

Avoid refined and denatured foods.



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 lowfat milk; refined or hydrogenated vegetable oils; protein powders; synthetic vitamins; or toxic additives and artificial colorings.

First Principle

The first and fundamental feature of traditional diets is the fact that they contained no industrially processed or refined food. In Dr. Price's day, the list of processed food ingredients included white sugar, white flour, canned condensed milk, canned foods and—just coming on the market—industrial seed oils made from cotton seed and corn.

The list is much longer today and includes the following:

- Refined sweeteners (sugar, high fructose corn syrup often labeled “fructose,” agave syrup, maltodextrin, fruit juices and many others) in pastries, cookies, donuts, bars, condiments, muffins, cakes, breads and ice cream.
- Industrially processed oils (soy, canola, corn, cottonseed, safflower and sunflower) in cooking oils, chips, snack foods, fried foods, fast food, salad dressings, mayonnaise, artificial whipped cream, margarine, spreads and condiments.
- White flour in breads, pasta, crackers, cookies and pastries.
- Extruded and puffed grains in breakfast cereals and other products.
- Pasteurized and homogenized milk; lowfat and skim milk.
- Artificial sweeteners (NutraSweet and Splenda) in diet foods.
- Artificial flavors (MSG and many others) in almost all processed foods; artificial salt (usually not labeled) in many processed foods.
- Additives (artificial colorings, dough conditioners, preservatives, modified starches, antifreeze and fiber) in almost all processed foods.
- Plant-based fake meats and plant-based beverages such as soy milk, oat milk, rice milk, etc. Foods containing soy protein and soy protein isolate.
- Foods containing industrial and agricultural chemicals (pesticides and herbicides, including those inserted into seeds through genetic engineering) in all foods that are not organic.

Dr. Price referred to foods containing ingredients like these as “the displacing foods of modern commerce”—not only were they low in nutrients, but they displace traditional foods rich in vitamins and minerals. Moreover, many of these ingredients are overtly toxic. Healthy traditional people never ate these things, and as soon as these foods were introduced into their diets—often by well-meaning missionaries—their health began to decline.

Removing all these ingredients from our diets means that we need to learn to prepare our own foods from real, whole ingredients or learn to purchase prepared traditional foods like naturally cured meats, pâté and liverwurst, sourdough bread, and raw milk and cheese.

One thing you will notice as you make the transition to a Wise Traditions Diet is that in time you will not be as tempted by junk food and fast food as you were before. For example, when you eat plenty of traditional fats (such as butter, lard and coconut oil) your craving for sweets will decline. A dinner of good quality meat and organic vegetables with butter may leave you so satisfied that you don't even think of eating commercial ice cream after your meal. When you eat a breakfast of eggs and bacon instead of cereal with skim milk, you'll be less tempted to get something from a vending machine before lunchtime.

First Principle

Here are some steps you can take—some easy, some more difficult—to make the transition from processed foods to wise traditional foods:

Processed Foods

Instead of margarines and spreads

Instead of cooking oils

Instead of commercial salad dressings

Instead of Cool Whip

Instead of non-dairy creamer

Instead of commercial mayonnaise

Instead of commercial dips

Instead of chips

Instead of typical crackers

Instead of processed snacks

Instead of supermarket bread

Instead of French fries

Instead of fast food fried chicken

Pastries, cake, donuts

Instead of industrial dairy products

Instead of soft drinks

Pizza

Traditional Foods

Use butter—put butter on everything!

Cook in lard or bacon fat.

Make your own with olive oil and vinegar.

Make real whipped cream.

Use real cream or real half-and-half.

Make your own or use a coconut oil-based mayo.

Make your own using sour cream and other healthy ingredients.

Enjoy plain pork cracklings or homemade chips.

Find organic crackers made with olive oil, palm oil or coconut oil.

Eat cheese and salami.

Use the WAPF Shopping Guide to find natural sourdough bread without added oils.

Make your own oven fries using lard or duck fat.

Make your own, fried in lard.

Minimize as best you can (drink a glass of raw milk instead!).

Consume raw whole milk, fermented milk and cream from cows on pasture (now widely available; see realmilk.com).

Drink delicious kombucha, water kefir and other naturally fermented beverages.

Save for a special treat, not every day, and order thin crust pizza (or make your own).

For further information:

Articles

- On modern foods: westonaprice.org/modern-foods/
- On trans fats: westonaprice.org/know-your-fats/trans-fats/
- On the problems with soy: westonaprice.org/soy-alert/
- On desserts and snacks: westonaprice.org/food-features/desserts/

Brochures

- Sugar Alert! (English and Spanish) and Soy Alert!
westonaprice.org/about-us/brochures/

Wise Traditions Podcast westonaprice.org/podcast/

- Episode 13: Principle 1: Avoid Refined or Denatured Food with Sally Fallon Morell
- Episode 228: Just Eat Real Food with Sally Fallon Morell
- Episode 229: Lab to Table with Cyndi O'Meara

Video

- Natural Sweeteners by Sarah Pope:
westonaprice.org/natural-sweeteners-video-by-sarah-pope/

Recipes

- Desserts: westonaprice.org/category/our-blogs/recipe-of-the-week/desserts/
- Snacks: westonaprice.org/category/our-blogs/recipe-of-the-week/snacks/
- Breakfast foods: westonaprice.org/category/our-blogs/recipe-of-the-week/breakfast-foods/