STONE AGE DIET

Before you start this nutritional experiment, be sure to get at least one parent to approve your participation by signing below. Maybe your parent will join you, making planning and cooking easier, and you will have a partner in your quest for a healthy diet.

Student’s Name: ______________________________
Parent’s signature: ___________________________

No one expects you to eat raw mammoth brains, or even thistle, twigs, or your hamster. In fact, many species eaten by early hominids are now extinct. To duplicate the same foods our ancestors ate is almost impossible. Imagine trying to find in the local supermarket such foods as reindeer, fox, caribou, giant sloth, flamingos, bear, catmint, grubs, or quail eggs. Nevertheless, many foods exist that are similar to foods eaten during the Stone Age. If you have a “health” market in your community, try to arrange a visit to buy organic (grown without fertilizer) foods consistent with the approved list below:

Approved “Stone Age” foods to eat
- fish and seafood
- small game (e.g., rabbit, chicken)
- bison (buffalo meat)
- seeds and nuts (raw, without salt)
- lots of fruits (including figs)
- lots of vegetables (including beans)
- lots of water (eight to 10 glasses per day)
- whole grains such as barley, bulgar, oat bran, corn bran, rice, millet, buckwheat, and rye
- tubers (potatoes and sweet potatoes)
- small amounts of cereal grains
- pita bread and whole grain breads
- honey—the only sweetener allowed in your Stone Age diet!
- berries
- shoots and roots
- edible leaves and flowers
- lean red meats (sparingly)
- whole wheat bagels and rolls
- rice cakes

Foods to avoid
- all fried foods
- dairy products, including milk
- packaged foods (especially with preservatives)
- candy, cake, donuts, etc.
- other foods with high fat and calorie content
- potato chips, corn chips, crackers, and other snack foods
- all fast foods

Summary statement
Your goal is to eat an abundance of natural, wholesome food with few or no chemical additives. Keep track of what you eat on the STONE AGE DIET RECORD. Why not do one more thing your ancestors did—exercise by walking or running outside each day. The combination of wholesome, low-fat foods and daily vigorous exercise will make a difference in your life!
STONE AGE DIET RECORD

<table>
<thead>
<tr>
<th>Day</th>
<th>Upon Rising:</th>
<th>At Midday:</th>
<th>At Evening:</th>
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“Snacks” throughout the day:

<table>
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<tr>
<th>Day</th>
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</tr>
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</table>

“Snacks” throughout the day:

Name ______________________________________

Upon concluding the Stone Age Diet experiment, draw some conclusions on a separate sheet of paper.

1. How difficult was it to follow this diet?
   Give concrete examples of key difficulties and how you coped with each.

2. What was good about the diet?

3. What was bad about the diet?

4. Did you notice any changes in yourself during and after using the diet? Explain in detail.

5. Have you decided to make some permanent changes in your personal nutritional program as a result of your experiment with My Stone Age Diet? Explain any change specifically.