

CRO

PALEO
BAR

BY THE
PALEOLITHIC
DIET



CRO



Since the industrial era, the rise in autoimmune diseases and chronic illnesses has been growing ⁽¹⁾. The pace of life and modern eating habits have led to the emergence of pathologies associated with stress, a sedentary lifestyle and poor diet. To combat this situation, based on

the idea that a return to more basic, natural foods that our Paleolithic ancestors would have eaten could help improve our health, the paleo diet, or Palaeolithic diet, emerged.

In the 1970s, Dr Walter Voegtlin wrote the book “The Stone Age Diet”, in which he proposed a diet based on what our ancestors ate in the Paleolithic era ⁽²⁾, an era that began around 2.5 million years ago and ended 10,000 years ago, in which man was nomadic and subsisted by gathering fruit, and by hunting and fishing.



Other doctors have also championed the use of a similar diet: in France, Dr Jean Seignalet, in his book “L’alimentation ou la Troisième médecine” (Food, The Third Medicine), argued that modern man had strayed increasingly far from nature: while no animal consumes animal milk in adulthood, cooked foods, refined sugars and processed oils all feature in humans’ daily diet.



The main principles proposed by Dr Seignalet in his ancestral diet were as follows ⁽¹⁾:

1. Exclusion of grains, with the exception of rice and buckwheat.
2. Exclusion of animal milk and its derivatives.
3. Consumption of raw products, virgin oils and organic products whenever possible.



WHAT FOODS CAN I EAT?

To eat a diet similar to that of our ancestors, the foods “permitted” by the paleo diet include berries, unrefined oils, fruits, dried fruits and nuts, green vegetables, roots, eggs, meat, seafood and fish. In this diet, processed foods are eliminated, as is adding extra salt, grains, dairy products, refined sugars and soft drinks, and there is an emphasis on higher consumption of proteins, against the current over-consumption of carbohydrates.



STUDIES ON THE PROPERTIES OF THE PALEO DIET

Researchers ⁽³⁻⁵⁾ have studied the benefits of this diet in different clinical trials. Jönsson and his colleagues initially analysed the differences between the Paleolithic diet and a specialist diet for type 2 diabetics, concluding that the Paleolithic diet was more satiating and enabled faster weight loss ⁽⁴⁾. When compared to the Mediterranean diet, they also identified a greater satiating effect in the paleo diet, probably due to a higher fibre and protein content ⁽³⁾. However, bear in mind that this diet is low in vitamin D and calcium, and this deficiency should therefore be supplemented ⁽⁶⁾.

Finally, a pilot study ⁽⁷⁾ researched how the paleo diet affected patients with metabolic syndrome, a series of risk factors such as high blood pressure, high glucose levels and triglycerides, and excess abdominal fat, which increase the likelihood of type 2 diabetes and cardiovascular diseases. This study identified an improvement in various risk factors (blood

pressure, cholesterol, lipid profile, abdominal circumference) in individuals with metabolic syndrome characteristics, after two weeks of following the Paleolithic diet.



Finally, following the recommendations of the **PALEO DIET** can help us to feel better, because it provides plenty of proteins and nutrients. It also avoids consumption of processed foods and refined sugars, as well as grains such as wheat, which can also cause food allergies. It is a diet that focuses on more natural foods and a more active lifestyle.



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The logo features the word "CRO" in a large, white, stylized font with a brushstroke effect. Below it, the words "PALEO BAR" are written in a smaller, white, sans-serif font, stacked vertically. The background is a textured orange with faint illustrations of a tree, a person, and a deer.

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