



Fat Content and Calories

Total fat content of traditional diets varies from 30 percent to 80 percent of calories but only 4 percent of calories come from polyunsaturated oils naturally occurring in grains, legumes, nuts, fish, animal fats and vegetables. The balance of fat calories is in the form of saturated and monosaturated fatty acids.

Further Reading

[Taking the Fear Out of Eating Fat](#)

[Healthy Dietary Fats](#)

[FAQ-Fats and Oils](#)

[The Cholesterol Myths](#)

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

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Note: Modern research on individuality based on the autonomic nervous system and culture of origin supports this finding. Practically speaking, some people find they have more energy and positive emotions when they are on a primarily vegetarian diet with only 30% of calories coming from fat. Most of that fat being nuts, seeds, fish and tropical oils. Others find that grass fed beef almost daily along with a diet higher in saturated fats leaves them with more energy and positive emotions.

Dietary guidelines based on the findings...

Use animal fats, especially butter, liberally. Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents. Butter also contains a number of anti-oxidants that protect against the kind of free radical damage that weakens the arteries. Butter is a very rich source of selenium and Vitamins A and E, all important anti-oxidants.

Use traditional vegetable oils only-extra virgin olive oil, expeller-expressed sesame oil, small amounts of expeller-expressed flax oil, and the tropical oils-coconut oil, palm oil, and palm kernel oil. These oils are physiologically functioning foods and vital to the health of your arterial system.

Taken from...

Research by Dr, Weston A. Price, a dentist, in the 1930's in response to the

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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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