

Characteristics of Traditional Diets #2



Animal Products

All traditional cultures consume some sort of animal food, such as fish and shellfish; land and water fowl; land and sea mammals; eggs; milk and milk products; reptiles; and insects. The whole animal is consumed - muscle meat, organs, bones and fat, with the organ meats and fats preferred.

Further Reading

[Grass Fed Beef](#)

[Broth is Beautiful](#)

[Why Butter is Better](#)

[Benefits of Animal Fats](#)

[Myths & Truths](#)

[Nourishing Traditions Cookbook](#)

[Weston A. Price Foundation -
Traditional Diets](#)

Dietary guidelines based on the findings...

Beef, lamb, game, organ meats, poultry and eggs from pasture-fed animals.

(note...although organ meats are not popular in modern cultures, they are a superfood with concentrated nutrients useful especially in times of growth such as pregnancy & childhood and in times of convalescence)

Eat wild fish (not farm raised) and shellfish from unpolluted waters.

Use animal fats, especially butter liberally.

Prepare homemade meat stocks from the bones of chicken, beef, lamb, and fish and use liberally in soups, stews, gravies and sauces.

Taken from...

Research by Dr, Weston A. Price, a dentist, in the 1930's in response to the rampant dental decay and structural problems he witnessed in his practice. His research involved a ten year study of the health of populations untouched by western civilization. His studies revealed that dental caries and deformed dental arches resulting in crowded, crooked teeth are the result of nutritional deficiencies within one generation, not genetic defects. His work is published in the landmark resource, *Nutrition and Physical Degeneration*, and is carried on today through the [Weston A. Price Foundation](#).

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