

The Weston Price Recommendations

This is the diet that Dr. Weston A. Price recommended, based on years of traveling, researching and studying traditional societies as they were in the process of changing from their native diets to western processed foods.

Characteristics of a Traditional Diet

1. The diets of healthy primitive and non-industrialized peoples contain no refined or denatured foods such as refined sugar or corn syrup; white flour; canned foods; pasteurized, homogenized, skim or low-fat milk; refined or hydrogenated vegetable oils; protein powders; artificial vitamins or toxic additives and coloring.
2. All traditional cultures consume some sort of animal protein and fat from fish and other seafood; water and land fowl; land animals; eggs; milk and milk products; reptiles; and insects.
3. Primitive diets contain at least four times the calcium and other minerals and TEN times the fat soluble vitamins from animal fats (vitamin A, vitamin D and the Price Factor) as the average American diet.
4. In all traditional cultures, some animal products are eaten raw.
5. Primitive and traditional diets have a high food-enzyme content from raw dairy products, raw meat and fish; raw honey; tropical fruits; cold-pressed oils; wine and unpasteurized beer; and naturally preserved, lacto-fermented vegetables, fruits, beverages, meats and condiments.
6. Seeds, grains and nuts are soaked, crushed, fermented or naturally leavened in order to neutralize naturally occurring anti-nutrients in these foods, such as phytic acid, enzyme inhibitors, tannins and complex carbohydrates.
7. Total fat content of traditional diets varies from 30% to 80% but only about 4% of calories come from polyunsaturated oils naturally occurring in grains, pulses, nuts, fish, animal fats and vegetables. The balance of fat calories is in the form of saturated and monounsaturated fatty acids.
8. Traditional diets contain nearly equal amounts of omega-6 and omega-3 essential fatty acids.
9. All primitive diets contain some salt.
10. Traditional cultures consume animal bones, usually in the form of gelatin-rich bone broths.
11. Traditional cultures make provisions for the health of future generations by providing special nutrient-rich foods for parents-to-be, pregnant women

and growing children; by proper spacing of children; and by teaching the principles of right diet to the young.

Dietary Guidelines

1. Eat whole, natural foods.
2. Eat only foods that will spoil, but eat them before they do.
3. Eat naturally-raised meat including fish, seafood, poultry, beef, lamb, game, organ meats and eggs.
4. Eat whole, naturally-produced milk products from pasture-fed cows, preferably raw and/or fermented, such as whole yogurt, cultured butter, whole cheeses and fresh and sour cream.
5. Use only traditional fats and oils including butter and other animal fats, extra virgin olive oil, expeller expressed sesame and flax oil and the tropical oils—coconut and palm.
6. Eat fresh fruits and vegetables, preferably organic, in salads and soups, or lightly steamed.
7. Use whole grains and nuts that have been prepared by soaking, sprouting, crushing or sour leavening to neutralize phytic acid and other anti-nutrients.
8. Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.
9. Prepare homemade meat stocks from the bones of chicken, beef, lamb or fish and use liberally in soups and sauces.
10. Use herb teas and coffee substitutes in moderation.
11. Use filtered water for cooking and drinking.
12. Use unrefined Celtic sea salt and a variety of herbs and spices for food interest and appetite stimulation.
13. Make your own salad dressing using raw vinegar, extra virgin olive oil and expeller-expressed flax oil.
14. Use natural sweeteners in moderation, such as raw honey, maple syrup, dehydrated cane sugar juice and stevia powder.
15. Use only unpasteurized wine or beer in strict moderation with meals.
16. Cook only in stainless steel, cast iron, glass or good quality enamel.
17. Use only natural supplements.
8. Get plenty of sleep, exercise and natural light.
19. Think positive thoughts and minimize stress.
20. Practice forgiveness.

Dietary Dangers

1. Don't eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc.
2. Avoid all refined sweeteners such as sugar, dextrose, glucose and high fructose corn syrup.
3. Avoid white flour, white flour products and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all vegetable oils made from soy, corn, safflower, canola or cottonseed.
6. Do not use polyunsaturated oils for cooking, sautéing or baking.
7. Avoid fried foods.
8. Do not practice strict vegetarianism (vegans); animal products provide vital nutrients not found in plant foods.
9. Avoid products containing protein powders.
10. Avoid pasteurized milk; do not consume low fat milk, skim milk, powdered milk or imitation milk products.
11. Avoid battery-produced eggs and factory-farmed meats.
12. Avoid highly processed luncheon meats and sausage containing MSG and other additives.
13. Avoid rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
14. Avoid canned, sprayed, waxed, bio-engineered or irradiated fruits and vegetables.
15. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neuro-toxins. Most soups, sauce and broth mixes and commercial condiments contain MSG, even if not so labeled.
16. Avoid caffeine-containing beverages such as coffee, tea and soft drinks. Avoid chocolate.
17. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or aluminum-containing deodorants.
18. Do not drink fluoridated water.
19. Avoid synthetic vitamins and foods containing them.
20. Do not drink distilled liquors.
21. Do not use a microwave oven.