

Weston A. Price Foundation Dietary Guidance *Green = Recommended Add-Ins*

1. Eat whole, unprocessed foods.
 2. Eat beef, lamb, game, organ meats, poultry and eggs from pasture-fed animals.
 3. Eat wild fish (not farm-raised), fish eggs and shellfish from unpolluted waters.
 4. Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw milk, whole yogurt, kefir, cultured butter, full-fat raw cheeses and fresh and sour cream.
 5. Use animal fats, such as lard, tallow, egg yolks, cream and butter liberally.
 6. Use only traditional vegetable oils—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.
 7. Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D per day.
 8. Eat fresh fruits and vegetables, preferably organic. Use vegetables in salads and soups, or lightly steamed with butter.
 9. Use organic whole grains, legumes and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid, enzyme inhibitors and other anti-nutrients.
 10. Include enzyme-rich lacto-fermented vegetables, fruits, beverages and condiments in your diet on a regular basis.
 11. Prepare homemade stocks from the bones of pastured poultry, beef, pork and lamb fed non-GMO feed, and from wild seafood. Use liberally in soups, stews, gravies and sauces.
 12. Use filtered water for cooking and drinking.
 13. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.
 14. Make your own salad dressing using raw vinegar, extra virgin olive oil and a small amount of expeller-expressed flax oil.
 15. Use traditional sweeteners in moderation, such as raw honey, maple syrup, maple sugar, date sugar, dehydrated cane sugar juice (sold as Rapadura) and green stevia powder.
 16. Use only unpasteurized wine or beer in strict moderation with meals.
 17. Cook only in stainless steel, cast iron, glass or good quality enamel.
 18. Use only natural, food-based supplements.
 19. Get plenty of sleep, exercise and natural light.
 20. Think positive thoughts and practice forgiveness.
1. Do not eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc. Read labels!
 2. Avoid all refined sweeteners such as sugar, dextrose, glucose, high fructose corn syrup and fruit juices.
 3. Avoid white flour, white flour products and white rice.
 4. Avoid all hydrogenated or partially hydrogenated fats and oils.
 5. Avoid all industrial polyunsaturated vegetable oils made from soy, corn, safflower, canola or cottonseed.
 6. Avoid foods cooked or fried in polyunsaturated oils or partially hydrogenated vegetable oils.
 7. Do not practice veganism. Animal products provide vital nutrients not found in plant foods.
 8. Avoid products containing protein powders as they usually contain carcinogens or damaged proteins formed during processing. Likewise, avoid lean meat, skinless poultry, reduced-fat milk and egg whites without the yolks. Consumption of protein without the cofactors occurring in animal fats can lead to deficiencies, especially of vitamin A.
 9. Avoid processed, pasteurized milk; do not consume ultrapasteurized milk products, lowfat milk, skim milk, powdered milk or imitation milk products.
 10. Avoid factory-farmed eggs, meats and fish.
 11. Avoid highly processed lunch meats and sausage.
 12. Avoid rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
 13. Avoid canned, sprayed, waxed and irradiated fruits and vegetables. Avoid genetically modified foods (found in most soy, canola and corn products).
 14. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and most commercial condiments contain MSG, even if not indicated on the label.
 15. Avoid caffeine and related substances in coffee, tea and chocolate.
 16. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or deodorants containing aluminum.
 17. Do not drink fluoridated water.
 18. Avoid synthetic vitamins and foods containing them.
 19. Avoid distilled liquors.
 20. Do not use a microwave oven.