

# **CHARACTERISTICS OF TRADITIONAL DIETS**

(From the Weston A. Price Foundation)

- 1. The diets of healthy, nonindustrialized peoples contain no refined or denatured foods or ingredients, such as refined sugar or high fructose corn syrup; white flour; canned foods; pasteurized, homogenized, skim or low-fat milk; refined or hydrogenated vegetable oils, protein powders; synthetic vitamins; or toxic additives and artificial colorings.**
- 2. All traditional cultures consume some sort of animal food, such as fish and shellfish; land and water fowl; land and sea mammals; eggs; milk and milk products; reptiles; and insects/ The whole animal is consumed; muscle meat, organs, blood, bones, and fat, with the organ meats and fats preferred.**
- 3. The diets of healthy, nonindustrialized peoples contain at least four times the minerals and water-soluble vitamins, and TEN times the fat-soluble vitamins found in animal fats (vitamin A, vitamin D, and Vitamin K<sub>2</sub>) as the average American diet.**
- 4. All traditional cultures cooked some of their food, but all consumed a portion of their animal foods raw.**
- 5. Primitive and traditional diets have a high content of food enzymes and beneficial bacteria from lacto-fermented vegetables, fruit, beverages, dairy products, meat, fish, and condiments.**
- 6. Seeds, grains, and nuts are soaked, sprouted, fermented or naturally leavened to neutralize naturally occurring anti-nutrients such as enzyme inhibitors, tannins, and phytic acid.**
- 7. Total fat content of traditional diets varies from 30% to 50% of calories but only about 4% of calories come from poly-unsaturated oils naturally occurring in grains, legumes, nuts, fish, animal fats, and vegetables. The balance of fat calories is in the form of saturated and mono-unsaturated fatty acids.**
- 8. Traditional diets contain nearly equal amounts of omega-6 and omega-3 essential fatty acids.**
- 9. All traditional diets contain some salt.**
- 10. All traditional cultures make use of animal bones, usually in the form of gelatin-rich bone broths.**
- 11. Traditional cultures ensure the health of future generations by providing special nutrient-rich animal foods for parents-to-be, pregnant women, and growing children; by proper spacing of children; and by teaching the principles of nutrient-dense diets to the young.**