



### *What is the paleo diet?*

Also known as the “caveman diet,” this diet removes “modern foods” from one’s diet and resembles the way humans’ early ancestors ate. In the strictest form, this diet only permits foods that humans ate millions of years ago. It eliminates high-fat and processed foods and emphasizes fruit and vegetables that have healthy vitamins, minerals, and fibers. There is also a focus on lean protein over calorie and sodium rich foods.

### *Why paleo?*

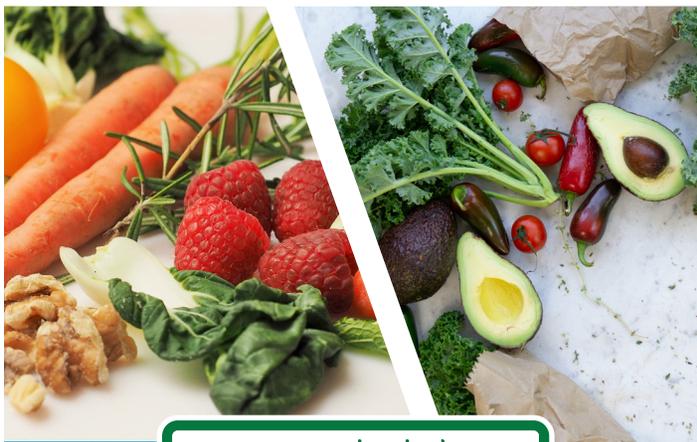
Supporters of the paleo diet claim it reduces the risk of obesity, heart disease, and diabetes. Because of the elimination of certain foods, the foods the diet does permit tend to fill an individual up for longer, meaning they take in less food, which does curb weight gain.

### *What can I eat?*

Because the paleo diet focuses on removing “modern foods” from an individual’s diet, there will be fewer processed foods. However, grains, legumes, and most dairy will also be removed from food intake. You will want to choose natural foods and fats, such those on the following list.



At the Common Market, we understand every customer has different dietary needs. We strive to help our customers find the products that will best meet their needs. For the paleo diet, it is important to check the labels on food products to ensure you are purchasing a low-fat and unprocessed product.



**LOCAL** starts here.

**5728 Buckeystown Pike  
Frederick, MD 21704  
(301) 663-3416**

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

**Everyone Welcome!**



What is the  
**PALEO DIET?**



## Meat & Seafood

Beef • Buffalo • Bison • Chicken • Turkey • Duck Eggs • Game Meats (Rabbit, Venison, Wild Boar, etc.) • Lamb • Organ Meats • Pork • Anchovies Bass • Cod • Flounder • Halibut • Mahi Mahi Salmon • Sardines • Shellfish • Tuna

*AVOID: Highly processed and cured meats and meats containing hormones and/or antibiotics.*

## Fruits

All fruits are allowed on the paleo diet. Limit high-sugar fruits like bananas, dates, mangoes, pineapple, and watermelon. Eat dried fruits in moderation.

## Vegetables

Almost every vegetable is permissible. Limit starchy vegetables like potatoes and sweet potatoes.

*AVOID: Legumes (chickpeas, lentils, peas, peanuts, soybeans)*

## Oils

Avocado Oil • Coconut Oil • Flaxseed Oil • Olive Oil • Sesame Oil • Walnut Oil

*AVOID: Vegetable oil, canola oil, peanut oil*

## Nuts & Seeds

Almonds • Brazil Nuts • Cashews • Macadamia Nuts • Pecans • Pine Nuts • Pistachios • Walnuts Flaxseed • Pumpkin Seeds • Sesame Seeds Sunflower Seeds

*AVOID: Peanuts*

## Condiments

Look for labels indicating “Paleo Approved” to avoid overly processed and sugar-filled condiments. Primal Kitchen brand specializes in paleo-friendly condiments and salad dressings.

## Snacks

Dark Chocolate • Alternative Milk Yogurts (with no added sugar) • Coconut Chips • Cacao Nibs • Protein Bars • Beef Jerky • Kale Chips • Plantain Chips

## Drinks

Almond Milk • Coconut Milk • Coconut Water Unsweetened Coffee & Tea • Sparkling Waters

*AVOID: Soda, juice, diet soda, sports drinks, sugary coffee drinks*

## Sweeteners

Raw Honey • Erythritol • Monkfruit Sweetener Stevia • Coconut Sugar • Maple Syrup

*AVOID: Refined sugars*

## Flours

Cassava Flour • Almond Flour • Tapioca Starch Arrowroot Starch • Coconut Flour

*AVOID: White flour, wheat flour, chickpea flour*

Look for these Paleo-Friendly products in the store:

