**What did the Stone Age People Eat?**

The Stone Age people ate loads of nutritious food like nuts, fruit, bread and meat. The men had to hunt to get their meat and the women had to search for berries, nuts and roots of plants.

The Stone Age diet involves a daily diet based on the laws of nature where food is simple, easy to absorb by the body, and helps to regulate the body effectively.

It uses the vitamins, proteins and nutrients available in fruits, nuts and fresh vegetables. This cleans the body of toxins and makes it free from disease.

