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Synopsis

The Palaeolithic diet and cardiometabolic syndrome: can an ancient diet be the way of the future?

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Keywords: Cardiovascular disease Cardiometabolic syndrome Chronic disease Diet Metabolic syndrome Palaeolithic diet Paleo

The synopsis is based on the following article: Manheimer EW, van Zuuren EJ, Fedorowicz Z, Pijl H. 2015. Paleolithic nutrition for metabolic syndrome: systematic review and meta-analysis. *Am J Clin Nutr.* 102(4): 922-932.

Design

Systematic review and meta-analysis of 4 randomised controlled trials (RCT).

Participants

A total of 159 participants from 4 RCT were included in this systematic review and meta-analysis.

The systematic review and meta-analysis included studies from the Netherlands (1 study) and Sweden (3 studies). The age of the participants ranged from 52 to 66 years.

Intervention

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