

Characteristics of Traditional Diets #4



Animal Foods & Raw Foods

All traditional cultures cooked some of their food but all consumed a portion of their animal foods raw.

Dietary guidelines based on the findings...

Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw milk, whole yogurt, kefir, cultured butter, whole raw cheeses and fresh and sour cream. (Imported cheeses that say "milk" or "fresh milk" on the label are raw.)

Use animal fats, especially butter liberally.

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](#).

Further Reading

[Grass Fed Beef](#)

[Why Butter is Better](#)

[Raw Milk](#)

[Raw Foods](#)

[Myths & Truths](#)

[Nourishing Traditions Cookbook](#)

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