



CONCLUSION

Everything that traditional peoples did with their food resulted in the maximization of nutrients—from their agricultural practices, to their food choices, to their preparation techniques. We can do the same with our modern diets—it just requires care in purchasing our foods and attention to detail when we prepare them.

And there is no price to pay, no renunciation. A traditional diet is satisfying and delicious; it is an inclusive diet, not one that excludes major food groups. A healthy traditional diet includes wonderful foods like pâté, caviar and butter; whole milk and cheese; properly prepared grains and legumes; sauces and gravies; generously applied salt; refreshing lacto-fermented foods; healthy soft drinks; and even naturally sweetened desserts.

The Weston A. Price Foundation (WAPF) helps people find these foods. You can find where raw milk is available through its sister website, realmilk.com. WAPF chapter leaders keep a list of local food resources, including farms, co-ops and stores. The WAPF shopping guide lists over thirteen thousand approved products by brand name. For more information, visit westona-price.org/find-nutrient-dense-foods/ or phone the WAPF office at (703) 820-3333.

The rewards for following the Eleven Principles are great: freedom from aches and pains; increased energy and mental acuity; protection against chronic disease; optimism and the lifting of depression; a graceful and energetic old age; and most importantly, healthy children to carry on wise food traditions for future generations.

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