

Compare...	Paleo	USDA Food Pyramid
My take:	<p>Paleo calls itself the world's healthiest diet. It aims for optimization of health based on a theory of genetic adaptation. Its dietary prescription aims at prevention and entirely excludes all of the major food sources associated with the same most common preventable diet-related diseases for which the USDA seeks merely to mitigate risk.</p> <p>Most of the most widely-accepted research supporting the more conservative diet recommendations made by the USDA are fully implemented in the Paleo diet, and to a great extent by applying Zone proportions.</p>	<p>USDA makes recommendations in the context of the cultural status quo. It bases its recommendations largely on a mix of industry and academic research. Notably, USDA recommendations support a pattern of consumption that has a demonstrably favorable economic outcome for several industries than would a pattern of consumption for optimal health.</p> <p>The USDA's major goal is reducing the risk of common, preventable diseases but is reactionary in its prescriptions. The food pyramid exists in a cultural context of available and popular options and is not aimed at perfection or even optimization, but rather risk mitigation.</p>
What does CrossFit say?	<p>The paleo diet is very consistent with CrossFit's nutrition recommendations. Its *food* does enough to prevent diet-induced disease, but for optimization of physical performance, a more precise prescription (CFJ #21) for portion/proportion and timing is necessary. That's where Zone comes in.</p>	<p>Not consistent with CrossFit findings for best health or performance results.</p>
In general...		
<p>By Macronutrient</p> <p>Carbohydrate:Protein:Fat (CHO:P:F or C:P:F)</p>	<p>Paleo doesn't make very specific macronutrient recommendations as a % of total calories per meal, but its creator made "Paleo for Athletes" which is similar to the Zone prescription of average CHO:Protein:Fat per meal recommendations which is approximately 40:30:30</p>	<p>Total daily calorie composition: CHO: 45-65% Protein: 10-35% Fat: 20-35% (with <10% from saturated or <i>trans</i>-fat)</p>
Food sources	<p>"The best human diet is the one to which we are best genetically adapted"</p> <ul style="list-style-type: none"> -Consume only foods found and edible nature during the greatest period of time -Eat fish, meats, vegetables, fruit, roots, and nuts; -Do not eat grains, legumes, dairy products, salt, refined sugar, and processed oils. 	<p>"Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol"</p>
By food...		
Plants	<ul style="list-style-type: none"> -Majority of daily carbohydrate should come from this group in a large variety -Not all vegetables are created equal; eat those edible in nature -Moderate fruit intake 	<p>2.5 cups / equivalent per day servings of vegetables/day; maximize variety; small emphasis on differentiating between green/orange/leafy/starchy</p>

Animals	-Maximize grass-fed to maximize omega 3:6 ratio (minimize 6) -Majority of protein should come from meat	5 oz / equivalent per day; maximize lean sources
Milk Products	-Only raw dairy in small amounts, if at all	3 cups / equivalent per day; maximize lean sources
Legumes	-These are not edible in nature, contain antinutrients and biologically active proteins that interfere with a variety of important bodily functions	Grouped in with the meat food group as an equivalent.
Grains, Cereals	-Same as with legumes	3 oz / equivalents per day; maximize whole grains

(ROUGH DRAFT)