# Gwyneth Paltrow embraces a more balanced approach to diet after strict regimes



Gwyneth Paltrow has recently revealed that she has relaxed her previously strict dietary regimen, reintroducing foods such as sourdough bread, pasta, and cheese into her diet. The Oscar-winning American actress, who has also established herself as a prominent wellness influencer, discussed these changes during her latest Goop podcast.

For several years, Paltrow adhered to a rigorous paleo diet, which emphasises eating foods presumed to reflect those consumed by ancient human ancestors, with the hope of improving health and reducing disease risk. She also spent time following a "hardcore macrobiotic" diet, inspired by the traditional, seasonal cuisine of Japan's mountainous regions. This diet typically excludes dairy and sugar and includes a significant amount of fish, vegetables, and rice.

Reflecting on that phase, Paltrow said, "I might have got a little didactic about it. I felt so good, I wanted to share that with my dad, my friends and family." Her interest in wellness and nutrition was initially sparked by her father’s battle with throat cancer, leading her to become deeply connected to the philosophy behind these food choices. She described herself as having been "intoxicated by that idea" that consuming whole foods and maintaining hydration could significantly enhance wellbeing.

Paltrow further explained that while she still values these principles, the approach to her diet has evolved over time as she has gained a greater understanding of inflammation and health complexities. "It's the reason that Brad and I became paleo a few years ago now, although I'm a little bit sick of it, if I'm honest," she admitted, referring to her husband Brad Falchuk, co-creator of the television series Glee.

With this evolution in outlook, she has started incorporating foods she previously avoided, including sourdough bread, some cheese, and occasional pasta. She views these adjustments as part of a balanced and flexible approach to nutrition. "But again I think it's a good template, right? Eating foods that are as whole and fresh as possible. I don't think there is any doctor or nutritionist that would refute that, it's a good starting point," she said.

The revelations from Paltrow provide insight into the ongoing journey of dietary experimentation and modification that she has undertaken, shifting from rigid regimes to a more balanced and inclusive way of eating.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://people.com/gwyneth-paltrow-sick-of-paleo-diet-eats-pasta-after-being-obsessed-healthy-eating-11721113> - This article supports Paltrow's decision to relax her paleo diet by reintroducing sourdough bread, cheese, and pasta. It also discusses her past adherence to macrobiotic diets and her evolution towards a more balanced approach.
2. <https://www.thedailybeast.com/obsessed/gwyneth-paltrow-ditches-caveman-diet-as-she-returns-to-modern-food/> - This article corroborates Paltrow's shift from a strict paleo diet to a more modern eating style, which includes foods like bread, cheese, and pasta. It highlights her past commitment to paleo and her recent openness to indulgences.
3. <https://economictimes.com/news/international/us/gwyneth-paltrow-sick-of-paleo-diet-now-prefers-a-little-pasta-after-getting-obsessed-with-clean-eating/articleshow/120591691.cms> - This piece confirms Paltrow's transition from a paleo diet to allowing herself treats such as pasta, sourdough bread, and cheese. It notes her past strict adherence to clean eating and her current more flexible approach.
4. <https://www.noahwire.com> - Unfortunately, this URL does not lead to specific content about Gwyneth Paltrow's dietary changes. However, it is mentioned as a source for the original article and could provide additional context if it contained relevant articles.
5. <https://www.theguardian.com/lifeandstyle/2019/jul/05/a-short-history-of-the-paleo-diet> - This article provides background information on the paleo diet, which Paltrow previously followed. It discusses the diet's emphasis on foods presumed to be eaten by ancient humans.
6. <https://www.mindbodygreen.com/articles/macrobiotic-diet-101> - This link explains the principles of a macrobiotic diet, which Paltrow has also explored. It highlights the exclusion of dairy and sugar, and the emphasis on fish, vegetables, and rice.
7. <https://www.bbc.com/news/articles/cwyqkepvry5o> - Please view link - unable to able to access data