

Themes of Traditional Diets

Based on the research of Dr. Weston A. Price

Source: *Nutrition and Physical Degeneration*, by Weston A. Price, DDS

Traditional diets had great variety.

Some had no plant food.

Some had few animal foods.

Some ate mostly cooked foods.

Some had large amounts of raw foods (including animal and animal by-products).

Some ate dairy products; others did not.

Some ate grains; others did not.

Some ate fruits; others did not.

Traditional diets had a few common themes.

- All diets had no refined or denatured foods (no white flour, white sugar, vegetable oils, hydrogenated oils, canned foods, high-fructose corn syrup, pasteurized milk and milk products, additives, or preservatives).
- All diets contained animal products.
- All diets were high in the fat-soluble vitamins A, D, E, and K.
- All cultures ate both cooked foods and some raw animal products (raw milk, cheese, butter, fish, lamb, or beef).
- All diets included some type of fermented foods and were therefore rich in enzymes and beneficial bacteria.
- All cultures soaked, sprouted, or leavened seeds, nuts, legumes, and grains (including milled grains—think leavened or sourdough bread).
- All diets contained salt.
- All cultures used bones, usually in broth. The entire animal was used; even the parts that were not used for food were used for clothing, housing, and other creations.
- All cultures made provisions for future generations in family planning, harvesting, farming, and other forms of land management.

Traditional diets contained four times the calcium and other minerals and ten times the fat-soluble vitamins as the modern American diet.