

Fact Checking Made Easy

Lesson 10 Exercise: Now You Try It #3

Here is another passage to fact check. Identify each item that needs to be fact checked, actually perform the fact checking to either verify each item or correct it, then go to the video to hear my answers and commentary.

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.

“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.”