helping to reduce blood sugar levels, as well as giving other health benefits.

To improve immunity, we need T cells (a type of white blood cell) that fight diseases, respond to viral infections, help build antibodies and strengthen the immune system. The Harvard Medical Center, DiabetesUK and the [www.thebondeffect.com](http://www.thebondeffect.com) all recommend ways of doing so, naturally, to work towards a healthy life and weight. With a few of our additions we list them all here:

1. Eat a low-glycemic, low-insulinemic (gluten-free) diet: reduce, then slowly eliminate starches (especially wheat), - bread, pasta, white rice, muffins, buns, cakes and biscuits.
2. Eat a diet mainly of non-starchy, micronutrient-rich, plant food - salads, green (leafy) and red vegetables, low-GI fruits – as well as good protein sources.
3. EFAs - essential fatty acids: Have a low fatty acid profile: reduce or eliminate bad saturated fats, greatly reduce omega-6 oils. Focus on omega-3 fatty acids, esp. oily fish, canola (rapeseed) oil, olive oil (which is monounsaturated), flaxseed oil and green leafy vegetables.
4. Have a low plant poison intake: avoid grains, legumes (pulses) and potato.
5. Have a low allergen intake: avoid grains, legumes and dairy.
6. Get physical activity - brisk walking for about 20-30 minutes 5 times a week.
7. Get sufficient exposure to sunshine for your vitamin D to increase immunity but do not burn (for those who have to keep out of the sun, about 10 minutes early or late in the day).
8. Have a low percentage of body fat. Best to eat little and often.
9. Try to get a good sleeping pattern of about 7 or 8 hours/day.
10. Avoid smoking and drink not more than one glass of alcohol in a day – preferably red wine.
11. Avoid unnecessary stress if you can, it raises blood sugar levels – walking helps. Try to get a break from 'phones and screens. Perhaps getting into nature or gardening to enjoy the seasons. Maybe some meditation, yoga or simply doing something you enjoy or just something different!!

### 3. What is good to eat?

- Vegetables: green and brightly-coloured vegetables and salads: see charts below – (one raw 50g carrot or one 100g red or green pepper = daily requirement of vitamin A!).
- Fruit: all, esp. low GI berries – blackberries, raspberries, blueberries, strawberries; nectarines, avocados, blackcurrants, limes and green-tipped bananas.
- Eggs: esp. yolk (omega 3 eggs or organic, if possible).
- All fish and seafood (especially oily fish high in omega-3: salmon, mackerel, anchovies, sardines, tuna, prawns, crab, etc. (Tinned fish is fine.)
- Raw, unsalted nuts: (low-fat - almonds, walnuts, hazelnuts), Brazil nuts, pine nuts, pistachios – all nuts are a good source of nutrition.
- Poultry and Game: organic chicken, turkey, duck, pheasant, venison.
- Fresh herbs & spices: parsley, oregano, rosemary, thyme, sage, basil, lemon balm, garlic, ginger & turmeric. Ancient Egypt was known for its herbal gardens and China developed herbal medicine.

#### Some simple tips:

- Boosting immunity – Vitamins: A, C, D, B6, B12, Minerals: Zinc, Copper, Iron. (See our Charts)
- Eat oily fish most days for Vitamin D, omega-3 and protein (tinned is cheaper than fresh!)
- Eat fruit on an empty stomach – especially in the morning. Berries are good.
- Eggs anyhow - should be omega-3 range or organic.
- Oils: Use only canola (rapeseed - omega-3) oil or a good (Greek) extra virgin olive oil in salads.
- Chia and flax seed contain various minerals, omega 3 essential fatty acid and a low GI.
- Cauliflower and broccoli provide good carbs and are naturally conforming.
- Dark honey- about 1 or 2 teaspoons/day; Dark chocolate (85% cocoa solids) 5-10g/day.
- Use nut milks and nut flours to replace wheat.
- Drinks: cocoa, black coffee, herbal teas, tea with or without nut milk, some red wine
- It is best to change a diet slowly, say, over three or so months, in a cold climate.

#### Health benefits/Nutritional value of good food:

### VEGETABLES

**Aubergine/Eggplant** – its purple skin has significant amounts of phenolic flavonoid phytochemicals called anthocyanins. Scientific studies indicate that these antioxidants have potential health effects against cancer, ageing, inflammation and neurological diseases. May help in controlling blood cholesterol levels. Contains good amounts of essential vitamins B1, B3, B5 and B6, as well as manganese, copper, iron and potassium.

**Brussels sprouts** are excellent sources of vitamin-C, vitamin A and E, helping to protect against viruses and harmful free radicals. Zeaxanthin, a carotenoid found in sprouts, helps to prevent retinal damage. They are an excellent source of vitamin K (for the brain), as well as vitamin B1, B3, B5 and B6, and a range of minerals - copper, calcium, potassium, iron, manganese, and phosphorus and potassium. The phyto-chemicals they contain are thought to protect against cardiovascular diseases, colon and prostate cancers.

**Broccoli** is rich in dietary fibre, minerals, vitamins and antioxidants. Fresh broccoli contains many phytonutrients and flavonoids. It is rich in vitamin C that is a powerful, natural antioxidant and immune booster that helps fight against viruses. The green tops are rich in carotenoids and vitamin A.

**Broccoli microgreens:** contain sulforaphane, a substance which could protect against the risk of cancer occurring, and reduce the severity of cancers that do occur. The microgreens also contain soluble fibres, folate, sulphur, and a wide variety of minerals and vitamins including A, B, C, E and K. They are also a good source of Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Carotene, Chlorophyll and Amino Acids. What's not to like? Buy seeds or 'living' pots from growers.

**Cabbage (green leafy)** is an excellent source of phytochemicals. These compounds are rich in antioxidants and known to help protect against breast, colon, and prostate cancers and help reduce LDL or "bad cholesterol" levels in the blood. An excellent source of vitamin C and vitamins B1, B5 and B6. It also contains potassium, iron, manganese and magnesium.

**Carrot\*** is glycemic and is best organic and mature, with consumption ideally no more than 50g a day. It is mentioned here for its excellent content of beta-carotene - vitamin A.



**Cauliflower** contains several anti-cancer phytochemicals. Fresh cauliflower is an excellent source of vitamin-C; and contains vitamins such as folates, vitamin B1, B3, B5 and B6, as well as vitamin K. A good source of minerals in small quantities such as manganese, copper, iron, calcium & potassium.

**Mushrooms** are rich in the B vitamins: thiamine (B1) riboflavin (B2), niacin (B3) and pantothenic acid (B5). The combination helps protect the heart. Mushrooms have been shown to have some therapeutic properties which may help lower cholesterol, particularly in overweight adults, maybe helping those with Type 2 diabetes. They are thought to help ward off depression.

**Olives** are very high in vitamin E and other powerful antioxidants. Studies show that they are good for the heart and may protect against osteoporosis and cancer. (Also classed as fruit.)

**Onions** contain good amounts of vitamin C and potassium.

**Peppers**, red, are an excellent source of vitamin A and vitamin C and green, for vitamin C.

**Seaweed**, dried, is rich in calcium and magnesium.

**Spinach** is rich in vitamins A, C, and K, iron, folate, and potassium.

**Tomatoes** are a good source of vitamins A and vitamin B2.

**Watercress** is rich in vitamins A and C. It is a source of folate, calcium, iron and vitamin E. It contains useful amounts of vitamin K, B1 and B6, potassium and iodine.

## FRUITS

**Note: those marked\* can have a significant fructose and/or glucose content**

|                   |   |
|-------------------|---|
| Apple <b>peel</b> | Chromium ( <u>only the peel</u> helps to maintain blood sugar levels)             |
| Apple whole*      | Vitamin C (10%), copper, potassium, vitamin K                                     |
| Apricot*          | Vitamin C, potassium, calcium and some iron                                       |
| Banana*           | Potassium, magnesium, beta-carotene, folic acid, vitamin C                        |
| Blackberries      | High in Vitamin C – and therefore useful antioxidants                             |
| Blackcurrants     | Vitamin C, skins have antibacterial and anti-inflammatory properties              |
| Blueberries       | Vitamin C, vitamin K, some magnesium and potassium                                |
| Cherries          | Vitamin C, A, K, potassium, magnesium, calcium, and beta-carotene                 |
| Cranberries       | Vitamin C, beta-carotene, iron, potassium, bacteria-fighting properties           |
| Figs*             | Beta-carotene, vitamin C, potassium, calcium, Benzaldehyde (anti-cancer chemical) |
| Grapefruit        | Vitamin C, potassium, calcium, phosphate, beta-carotene                           |
| Kiwi*             | Vitamin C, beta-carotene (vitamin A), potassium, calcium and phosphorous          |
| Nectarine         | Vitamin C, beta-carotene (vitamin A), potassium                                   |
| Papaya*           | Beta-carotene, vitamin C, potassium, calcium and enzyme papain                    |
| Passion Fruit     | B vitamins, beta-carotene, vitamin C, potassium and phosphorous                   |
| Peach*            | Beta-carotene, vitamin C, potassium   |
| Pear              | Beta-carotene, potassium and phosphorous  |
| Pineapple*        | Vitamins C, A, B6, E, K, calcium, folate, iron, potassium and zinc                |
| Raspberries       | Vitamin C, potassium, calcium – (easily digestible after a meal)                  |
| Strawberries      | Vitamin C, beta-carotene, potassium, calcium, iodine, pectin                      |

NOTE: BETA-CAROTENE - Vitamin A, in the form of Provitamin A, is a powerful antioxidant – helps to avert or fight cancer.

**Fruits marked \* should be eaten in moderation.**

## NUTS

|                  |   |
|------------------|---|
| <b>Almonds</b>   | Excellent source of vitamin E, copper, magnesium, manganese and riboflavin, good source of phosphorus, sodium-free.             |
| <b>Brazils</b>   | Excellent source of selenium, source of copper, and magnesium, manganese, phosphorus, vitamin B1 (thiamine), zinc and vitamin E |
| <b>Cashews</b>   | Excellent source of copper and magnesium, good source of iron, manganese, phosphorus and zinc                                   |
| <b>Hazelnuts</b> | Excellent source of vitamin E, copper and manganese, good source of vitamin B <sub>6</sub> , magnesium and thiamine             |
| <b>Pecans</b>    | Excellent source of copper and manganese, good source of thiamine and zinc, high in flavonoids                                  |

|                   |  |
|-------------------|--|
| <b>Pine Nuts</b>  | Excellent source of vitamin E, copper, manganese, good source of vitamin K, magnesium, phosphorus and zinc                                       |
| <b>Pistachios</b> | Excellent source of vitamin B <sub>6</sub> and copper, good source of manganese, phosphorus, thiamine and of plant sterols                       |
| <b>Walnuts</b>    | Excellent source of essential alpha-linolenic acid (ALA), the plant-based omega-3 fatty acid; copper and manganese, and of calcium and magnesium |

**Note: All nuts contain a degree of fat and should be eaten in moderation (about 1/3 cup/day).**

## SOME HERBS, SEEDS AND SPICES

The health benefits of herbs, seeds and spices include antioxidant protection, anti-inflammatory, antibacterial properties and more. These are some useful ones:

### HERBS

|                 |  |
|-----------------|--|
| <b>Basil</b>    | Rich in Vit A, Vit K and most minerals                             |
| <b>Dill</b>     | Rich in Vit A, Vit C and iron                                      |
| <b>Garlic</b>   | Pyridoxine (B6), Vit C, helps fight infections                     |
| <b>Rosemary</b> | Vit A, Iron = Daily RDA, relaxing and restorative                  |
| <b>Sage</b>     | Rich in iron, calcium, magnesium, manganese, copper, Vit A, B6, B1 |
| <b>Marjoram</b> | High in iron, calcium, copper, manganese, Vit A, Vit B6, Vit C     |
| <b>Thyme</b>    | High in Vit A, Vit C, iron   |

### SEEDS

|                     |  |
|---------------------|--|
| <b>Chia 15g/day</b> | Modest amounts of phosphorous, potassium, calcium, magnesium, iron |
| <b>Flaxseed</b>     | Good source of omega-3 fatty acids, as well as phytochemicals      |
| <b>Fennel</b>       | Aids digestion, calming effect                                     |
| <b>Pumpkin</b>      | (modest amounts) Iron, zinc, calcium, some protein and B vitamins  |
| <b>Rapeseed</b>     | (Canola) High in omega-3 oil                                       |

### SPICES

|                 |   |
|-----------------|---|
| <b>Ginger</b>   | A spice that can thin the blood, improve circulation and lower cholesterol levels |
| <b>Turmeric</b> | High in B6, iron, manganese, important anti-cancer properties                     |

## 4. What we consider is not advisable

**Potato (white)**, a tuber, contains a low plant poison, is very glycemic and therefore off-limits. A glycemic diet gives us harmful blood sugar spikes that can increase the incidence of diabetes, heart conditions and cancer. Sweet potato is somewhat glycemic but contains a good quantity of vitamin A.

**Soy, or soya** – we exclude for its climatic effect because of the land clearances required for growing but also soy, or soya, is thought to increase the risk of various cancers – a little light soy sauce is acceptable. Soy, or soya, in various forms is used for ‘padding’ in many bought food products.

**Wheat** – well, the bottom line on wheat is grim. All sources advise us that as a grain it is glycemic and insulinemic, therefore having the ability to impair the absorption of essential minerals, it has low nutritional value and can cause food intolerance. (An insulinemic diet depresses the immune system and allows cancers to grow and produces high cholesterol levels that can affect the heart.)

**Grains** have a high glycemic index (GI) and are bad for diabetes, as well as all ‘sugary’ foods. Grains, such as white rice, rye, barley and oats, have a similar effect to wheat and are best avoided.

**Meat** most forms of meat contain saturated fat, potentially affecting heart conditions, are not easily digested and have a large carbon footprint.

**Dairy** can be allergenic, insulinemic and contain saturated fat. Milk can contain bad allergens such as lactose and casein, not an easily digestible protein.

See also [www.thebondeffect.com](http://www.thebondeffect.com) and [www.thetrueyoudiet.com](http://www.thetrueyoudiet.com).

**STAY CONNECTED:** see our website for recipes and low-cost quick-fixes from around Europe and beyond. The recipe section will continue to be updated at [www.foodhealth4life.com](http://www.foodhealth4life.com). See also the Vitamin and Mineral Charts with the Recipes on the website.

\* Microgreens can grow in pots



*Main References:*

'Paleo in a Nutshell' – Geoff Bond: [www.thebondeffect.com](http://www.thebondeffect.com)  
'The True You Diet' - Dr John Briffa: [www.thetrueyoudiet.com](http://www.thetrueyoudiet.com)  
'Paleo Harvest' – Nicole Bond: [www.paleo-harvest.com](http://www.paleo-harvest.com)  
*The Vitamin and Mineral Counter* (Consultant Ed. Dell Stanford).  
*The Palaeolithic Settlement of Europe* – Professor Clive Gamble  
*Healthy Living*' (1995) – Margaret A Pettit

The 'RI' quoted in the following charts generally refers to the Reference Intake of the UK Department of Health's recommendations of 1991 for females - men are slightly higher in a few cases.

***This is a guide. Always consult your doctor before undertaking any health program.***