

Throughout the globe and for thousands of years, traditional diets have built strong, attractive bodies and ensured lifelong health.



AUSTRALIA*
Game birds & animals, including fat & organ meats, seafood, legumes, nuts, fruit, vegetables



CANADA
Raw milk & butter, eggs, meat & organ meats, cod liver oil, oats, fruit, vegetables



SOUTHERN U.S.
Raw milk & butter, eggs, fish & roe, shellfish, cod liver oil, meat, broth, fruit, vegetables



MELANESIA*
Fish, shellfish, pig, including fat & organs, tubers, coconut, fruit



PERU*
Fish & roe, guinea pig, millet, quinoa, palm oil, potatoes, vegetables



PHILIPPINES
Seafood, fish & fish broth, pig, including fat & organ meats, coconut, rice, vegetables, fruit



ALASKA*
Fish & roe, seal oil, game animals, including fat & organ meats, wild plants



SOUTHWESTERN U.S.
Game animals, including fat & organ meats, insects, corn, legumes, nuts



SWITZERLAND*
Raw milk, butter & cheese, sourdough rye bread, meats & organ meats, vegetables



POLYNESIA*
Fish, shellfish, pig, including fat & organ meats, tubers, coconut, fruit.
This woman is 90 years old.



FLORIDA EVERGLADES*
Game animals, including fat & organ meats, reptiles, birds, fish, shellfish, fruit, vegetables



NORTHERN CANADA*
Game, including fat & organ meats, fish, broth



TEXAS
Raw milk & butter, eggs, meat, organ meats, crawfish, broth, fruit, vegetables



UNITED STATES
Notice the strong, beautiful facial structure of each of the members of Bill Cody's Wild West Traveling Show – these are healthy people. This broad facial structure has become increasingly rare due to the decline in nutrient levels in the modern diet. Native Americans ate game animals, including organ meats & fat; European Americans consumed raw milk and butter, eggs, meat and organ meats.



EAST AFRICA
Fermented goat milk, insects

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Traditional diets maximized nutrients. Modern diets minimize them.

TRADITIONAL DIETS				
Foods from fertile soil	Organ meats (over muscle meats)	Animal fats	Lacto-fermented beverages	Traditional seeds/open pollination
Animals raised on pasture	Raw and/or fermented dairy products	Soaked and/or fermented grains	Traditional cooking	Natural vitamins obtained from foods
Bone broths	Unrefined sweeteners (honey, maple syrup)	Lacto-fermented vegetables	Unrefined salt	

MODERN DIETS				
Foods from depleted soil	Muscle meats (few organ meats)	Vegetable oils	Modern soft drinks	Hybridized and GMO seeds
Animals raised in confinement	Pasteurized dairy products	Refined/extruded grains	Microwave irradiation	Synthetic vitamins added to foods
MSG, artificial flavorings	Refined and artificial sweeteners	Canned/frozen vegetables	Refined salt	

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