

## Foods That Paleo Men and Women Did Not Eat

Food or Food Group	Percentage of Energy in the Average Western Diet
<b>Dairy Products</b>	
Whole milk	1.6
Low-fat milk	2.1
Cheese	3.2
Butter	1.1
Other	2.6
Total	10.6
<b>Cereal Grains</b>	
Whole grains	3.5
Refined grains	20.4
Total	23.9
<b>Refined Sugars</b>	
Sucrose	8.0
High fructose corn syrup	7.8
Glucose	2.6
Syrups	0.1
Other	0.1
Total	18.6
<b>Refined Vegetable Oils</b>	
Salad cooking oils	8.8
Shortening	6.6
Margarine	2.2
Total	17.6
Alcohol	1.4
Total Energy	72.1 percent of the calories typically consumed in the average Western diet were not available or eaten by Paleo men and women before the advent of agriculture 10,000 years ago
Other: Added salt, as sodium chloride	9.6 grams used in processed foods, table salt and cooking that were not typically consumed 10,000 years ago

Source: Origins and Evolution of the Western Diet: Health Implications for the 21<sup>st</sup> Century, by Loren Cordain, S. Boyd Eaton, Anthony Sebastian, Staffan Lindberg, Bruce A. Watkins, James H. O'Keefe and Janette Brand-Miller, 2005, appearing in the American Journal of Clinical Nutrition