

Abstract

The intersection of veganism and Paleolithic nutrition offers intriguing insights into managing diabetes (diabetes and obesity) and endocrinopathies (endocrine disorders). While the Paleolithic diet traditionally emphasizes lean meats, fish, fruits, vegetables, nuts, and seeds, a vegan approach focuses solely on plant-based foods, excluding all animal products. This paper delves into the potential benefits and challenges of adopting a vegan version of the Paleolithic diet for individuals with diabetes and endocrine disorders. Research indicates that both vegan and Paleolithic diets can contribute to weight loss, improved insulin sensitivity, and better glycemic control, which are crucial for managing diabetes. Additionally, plant-based diets are associated with lower risks of certain endocrine disorders, such as thyroid dysfunction and polycystic ovary syndrome (PCOS). However, a vegan Paleolithic diet may require careful planning to ensure adequate intake of essential nutrients like protein, omega-3 fatty acids, vitamin B12, and iron. Moreover, ethical considerations related to animal welfare and environmental sustainability often drive individuals towards veganism, while the Paleolithic diet is rooted in ancestral eating patterns. By combining these two dietary approaches, individuals may achieve better health outcomes while aligning with their ethical beliefs. This paper aims to explore the scientific basis, practical implementation, and potential health benefits of a vegan Paleolithic diet, offering healthcare providers and patients a comprehensive understanding of this alternative dietary approach for managing diabetes and endocrinopathies.

