

# MMC FACT SHEET 901

## PALEOLITHIC 'STONE AGE' DIET

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There is increasing evidence suggesting that following a 'stone age' diet promotes health and healing from many illnesses; metabolic syndrome, diabetes, obesity, heart disease, hypertension, polycystic ovarian disease, gout, acne and some cancers may be mitigated or prevented. Where food is suspected as a trigger, conditions like asthma, eczema, coeliac disease, arthritis, migraines, autoimmune diseases and many others may also benefit.

Below is an outline of foods from what is considered to be the original human diet. However some are more "pure" than others. Prefer organic produce if you can afford it.

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### Meat

- Beef: blade steak, sirloin steak, rump steak, lean veal, fillet steak, chuck steak, and any other lean cuts
- Pork: Loin, chops, and other lean cuts
- Poultry: chicken, turkey, game hen (should be eaten as all white meat with no skin)
- Eggs: chicken, duck, goose
- Rabbit, goat
- Organ meats: kidney, liver, sweetbreads, tongue etc from beef, pork, lamb
- Wild game: buffalo, elk, goose, pheasant, quail, deer, probably any kind of wild game



### Fish and seafood

- Fish: sardines, salmon, flounder, herring, snapper, cod, orange roughy, halibut, anchovies (These fish have relatively low mercury content.)
- Seafood: scallops, crab, crayfish, lobster

**Vegetables** Most produce is commercially grown and has probably been exposed to various amounts of pesticides or other chemicals. The categories listed below are in order from "least likely to be contaminated" to "most likely."

- Broccoli, brussel sprouts, cauliflower, spring onions, onions
- Potato, pumpkin, squash, sweet potato/yam (Note: although these root vegetables are less likely to be contaminated with pesticides and chemicals, they should only be eaten occasionally, since they were found in very limited areas of the world in "hunter-gatherer" times.)
- Artichoke, asparagus, beetroot, cabbage, carrots, Chinese greens, dandelion greens, eggplant, endive, kale, kohlrabi, lettuce, mushrooms, mustard greens, parsley, parsnips, chilli peppers, radish, rutabaga, seaweed, squash, swiss chard, tomato, turnips, watercress
- Capsicum, celery, courgette, cucumbers, spinach (These are the vegetables most likely to be contaminated, so you might want to consider buying organically grown for these).

### Fruits

Avoid high sugar fruits (grapes, watermelon, banana, pineapple) if you are trying to lose weight and/or have diabetes. In the Stone Age they were eaten only in season, not year around. Eat fruit in small amounts. Again the first section are the least likely to be contaminated.

- Avocados, bananas, grapes (U.S. grown), plums, watermelon
- Blackberries, blueberries, boysenberries, cranberries, figs, gooseberries, grapefruit, guava, honeydew, kiwi, lemon, lime, lychees, mangoes, nectarines, oranges, papayas, passion fruit, pears, persimmons, pineapple, pomegranates, raspberries, rhubarb, star fruit, tangerines
- Apples, apricots, canteloupe, cherries, grapes (Chilean), peaches, strawberries (These are the fruits most likely to be contaminated, so as with vegetables, you might want to consider buying organically grown versions.)

### Nuts and seeds

- Flaxseed and walnuts (They have the best omega-3/omega-6 fatty acid ratio.)
- Almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, pumpkin seeds, sesame seeds, sunflower seeds

### Oils

- For cooking: olive oil
- Salads, other uses: walnut, flaxseed, olive, avocado

### Beverages and Sweeteners

- Water (filtered)
- Tea: green, black, all other herbal teas
- Coffee
- Wine, beer (small quantities)
- Minimal calories: stevia
- Higher calorie level: honey, maple syrup

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