

## STONE AGE DIET GUIDELINES

AVOID	JUDICIOUSLY	EAT
<p><b>Sugar</b> Refined Sugar Fruit Sugars Fruit High In Fructose Refined Carbs Grains: Wheat, Corn, Rice, Bread, Biscuits, Cake, Pastry</p> <p><b>Alcohol</b></p> <p><b>Vegetables High In Sugar</b> Potato Sweet Potato Swede Parsnips</p> <p><b>Nuts</b> Peanuts, Cashews, Pistachios<sup>2</sup></p> <p><b>Artificial Sweeteners</b></p> <p><b>Artificial Preservatives</b></p> <p><b>Dairy- Except Butter</b> milk cheese yogurt</p> <p><b>Processed/Tinned Foods</b> (contain hidden sugar, additives)</p> <p><b>Foods Containing Yeast<sup>5</sup></b> Mushrooms, vinegar, bread etc</p> <p><b>N.B Medications</b> Can contain corn, lactose, colourings</p>	<p><b>Caffeine</b> Tea Coffee</p> <p><b>If Tolerated Introduce</b></p> <p><b>Nuts</b> Brazil (1 Or 1/2 Per Day Max)<sup>1</sup> Hazelnut, Walnut, Almond</p> <p>Dark Chocolate 70% + Berries Seeds Pulses<sup>3</sup> Oats/Oatcakes<sup>4</sup></p> <p><b>Seeds</b> Sunflower, Sesame, Poppy</p>	<p><b>Protein</b> Meat Fish Eggs</p> <p><b>Fat</b> Butter Ghee Olive Oil Coconut Oil (Cold Pressed) Cold Pressed Nut &amp; Seed Oils</p> <p><b>Vegetables<sup>5</sup></b> Most veg except potatoes, root veg that can't be eaten raw/veg high in sugar</p> <p><b>Lemons</b></p> <p><b>Spices And Herbs</b></p> <p><b>Salt (Sodium Reduced)</b></p> <p><b>Herbal Teas</b></p> <p><b>Stevia, Xylitol</b></p> <p><b>Fermented Foods</b> Kefir, Sauerkraut (wheat free)</p>

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These diet principles are based on the recommendations of Dr Sarah Myhill (except for the points made below).

Visit [Sarah Myhill](#) for more information.

<sup>1</sup> Brazil nuts contain selenium. There is some debate as to how many brazil nuts one should consume. It may be less than one or half per day.

<sup>2</sup> Peanuts, Cashews, Pistachios are prone to fungal infection and may contain other toxins.

<sup>3</sup> Other Stone Age advocates advise against eating pulses/beans.

<sup>4</sup> Dr Myhill suggests eating oats if tolerated. Other Stone Age advocates advise against eating oats.

<sup>5</sup> Dr Myhill suggests eating mushrooms. Other Stone Age advocates advise against eating mushrooms and foods containing yeast.

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