

## **Why we don't eat grains, cereals, and legumes on Paleo**

Anti-nutrients are natural or synthetic compounds that interfere with the absorption of nutrients. Grains and legumes contain anti-nutrients that are not beneficial to a healthy diet.

Lectin is an anti-nutrient found in legumes. Lectin may cause leptin resistance. Leptin plays an important role in regulating energy intake and expenditure, including appetite and metabolism. Most obese humans have high levels of leptin which suggest leptin resistance could be a cause for human obesity. Most vegetarians get their protein from beans (legumes) which is why overweight people adopting a vegetarian diet don't typically lose weight.

There are anti-nutrients that have a positive side effect such as tannins which are polyphenols that have anti-cancer properties. Tannins are found in green tea, red wine, pomegranates, most berries and nuts.

Phytic acid or Phytate is an antinutrient found in whole grain. Phytate impairs absorption of minerals such as calcium, magnesium, iron and zinc therefore contributing to mineral deficiencies. These foods also have a net acid load which lowers your pH (increases blood acidity). Extended periods of a net acid load puts us at increased risk of nitrogen and calcium loss. Calcium from the bones and nitrogen from the muscles are minerals released from the body into the blood and other fluids to reduce the acid load. The problem with neutralizing the acid this way is that we give up valuable structural resources.

This is why fruits and vegetable are a better source of carbohydrates than grains, cereals and legumes. Fruits and vegetables have a net alkaline enhancing effect. They are the most nutrient dense and reduce blood acidity. Any fruits will do and as for vegetables choose vibrant colors- red, yellow, green and orange avoid white ones.

The paleo diet isn't saying don't eat carbohydrates it is just recommending that you eat the ones that are beneficial to your health. If you eat lean meats, fruits and vegetables and healthy fats you won't be nutrient deficient like most pro-carb people claim. Paleo is all about food quality that our bodies were designed to process, not foods we domesticated, processed and mass produced to make sure we all stay fat. This is not a quick fix weight loss diet, it's a dietary strategy for health and performance enhancement.