

Traditional Diets Maximized Nutrients	Modern Diets Minimize Nutrients
Foods from fertile soil	Foods from depleted soil
Organ meats preferred over muscle meats	Muscle meats preferred, few organ meats
Natural animal fats	Processed vegetable oils
Animals on pasture	Animals in confinement
Dairy products raw and/or fermented	Dairy products pasteurized or ultrapasteurized
Grains and legumes soaked and/or fermented	Grains refined and/or extruded
Soy foods given long fermentation, consumed in small amounts	Soy foods industrially processed, consumed in large amounts
Bone broths	MSG, artificial flavorings
Unrefined sweeteners	Refined sweeteners
Lacto-fermented vegetables	Processed, pasteurized pickles
Lacto-fermented beverages	Modern soft drinks
Unrefined salt	Refined salt
Natural vitamins occurring in foods	Synthetic vitamins taken alone or added to foods
Traditional cooking	Microwave, irradiation
Traditional seeds, open pollination	Hybrid seeds, GMO seeds