

Fact Checking Made Easy

Lesson 10 Exercise Answers

After each paragraph, I've identified its errors, which are discussed in the video.

Is the Paleo Diet Healthy?

If you're tired of counting carbs or calories but still want to lose weight, here's an option that's been gaining traction with more and more Americans: Eat like our cave-dwelling ancestors. The Paleo Diet (so-called after the **Paleolithic Age, back before dinosaurs roamed the Earth**) recommends eating lean meat and fish, fruits and vegetables **with next to no dairy, eggs, nuts, seeds or grains.**

The Paleolithic Age followed the era of the dinosaurs, it did not precede it.

The diet excludes dairy and eggs but includes nuts, seeds and grains.

"Most nutritionists agree that by eliminating dairy, beans and grains from your meals, you will enjoy lower blood pressure, have fewer digestive problems and experience effortless weight loss," says **Solveig Crimmens** of the **American Foundation for a Healthy Diet**. **"Even better, long-term studies of a community in Norway** whose residents have adhered to the diet for 25 years show a dramatic 20 percent improvement in longevity, compared to Norwegians at large."

There is no consensus on this point. On the contrary, it appears that most nutritionists disagree.

No such person.

No such organization.

No such study can be found.