



Mediterranean Paleo Diet

Who is this for?

- Patients with elevated LDL cholesterol that is not due to metabolic dysfunction (i.e., hypercholesterolemia rather than dyslipidemia)
- Patients with familial hypercholesterolemia (FH), APOE4, or other genetic predispositions that experience an increase in LDL on a low-carb, high-saturated fat diet

Diet Recommendations

- Increase intake of whole-food carbohydrates; aim for approximately 25–40 percent of calories, depending upon activity level and carbohydrate tolerance. Carbohydrate choices may include:

Fruit, starchy plants (e.g., sweet potatoes, potatoes, plantains, yuca, taro, etc.), full-fat dairy, and rice (either white rice or brown rice that has ideally been soaked for at least 18 hours prior to preparation)

If tolerated: properly prepared grains (e.g., oatmeal, soaked prior to cooking), pseudograins (e.g., amaranth, quinoa, buckwheat, etc.), and legumes (e.g., lentils)

- Reduce saturated fat intake

Favor leaner cuts of red meat, chicken, turkey, and fish over fattier cuts of beef and lamb

Fine to eat saturated fat as it naturally occurs in nutrient-dense foods like egg yolks

Limit added saturated fat (i.e., no Bulletproof coffee, cook with monounsaturated fats like olive, macadamia, or avocado oil rather than coconut oil and ghee)

- Emphasize monounsaturated fats like avocados, olives, nuts, and cold-water fish and shellfish (for long-chain omega-3 fats EPA and DHA)

How to Think About Saturated Fats

- No need to limit to specific number of grams; following above guidelines will naturally reduce intake.
- Once LDL normalizes, you may be able to add more saturated fat (butter, coconut oil, etc.) and fattier cuts of meat without increasing LDL-P.



Example Day of Meals

- Breakfast: Two soft-boiled eggs, potatoes roasted in olive oil, and sautéed spinach
- Lunch: Poached salmon with white rice or soaked brown rice and green salad with avocado
- Dinner: Grass-fed, lean ground beef, sweet potato with olive oil, steamed chard

Food Categories to Focus On

- Cold-water fatty fish and shellfish

Salmon, mackerel, herring, sardines, anchovies, caviar, and bass, as well as shellfish like oysters and mussels

- Monounsaturated fat

Macadamia nuts, avocado, and olive oil

- Antioxidant-rich foods

“Eat the rainbow,” choosing a variety of colors of fruits and vegetables as well as organ meats, meats, eggs, and grass-fed dairy.

- Polyphenol-rich foods

Tea (particularly green tea), blueberries, extra-virgin olive oil, red wine, citrus fruits, hibiscus tea, dark chocolate, coffee, turmeric, and other herbs and spices

- Nuts

Tree nuts, which include almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, macadamia nuts, coconut, pecans, pine nuts (pignoli nuts), pistachios, and walnuts

- Fermented foods

Sauerkraut, kimchi, beet kvaas, kombucha, yogurt, and kefir

- Soluble fiber

Fruits, vegetables (especially starchy tubers), and some grains



Food	Amount (mg per 100g)
Pumpkin seeds	534
Brazil nuts, dried	376
Sunflower seed butter	369
Almond butter	303
Cashews, raw	292
Almonds, dry roasted	286
Chocolate, dark (70-85% cacao)	228
Tomatoes, sun-dried	194
Sunflower seed kernels, dry roasted	129
Salmon, cooked	122
Halibut, cooked	107
Tahini (sesame seed butter)	95
Oysters, cooked	95
Swiss chard, cooked	86
Taro chips	84
Spinach, raw	79
Beans, yellow, cooked	74
Beans, lima, cooked	74
Beans, black, cooked	70
Sweet potato chips	65
Crab, cooked	63
Parmesan cheese, shredded	51