



Awareness of Paleo Diet Among Students - A Survey

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ABSTRACT

The aim of the study is to create awareness about paleo diet among students. The Paleolithic diet also called the paleo diet is based mainly on foods presumed to be available to Paleolithic humans. The paleo diet is the healthiest way you can eat because it is the only nutritional approach that works with your genetics to help you stay lean, strong and energetic. Research in biology, biochemistry, ophthalmology, dermatology and many other disciplines indicate it is our modern diet, full of refined foods, trans fats and sugar that is at the root of degenerative diseases such as obesity, cancer, diabetes etc. At its most basic, leading a paleo lifestyle means you are consuming foods found in nature. Following a paleo diet means you are eating mainly fish, grass fed pasture, raised meats, vegetables, fruits, roots and nuts. It excludes grains, legumes, dairy products, salt, refined sugars and processed oils. It leads to improvements in body's composition and metabolism when compared to western diet. The purpose of following a paleo lifestyle is to achieve better health, maximize your cross fit training and to look good. The study was conducted in saveetha dental college. The dietary habits, lifestyle, sleeping patterns and so on were estimated in 100 students. A questionnaire regarding the diet and lifestyle of the students was prepared and they were asked to fill the questionnaire with consciousness and the results were based on the percentage. The study shows that 67% students are aware about paleo diet. In spite of the knowledge, 60% of the student often eats foods from the cafeteria and 50% of the people eat both veg and non-veg. Out of 100 students 75% of the student eat sugary foods. Thus it shows that people these days have a bad nutrition and are interested in paleo diet. 85% of them believe it to be the most efficient and 70% are willing to follow on their daily basis.

Keywords: Paleo diet, exercise, protein, carbohydrates, cafeteria.

INTRODUCTION

The Paleolithic diet also called the paleo diet is based mainly on foods presumed to be available to Paleolithic humans¹. The paleo diet is the healthiest way you can eat because it is the only nutritional approach that works with your genetics to help you stay lean, strong and energetic². Research in biology, biochemistry, ophthalmology, dermatology and many other disciplines indicate it is our modern diet, full of refined foods, trans fats and sugar, that is at the root of degenerative diseases such as obesity, cancer, diabetes etc³. At its most basic, leading a paleo lifestyle means you are consuming foods found in nature⁴. Following a paleo diet means you are eating mainly fish, grass fed pasture, raised meats, vegetables, fruits, roots and nuts⁵. It excludes grains, legumes, dairy products, salt, refined sugars and processed oils⁶. It leads to improvements in body's composition and metabolism when compared to western diet⁷. Today majority of the people are addicted to the western diet such as fried items, burgers, pizza, desserts etc which are found to cause various diseases in the body's health condition⁸. The purpose of following a paleo lifestyle is to achieve better health, maximize your cross fit training and to look good⁹.

MATERIALS AND METHODS

The study was conducted among the students of saveetha dental college. The dietary habits, lifestyle, sleeping patterns and soon were estimated in 100 students. A

questionnaire regarding the diet and lifestyle of the students was prepared and they were asked to fill the questionnaire with consciousness and the results were based on the percentage.

Statistics

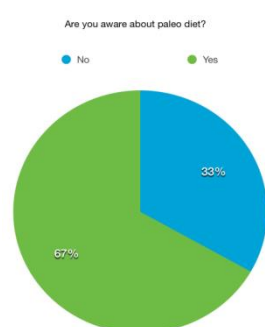


Figure 1

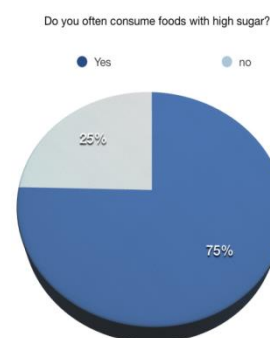


Figure 2

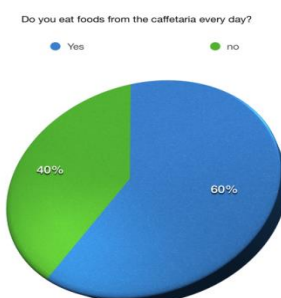


Figure 3

Figure 4



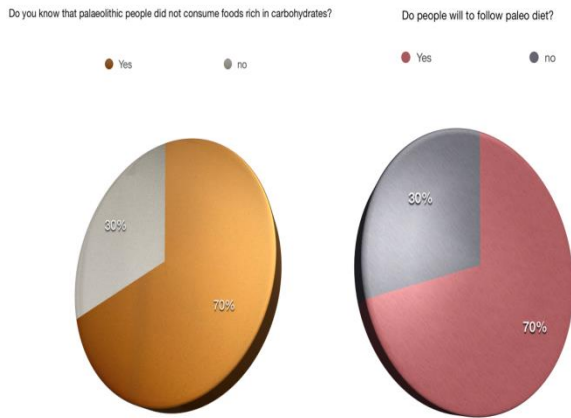


Figure 5

Figure 6

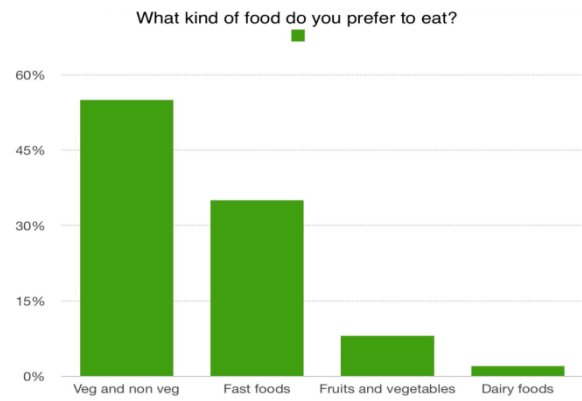


Figure 8

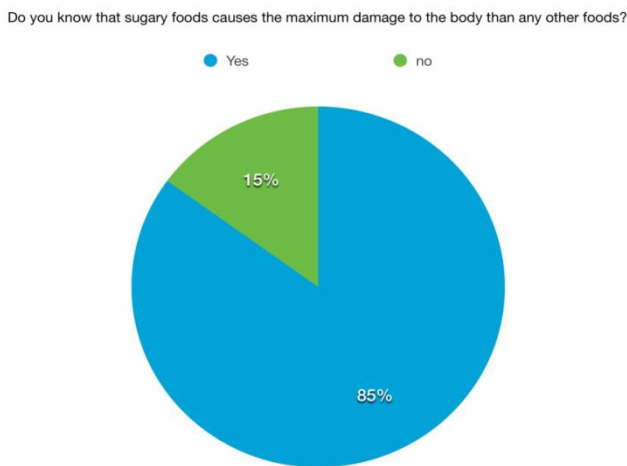


Figure 7

RESULTS

Paleo diet is considered to be the most healthy means of diet promoting the metabolism and reducing the ill effects of the people¹⁰. The study was done among the students of saveetha dental college and a questionnaire comprising regarding diet and lifestyle were prepared and distributed. The study shows that 67% students are aware about paleo diet (figure 1). In spite of the knowledge, 60% of the student often eat foods from the cafeteria (figure 3), and 50% of the people eat both veg and non veg (figure 8). Out of 100 students 75% of the students eat sugary foods (figure 2). Thus it shows that people these days have a bad nutrition and are interested in paleo diet. 85% of them believe it to be the most efficient (figure 4) and 70% are willing to follow on their daily basis (figure 6). The study shows that people are aware about the diet but people are addicted to unhealthy foods which they should avoid and prepare a proper schedule to maintain a balanced diet.

DISCUSSION

The study examined the knowledge of people about the paleo diet and found that people are aware about the paleo diet but lack some knowledge regarding it. The study helps people to understand about the harmfulness regarding the western diet and how it affects the health of the individual. It also shows people that paleo diet can transform the individual from unhealthy to healthy being and guides people to bring a balanced diet in their life which will be a means of improvising their lifestyle. Humans have come a long way in terms of most things – be it medical science, language, space exploration or even food options¹¹. However, believers of the Paleo diet think that all the progress made in terms of food isn't desirable, and we should go back to eating like our ancestors did thousands of years ago¹². Commonly referred to as the 'caveman diet' – paleo diet consists of food products that were available back in the days when cavemen used to live. Followers give up all forms of processed food that is usually unhealthy along with all forms of legumes and grains. People following the Paleo diet do not keep a count of their calories. However, some experts say that it can help people lose weight without trying. The fruits which are high in fibre combined with lean meats high in protein makes it good for those looking to lose weight. Besides these health benefits, following the paleo diet will also help prevent cancer, keep you looking younger and many more¹³. This is because most fruits and veggies have phytonutrients, antioxidants and vitamins that are extremely healthy. Most cases of heart disease is caused due to unhealthy lifestyle and bad eating habits¹⁴. Followers of the paleo diet stay away from most unhealthy foods and consume fruits and vegetables that cut risk of heart disease. Evolutionary biologist Marlene Zuk writes that the idea that our genetic makeup today matches that of our ancestors is misconceived, and that in debate Cordain was "taken aback" when told that 10,000 years was "plenty of time" for an evolutionary change in human digestive abilities to have taken place¹⁵. Thus the study of paleo diet influences people to stay healthy, wealthy and wise.

CONCLUSION

The present study reveals the awareness about the paleo diet among the students. The study shows that people are aware about the diet but people are addicted to many unhealthy foods due to the advancements made in the food technology which they should avoid and prepare a proper schedule to maintain a balanced diet. Further awareness about the paleo diet would improve the health of the people.

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