



INTRODUCTION

Are you confused about what to eat? Do you find it difficult to navigate the conflicting claims for different diet plans? There are so many diet plans in circulation these days, each making special claims, so of course the consumer is confused! Here are just a few of them:

- **U.S. Government “My Plate”:** high carbohydrate, low protein, low fat (especially low in animal fats), low salt, high fiber
- **Carnivore Diet:** high protein, high fat, low carbohydrate, few plant foods
- **Paleo Diet:** high protein, low carbohydrate, low fat, no salt, no grains or dairy foods
- **Ancestral:** pasture-raised animal foods, few or no grains, no processed foods
- **Raw Food Diet:** no cooked foods
- **Vegetarian Diet:** no meat
- **Vegan Diet:** no animal foods
- **Juicing Diet:** Mostly juices of raw fruits and vegetables
- **Blood Type Diet:** foods chosen according to blood type
- **Metabolic Typing Diet:** foods chosen according to metabolic type (fast or slow oxidizers)
- **Gluten-Free Diet:** no wheat or other gluten-containing grains
- **Healing Diets** for healing the digestive tract such as GAPS (Gut and Psychology Syndrome), Small Intestine Bacterial Overgrowth (SIBO), Specific Carbohydrate Diet (SCD) and Low Fodmap Diet (LFD). These diets eliminate some or all fermentable carbohydrates (sugar, potatoes, grains, seeds,

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legumes, root vegetables, milk, etc.) to allow the normalization of gut bacteria and healing of the digestive tract.

Unfortunately, these dietary plans share little with the way healthy human beings have eaten for thousands of years.

At the Weston A. Price Foundation, we turn to the pioneering work of Dr. Weston A. Price to answer the question, “What is a healthy diet?” In 1939, Dr. Price published his book *Nutrition and Physical Degeneration* in which he describes the diets of healthy non-industrialized peoples throughout the world. He studied many groups that had perfect dental health (no cavities and naturally straight teeth) and perfect overall health (resistance to both infectious and chronic disease, good fertility and ease of child birth). He found a wide variety of foods in these diets:

- **Swiss Alps:** raw dairy foods (milk, cheese, cream, butter), sourdough rye bread, some meat (including fat, organ meats and broth), vegetables in the summer months.
- **Outer Hebrides of Scotland:** fish and shellfish, including organ meats, especially the liver, oats (as oat cakes and porridge), seaweed.
- **Alaska:** game animals (with fat and organ meats preferred), sea mammals such as seal, fish (often fermented) and a few berries and plant foods in the summer.
- **Australia:** a wide variety of game, fish, sea mammals, insects and plant foods (including nuts, legumes and grains).
- **New Zealand:** a wide variety of seafood, birds, pig and plant foods (including sweet potatoes and yams).
- **Africa:** a wide variety of game (including fat and organ meats), insects, dairy foods (in some tribes) and plant foods (including grains).
- **South Seas:** a wide variety of seafood (including organ meats), pig (including fat and blood), birds and plant foods (including taro, yams, etc.).

Given the variety of foods in traditional diets, many have wondered whether it is possible to come to any conclusions about how to eat! In fact, we can—it is possible to formulate basic principles to guide us through the maze of modern food choices.

The Weston A. Price Foundation advocates eleven principles of healthy, traditional diets. Principles one, two, three and eleven were formulated by Dr. Price, while principles four through ten are derived from subsequent research.

A diet based on these principles is called the Wise Traditions Diet. Families and individuals can apply these principles to a diet that includes a variety of animal and plant foods, or to a diet that is restricted by what's available and affordable; or to a diet that requires the elimination of certain foods (such as grains, dairy foods or certain vegetables) due to food allergies and sensitivities—or simply to a diet determined by individual preferences.

The Wise Traditions Diet does not dictate specific ratios of macronutrients—protein, fat and carbohydrates. This is something people need to work out for themselves. For example, young people who are very active can eat a lot of carbohydrate foods without gaining weight, while those who are older and more sedentary may need to limit carbs. Some people thrive on a high-fat diet, while for others a high-fat diet causes digestive problems. Young active people need more protein than older sedentary people.

Eating according to the principles of the Wise Traditions Diet does not mean we have to eat unfamiliar foods like insects, seal oil or fermented fish. There are modern ways to obtain the nutrients we need using foods that appeal to us—and more importantly, appeal to our children. And the Wise Traditions Diet does not eliminate any category of foods—such as meat, grain, fats or dairy products—but rather emphasizes proper preparation techniques so that most people can include problematic foods in their diet with proper preparation.

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For further information:

Articles

- Characteristics of Traditional Diets: westonaprice.org/health-topics/abcs-of-nutrition/characteristics-of-traditional-diets/
- The Right Price: westonaprice.org/health-topics/abcs-of-nutrition/the-right-price/
- On WAPF guidelines: westonaprice.org/abcs-of-nutrition/wapf-guidelines/
- On making the transition: westonaprice.org/making-it-practical/making-the-transition/
- On traditional foods: westonaprice.org/traditional-diets/

Request a free copy of our brochure:

- Timeless Principles of Healthy Traditional Diets (English, Spanish, French): westonaprice.org/infopack

Wise Traditions Podcast westonaprice.org/podcast/

- Episode 1: Introduction to Wise Traditions
- Episode 9: An Overview of WAPF's Principles with Sally Fallon Morell
- Episode 155: The "Isaac Newton of Nutrition" with Chris Masterjohn, PhD
- Episode 162: A Wise Diet with Sally Fallon Morell
- Episode 225: Wise Principles for Every Diet with Sally Fallon Morell

Videos

- Introductory videos: westonaprice.org/category/video/
- DVDs: Cooking videos with Sally Fallon Morell: westonaprice.org/store/
- DVD: Seminar on Tradition Diets: newtrendspublishing.com/dvds-newtrends-publishing/

NOTE: Our journals and brochures are available online as well as in paper version. Use our shopping cart on westonaprice.org or call us to order the paper versions, (703) 820-3333.