



What is a Traditional Foods Diet?

There is a food “movement” happening as we speak. I’ve heard it called the “Real Food Movement” and the “Slow Food Movement”, but they are both striving towards the same principles of a Traditional Foods Diet. These concepts are based on balance, proper sourcing of ingredients (animal, vegetable and grain), and proper preparation to maximize nutrient content.

“Traditional foods utilize the culinary and farming techniques that consistently kept primitive cultures, cut off from the processed foods and medicine of modern societies, healthy, happy, and fertile. These techniques include grass-grazing animals; organic vegetable production; soaking grains, nuts, and seeds for improved digestion; drinking whole, raw dairy products; the inclusion of saturated fats and fermented foods; and more.”

~ *Back to Butter: A Traditional Foods Cookbook, Chester & Schrecengost*

The Basics of Traditional Food Eating

- Whole, unprocessed or minimally processed foods
- Locally produced meats, milks, cheeses, and fats from grass-fed, pasture-raised animals.
- Organic, Locally Grown Produce
- Proper Fats for Cooking
- Raw, Cultured Dairy

Why Traditional Foods?

Fat Soluble Vitamins & Minerals



Vitamins A, D and K2 are vital to health because they act as catalysts to mineral and protein absorption, as well as protein utilization. Without fat soluble vitamins, you cannot absorb the minerals in your food.

Probiotics & Digestible Foods



Traditional cultures didn’t need to purchase a bottle of expensive probiotics to keep their digestive tract and immune system healthy. They all had techniques for fermenting their foods such that their daily diet was naturally high in probiotics. They soaked and sprouted their nuts, seeds, legumes and grains to make them more digestible and increase their nutrient content.

Nutrient Dense Foods



Traditional cultures prized the most nutrient dense foods such as organ meats and bone broths. All cultures utilized these foods that are nutrient powerhouses – what we would consider a Super Food today.

The Studies of Weston A. Price, DDS

Who Was Weston Price?

Dr. Price was a dentist in Cleveland, Ohio in the first part of the 20th Century. After 30 years of practice, Dr. Price decided to travel around the world, with his wife Florence, on a journey to study dental health, traditional diets, nutrient content and the overall health of these traditional cultures. Dr. Price wanted to research remote villages around the world, still untouched by Western Foods such as processed oils, grains and sugar. What did their diets consist of and were they healthy?



“His goal was to discover the factors responsible for good dental health. His studies revealed that dental caries and deformed dental arches resulting in crowded, crooked teeth are the result of nutritional deficiencies, not inherited genetic defects...The groups Price studied included sequestered villages in Switzerland, Gaelic communities in the Outer Hebrides, indigenous peoples of North and South America, Melanesian and Polynesian South Sea Islanders, African tribes, Australian Aborigines and New Zealand Maori. Wherever he went, Dr. Price found that beautiful straight teeth, freedom from decay, good physiques, resistance to disease and fine characters were typical of native groups on their traditional diets, rich in essential nutrients.”,

Weston A. Price Foundation

WHAT DR. PRICE FOUND

“...groups of people who, cut off from the influence of the modern world and without toothbrush or paste, were, simply put, healthy. The world over, the Prices found communities of traditional people who had no need for dentists – indeed, had little need for doctors of any kind. Instead, they displayed exceptional immunity to the serious afflictions that plagued the modern world. Dr. Price noted that they were able to maintain their vibrant health for a lifetime, ‘so long as they were sufficiently isolated from our modern civilization’ and followed the ancestral diet that had sustained their people for generations. If, instead, individuals from the tribe lost this isolation and began to consume foods of modern civilization, things changed...they experienced a predictable and specific pattern of decline in their health. First, dental decay would set in...then came gum disease... Where the parents had broad, beautiful faces, the first generation born after introduction of modern foods had narrowed dental arches that housed crowded, crooked teeth. These children were also prone to a number of other now-common ailments, including increased susceptibility to infections, and even behavior issues.” [Vitamin K2 and the Calcium Paradox](#), Rheume-Bleue

How to Stock Your Kitchen

Pantry & Countertop



Fruit, Garlic, Ginger, Herbs, Quinoa, Lentils/Beans, Brown-rice, Popcorn, Raw-apple cider vinegar, Balsamic Vinegar, Extra Virgin Olive Oil, Nut butters, Grade B Maple Syrup, Soaked/Dehydrated Nuts and Seeds, Coconut Oil, Rapadura, Raw Honey, Shredded Coconut, Teas, Dried Herbs & Spices, Raw cacao powder, sea salt, peppercorns, baking powder, vanilla extract, arrowroot powder.

Refrigerator & Freezer



Vegetables, Raw Milk (or non-homogenized, organic grass-fed if raw unavailable), Butter and Cheese from Grass-Fed Cows, Eggs from Pastured/Free-Range Chickens, Grass-Fed Beef, Pastured Chicken, Chicken/Beef Stock, Wild Fish, Kefir, Yogurt, Kombucha, Miso Paste, Tallow and Lard from organic, pasture raised animals.

Vegetables & Fruits



Of course vegetables and fruits provide much needed vitamins, minerals, antioxidants and fiber. They should be consumed every day, at each meal.

Animal Products – raised appropriately



Wild game, pasture raised beef, lamb, pork, chicken & wild-caught seafood contain many nutrients, especially fat-soluble vitamins A, D and K2. These are nutrients that are difficult to obtain, unless you are consuming animal fats. Fat is necessary to absorb fat-soluble vitamins & minerals cannot be activated without fat soluble vitamins.

Super-Foods



Many foods offer health benefits that stand out. These include spices, medicinal mushrooms, and even Liver! These should be consumed whenever possible.

How to Create a Traditional Foods Lifestyle

1. On a weekly basis, you can quickly start a Kombucha Brew, Kefir, Yogurt or even make home-made sourdough bread
2. On a bi-weekly basis, it is easy to cook a whole, organic chicken in the crockpot and create a nutrient dense chicken/bone broth that can be stored in the refrigerator and freezer for future use. You can drink the broth straight with a dash of sea salt, use it as a base for soups or even cook rice or quinoa with it.
3. Once a month, you should soak a large amount of nuts, seeds. After soaking for 24 hours, dehydrate them in a dehydrator or on the lowest temperature of the oven. These can be stored in the freezer for future use or used immediately.
4. Once a month, you should soak and cook a pot of beans (e.g. black beans), and freeze portions for future use.

~ Details on implementing this Traditional Foods Lifestyle and ideas for including these foods in your diet are best found in *From Scratch, Easy Recipes for Traditionally Prepared Whole-Food Dishes* by Shaye Elliott

Are There Any Supplements that are Still Necessary?



Essential Fatty Acids are somewhat difficult to obtain in the diet. Traditionally, some cultures consumed fermented cod-liver oil to complement their diet. Most people need to supplement these oils while also balancing their fat intake with saturated and mono-unsaturated fats.



The fat soluble vitamins A, D and K2 are crucial to health and only available in fats from animals that were 100% pasture raised. Supplementing these nutrients, together, in a balanced formula is safe and necessary for many people to ensure adequate intake



“When Dr. Price analyzed the foods used by isolated peoples he found that, in comparison to the American diet of his day, they provided at least four times the water-soluble vitamins, calcium and other minerals, and at least TEN times the fat-soluble vitamins, from animal foods such as butter, fish eggs, shellfish, organ meats, eggs and animal fats – the very cholesterol rich foods now shunned ...”

WAPF Booklet

More Resources

WestonAPriceFoundation.org

TheHealthyHomeEconomist.com

[From Scratch](#), Shaye Elliot

[Back to Butter](#), Molly Chester & Sandy Schrecengost

[The Nourished Kitchen](#), Jennifer McGruther

[Nourishing Traditions](#), Sally Fallon

[Death by Food Pyramid](#), Denise Minger

[Gut and Psychology Syndrome](#), Natasha McBride, MD



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