

Paleo: Safe for Kids?

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Background

RTC's only with adult diabetic participants only shows benefits for those with diabetes, hypertension and metabolic syndrome.

Popular literature stresses the connection between weight loss benefits of the diet, no discussion of the potential for deficiencies in Calcium and other nutrients.

Some studies show that dietary restrictions in children may lead to obesity

AHA Nutritional Guidelines

	4 to 8 years	9 to 13 years	14 to 18 years
Calories			
kilocalories per day (kcal/d) For youth 2 years and older			
Female	1200 kcal/d	1600 kcal/d	1800 kcal/d
Male	1400 kcal/d	1800 kcal/d	2200 kcal/d
Fat	25% to 35%	25% to 35%	25% to 35%

Milk / Dairy 2 cups 3 cups 3 cups
(Milk listed is fat free)

Lean Meat / Beans
Female 3 ounces 5 ounces 5 ounces
Male 4 ounces 5 ounces 6 ounces

4 to 8 years 9 to 13 years 14 to 18 years

Fruits Serving size is 1/2 cup.

Female 1.5 cups 1.5 cups 1.5 cups

Male 1.5 cups 1.5 cups 2 cups

Vegetable Serving size is 1/2 cup r.

A variety of vegetables should be selected from each subgroup over the week.

Female 1 cup 2 cups 2.5 cups

Male 1.5 cups 2.5 cups 3 cups

Grains Half of all grains should be whole.

Female 4 ounces 5 ounces 6 ounces

Male 5 ounces 6 ounces 7 ounces

Paleo Diet

Diet includes:

Lean meat, fish

Fruit

Leafy green & cruciferous vegetables

Roots (limits or no white potatoes)

Eggs

Nuts

NO dairy, grains, legumes

Benefits: Lowers Hb a1c, glucose intolerance

Lowers leptin, increased satiety

Increases leucine

May decrease acne (if no milk)

Lowers blood pressure

Paleo Diet For Kids

PRO

Focuses on green vegetables and some root vegetables
Limits fats (includes olive & coconut oils)
Includes quality protein
Healthier dietary pattern as modeled by adults

CON

Calcium deficient
B vitamins may be lacking (no grains)
Prohibited foods make diet cost more
Restrictions on foods usually popular with children
Restrictions may backfire if choice is unrestricted.



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