



THE Heart-Healthy Paleo Shopping Guide



NOT SURE WHERE TO START IN THE GROCERY STORE? Relax, you are not alone and we have you covered. Health starts in the kitchen, and the following represents our explanation of why you need to go Paleo ASAP and how to do it.

Welcome to our Heart-Healthy Paleo Shopping Guide.

WHEN IT COMES TO THE OPTIMAL DIET, THERE ARE MANY DIFFERING OPINIONS. Brilliant physicians and researchers have debated this issue for centuries. Pretty much everyone agrees that sugar and anything artificial is very damaging to the body, but beyond that, recommendations vary.

In the year 2000, I witnessed two titans debate the merits of a low carbohydrate diet versus a low fat diet. Robert Atkins MD, a low carb guy, and Dean Ornish MD, a low fat guy, went at it toe to toe. After 45 minutes of listening to each side, I left the meeting as a low carb acolyte. Now don't get me wrong, both physicians outlined a nutrition plan much better than the Standard American Diet (S.A.D.). But Dr. Atkins made the case that it's carbohydrates, specifically grains, that raise blood sugar, spike insulin, and damage the body. Dr. Atkins also emphasized the importance of fat intake to fuel our brains and all of our cells.

Dr. Atkins' work led me to authors such as Ray Audette of Neanderthin and Dr. Loren Cordain PhD, who wrote The Paleo Diet. I also read countless research papers in the medical literature. Currently, it's the Mediterranean Diet that has the best science, but head to head, Paleo trumps Mediterranean.

WHY PALEO?

Paleo equals health. Our patients are thriving on Paleo. They feel great and have the blood work to confirm Paleo works. Some call Paleo a "fad." To us, every other diet is a fad. Paleo is what our ancestors have been eating for millions of years. This is no fad.

In our house, we are pretty strict Paleo. We always choose organic, gluten-free, and soy-free above all else, and we go from there. But the closer you choose follow 100% Paleo, the better your health will be.

Patients, friends, and family have asked for a heart-healthy, Paleo shopping guide. The following items represent how The Drs. Wolfson eat, and what we recommend to you. Please take this list to the grocery store and find the foods that are organic and preferably local. Ask an employee for help locating these items, or see if they can order certain foods for you if they're not in stock. Shopping online is another option.

We know that the internet has made it possible for lots of "experts" to have a voice. Some are highly educated and well versed in the science of Paleo, while others are not.

Because we are doctors who not only live the Paleo lifestyle ourselves but use it in our practices with our patients, we have experience and education to share that others don't.

We've seen people regain their quality of life through Paleo. We've used it as part of our treatment plans for our patients. We eat Paleo as a family because we want our kids to have the best health possible, and to be there for them and active with them for as long as possible. And we want you to have optimal health and quality of life, too.

This isn't a fad for us. It's our life. And we know it's the healthiest way to live.

Food is medicine.

You have the power to stay healthy, physically and mentally. We are here to support you on your journey.

Happy Shopping!

— The Drs. Wolfson



THE PALEO SHOPPING GUIDE

You'll find a printable grocery list in the next section. Please eat organic and local whenever possible. Don't listen to those who talk about the "dirty dozen" or "clean fifteen" because pesticide-laden produce is always worse for you and the planet. Fresh is best, but frozen foods are okay if necessary. Before we get to the list, let's talk a little about each food group and why it's on this list.



VEGETABLES

Veggies are the foundation of our Paleo Pyramid. Vegetables are an excellent source of vitamins, minerals, nutrients, and fiber that play far too many roles in your body for this guide to list—things such as regulating blood pressure, balancing bone density, regulating enzyme reactions (that determine how much energy you have, how well you digest your food, etc.), fueling your metabolism, keeping your brain healthy, determining how hard your heart contracts, and the list goes on.

Science doesn't even know how many phytonutrients there are or the extent of the roles they play in health, but we do know that they're important. One of the most important things they do is help protect you from cancer and other diseases.

And finally, as science continues to learn about the gut-brain connection and the powerful role that the microbiome (the bugs you want in your gut) plays, fermentable fiber from vegetables is vital for keeping that system balanced.

Those who switch to a Paleo diet and completely leave out starchy vegetables often end up starving their beneficial bacteria and paying the price for it. That's why you'll see "Starchy Vegetables and Tubers" as a food group on your grocery sheet.

Note: In the grocery list we've separated out nightshade vegetables because they may cause inflammation in some people.

Frequency: Eat vegetables with every meal.

MEAT AND SEAFOOD

Protein is vital to your health and the best source of protein is meat. Your body digests meat and turns it into amino acids that are involved in building and repairing almost every aspect of your body.

Amino acids help synthesize neurotransmitters that regulate your mood and contribute to your sleep/wake cycles. They also play a role in some of your hormones and can be used for energy. DNA synthesis and replication rely on amino acids.

Protein helps you feel full after a meal and makes it less likely that you'll crave food (especially sweets) between meals. Eating protein has a slight thermic effect, so it also increases your metabolism compared to eating other foods. When it comes to meat, we only recommend pasture-raised beef and fowl (chicken, turkey, etc.).

Frequency: Some people prefer to eat daily, some people prefer weekly. Whatever you choose, including meat in your diet on a regular basis is part of a complete nutrition plan.

SEAFOOD

Seafood is brain food. Loaded with omega-3's, wild salmon, sardines, and anchovies are our choice in this category. Shellfish is great, but don't overdo it.

Frequency: We recommend eating seafood 2-4x per week.

NUTS AND SEEDS

Nuts and seeds are an excellent source of healthy fats, minerals, and vitamins. Please buy sprouted nuts or sprout yourself. At a minimum, soak nuts for 6 hours to breakdown the anti-nutrient property of the nut before consuming. Seeds are not really necessary to soak and sprout.

There are dozens of different varieties of nuts and seeds, but avoid peanuts. Peanuts are actually a bean, are prone to mold, and are responsible for allergy symptoms.

Frequency: Use in your morning "cereal", add to salads, or as a snack.

EGGS

An egg is like a multivitamin. It contains everything a chicken needs to come to life including healthy fats and brain building cholesterol.

Eggs do not cause heart disease. In fact, they raise the healthy HDL particles. Pastured hens eating organic food is what to look for.

Frequency: 2-3x per week is perfect.

FRESH FRUIT

In general, you'll get the same benefits from fresh fruit as you do vegetables. But since fruit is high in sugar, we need to be careful.

The three fruits you can enjoy without limits include avocado, olives, and coconuts.

If you're insulin resistant, have metabolic syndrome, have diabetes, experience autoimmune reactions, or have intestinal issues that might be bacterial overgrowth or yeast related, it's best to replace fruit with vegetables most of the time.

Otherwise, feel free to add seasonal fruit to your diet as desired.

Frequency: One serving daily of sugary fruit, maximum. If you are trying to lose weight, skip the sweet fruits.

STARCHY VEGETABLES AND TUBERS

We've included these foods because of the important role they play in gut health. If you don't include them as a regular part of your diet, your microbiome may suffer. (Your microbiome are the good bugs you want in your gut.)

Research is still unfolding in this area, but your microbiome is involved in far more than was initially suspected. The bugs in your gut add to your brain health, influence hormone levels, protect against infections, affect your mood, help regulate your energy, and can even influence your appetite and weight.

From a cardiology perspective, the gut flora is of utmost importance for heart health.

If you're an athlete or very active, you can include starchy vegetables. In addition to helping your microbiome, you may need the additional carbohydrates to repair and recover. Without them, your hormonal balance will suffer and your performance will, too.

Frequency: Most people will want to include one serving of these foods most days. If you're trying to lose weight, keep your portions smaller. If you're an athlete, make sure to get one to two servings per day.

HERBS AND SEASONINGS

Herbs and seasonings can make the same basic ingredients taste like entirely different meals. Feel free to use them and experiment with the different flavors. Try to find fresh herbs when possible. There are an infinite number of recipes, but for us, we keep it simple. Just grab whatever seasonings you can find and mix them with your choice of meat and vegetable.

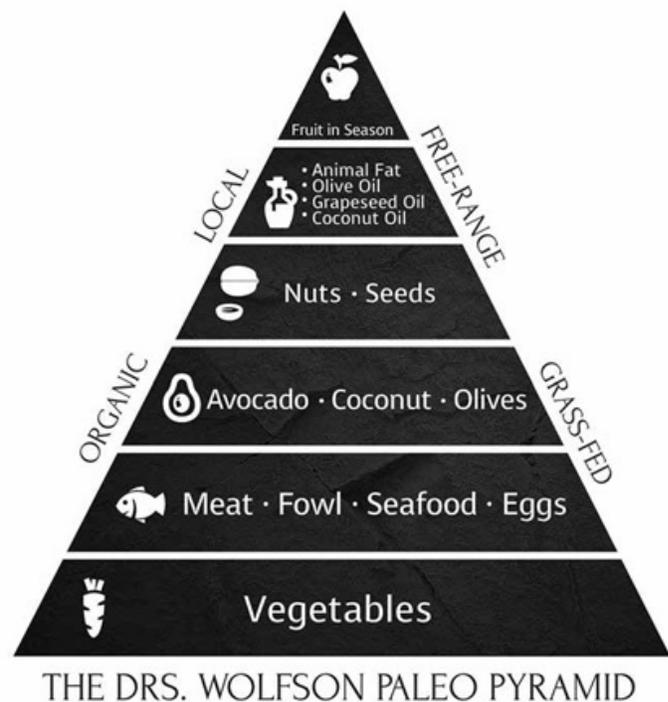
Herbs and seasonings are packed with vitamins, minerals, and phytonutrients. Don't underestimate the health rewards from this group.

Frequency: Use as much or little as desired.

COOKING OILS

For cooking, we recommend animal fats or coconut oil. We try to only use olive oil and grapeseed oil on salads and vegetables because of their lower smoking point.

Frequency: Use as required for cooking.



GROCERY LIST — ALL ORGANIC

MEAT

- Beef
- Buffalo/bison
- Chicken
- Lamb
- Pork
- Turkey
- Wild game
- Eggs
- Other _____

SEAFOOD

- Wild salmon
- Sardines
- Anchovy
- Smelts
- Wild Mahi-Mahi
- Wild Snapper
- Shellfish
- Octopus
- Squid
- Other _____

VEGETABLES

- Arugula
- Artichoke
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Dandelion
- Fennel
- Kale
- Lettuce
- Mushroom
- Mustard
- Onion
- Purslane
- Radish

- Radicchio
- Seaweed (and other sea vegetables)
- Spinach
- Turnip
- Other _____

NIGHTSHADE VEGETABLES

- Eggplant
- Peppers
- Pumpkin
- Squash
- Tomato
- Zucchini

NUTS

- Almond
- Brazil Nut
- Cashew
- Coconut
- Hazelnut
- Macadamia
- Pecan
- Pistachio
- Walnut
- Other _____

SEEDS

- Chia
- Flax
- Pumpkin
- Sesame
- Sunflower
- Other _____

STARCHY VEGETABLES

- Cassava
- Plantain
- Sweet Potato
- Winter squash
- Yam
- Other _____

FRESH FRUIT

- Apple

- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cherry
- Cranberry
- Date
- Fig
- Grape
- Grapefruit
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarine
- Olive
- Orange
- Papaya
- Passion fruit
- Peach
- Pear
- Plum
- Raspberry
- Strawberry
- Tomato
- Other _____

FATS

- Avocado oil
- Black cumin seed oil
- Coconut oil
- Grapeseed oil
- Lard
- Olive oil
- Tallow
- Walnut oil
- Other _____

HERBS AND SEASONINGS

- Anise
- Basil
- Bay leaf
- Cayenne

- Celery seed
- Chili
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry
- Fennel seed
- Garlic
- Ginger
- Mint
- Mustard
- Nutmeg
- Onion
- Orange peel
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Sea Salt
- Thyme
- Turmeric
- Other _____

BEVERAGES

(buy in glass containers)

- Water
- Sparkling water
- Green tea (organic)
- Black tea (organic)
- Herbal tea (organic)
- Coffee (organic)
- Kombucha

Alcohol is not Paleo, but if you do drink, choose:

- Wine (organic)
- Spirits (organic and gluten-free)
- Beer (organic and gluten-free)
- Apple Cider Vinegar
- Other _____

WHAT'S NEXT?

Now you are ready to eat Paleo. We have followed this plan for years, our patients love the nutrition plan, and so will you. As always, we welcome your feedback. You can reach us at health@thedrswolfson.com.

The Drs. Wolfson are a husband and wife team, cardiologist and chiropractor. We live in Arizona with our two boys and enjoy hiking, biking and gardening. We are active in animal rescue and other charitable organizations.

Our motto is Awakening The World to Wellness. Our mission is to change the world. Join us.

In health,

Dr. Jack and Dr. Heather

The Drs. Wolfson

