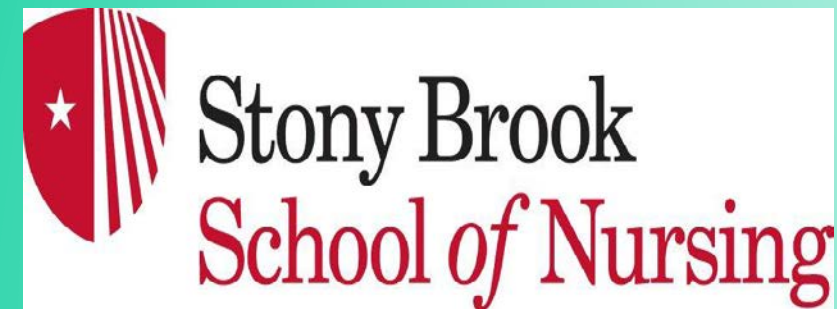


# The Use of the Paleo Diet to Prevent Progression of Prediabetes to Diabetes in High Risk Individuals

Chrystyne Olivieri, DNP, FNP-BC, CDE

Bruce Zitkus, EdD, ANP-BC, CDE

Kathleen Shurpin, PhD, ANP-C, NPP



Stony Brook University, New York



## BACKGROUND

- Currently, over 29 million Americans have diabetes
- An additional 86 million adults have prediabetes
- >65% of American adults are overweight or obese
- Early recognition is the key to modifying these trends
- Human studies show Paleo diet has most favorable outcomes for overall health
- Paleo diet attempts to mimic the diet of pre-agricultural, ultra-fit humans in the modern world

## THE PALEO DIET

- Avoidance of grains, sugar, most dairy and legumes
- Avoidance of artificial sweeteners & chemically altered oils
- NO processed foods
- Carbohydrates from non-starchy vegetables & some fruit
- Protein from organic, grass-fed, pastured animals, avoiding feed-lot animal products
- Healthy fat consumption such as olive oil, coconut & palm oils, butter, nuts, avocados and wild caught cold water fish
- Consume eggs due to high nutritional value
- Macronutrient content best at 33% fat, 33% protein and 33% low glycemic index carbohydrates

## PURPOSE

To evaluate an educational intervention using the Paleo Diet in adults with type 2 diabetes and risk factors for diabetes

## METHODS

- Pre-test, post-test interventional study
- 45 minute instruction of Paleo Diet essentials
- 3 weeks of the Paleo Diet
- BMI, Triglycerides and HDL's were evaluated

## RESULTS

- 34 men and women with A1C  $\geq$  5.7% completed the study, 12 did not
- 76% saw decrease in triglycerides ( $p=0.001$ )
- 91% saw decrease in BMI ( $p=0.0001$ )
- 56% saw increase in HDL ( $p=1.408$ )
- Men had better weight loss; women had better decrease in triglycerides

## DEMOGRAPHICS

- 15 male and 19 female participants
- 21 Caucasian, 8 African American, 3 Latino, 1 Asian and 1 Multiracial
- More than 50% of participants had baccalaureate degree or higher

Triglyceride & HDL Change



## IMPLICATIONS AND CONCLUSIONS

An educational program on the Paleo Diet may aide in the prevention of the progression of prediabetes to diabetes in high risk individuals



## CONTACT INFORMATION:

Dr. Chrystyne Olivieri at [colivierinp@gmail.com](mailto:colivierinp@gmail.com) or at her website [www.yourpaleopractitioner.com](http://www.yourpaleopractitioner.com)