

Wise Foods for Healthy Families Local Farms Our Environment

The Weston A. Price Foundation For Wise Traditions

Wise Foods for Healthy Families

Good Health Is Our Birthright

Natural immunity, vitality, normal growth, an optimistic outlook, a keen mind, good bone structure, straight teeth and freedom from cavities, cancer, heart disease and chronic illness is our legacy when we eat foods provided by nature.

Modern Foods Destroy Our Health

Most chronic diseases – including mental and behavioral problems – are caused or exacerbated by our modern diets. Evidence continues to mount linking chronic diseases with modern foods. Yet much nutritional advice today falsely promotes the consumption of processed food and makes us afraid to eat our ancestral foods.

Animal Fats Are Essential

Our bodies require nutrient-dense animal food, especially animal fats, to be healthy, generation after generation. Our cells, bones, brain, heart, lungs, kidneys and reproductive organs all require animal fats to function properly.

Wise Foods Will Restore Your Health

By consuming nutrient-dense foods we can restore our own health and provide the gift of good health to the next generation.

A Trustworthy Source of Information

The Weston A. Price Foundation website provides scientifically sound articles on the benefits of traditional foods based on research untainted by agribusiness and pharmaceutical industry money. We provide practical advice for returning nutrient-dense foods to family diets and our local chapters can help you locate healthy foods close to home.

Wise, Healthy Foods

- Butter, cream and whole raw milk
- Organ meats, such as liver

- Pasture-fed meats, dairy and eggs
- Wild fish, shellfish and fish roe
- Organic vegetables and fruits
- Traditional lacto-fermented soft drinks
- Homemade bone broths
- Properly prepared whole grains and traditional sourdough breads
- Unrefined salt

Foods to Avoid

- Low-fat and fat-free products
- Modern soy foods
- Pasteurized, homogenized dairy
- Margarine and trans fats
- Processed vegetable oils
- Dry breakfast cereals
- Artificial sweeteners and additives
- Fast foods and sodas
- Refined sugar and fruit juices
- White flour products
- Factory-raised meat and farm-raised fish

Surprising Food Facts

- Animal fats do not cause heart disease, cancer and obesity but actually protect us against these conditions.
- Modern soy foods contribute to thyroid problems, digestive disorders and endocrine disruption.
- Low-fat diets can lead to many health problems, including emotional instability.
- Vegetarians do not live longer; vegan diets do not protect against cancer and heart disease.

Wise Foods for Sustainable Farms, a Clean Environment and Local Prosperity

Non--toxic farming produces food that is grown in healthy, mineral-rich soil and that is free of chemical fertilizers herbicides, pesticides and hormones.

Pasture-fed livestock are healthier animals that live outdoors eating green grass and soaking up sunshine to produce more nutritious meat, milk and fat.

Biodiversity is maintained through crop rotation and natural pest control as compared to the single crop planting and soil depletion typical of large industrial farms using untested genetically modified organisms (GMOs).

Locally grown food reduces transportation costs, traffic, packaging waste, pollution and dependence on foreign oil while providing fresher foods and healthier local economies.

Local value-added products such as cheese, butter, raw milk, sausage, bone broth, artisan sourdough breads and healthy lacto-fermented beverages and condiments bring prosperity to small towns and rural areas.

Dr. Weston A. Price, DDS

In the 1930s, Dr. Weston A. Price, a dentist from Ohio, travelled the world to study the diets of indigenous peoples who exclusively ate local traditional foods. He compared their glowing good health, freedom from tooth decay, excellent bone structure and mental stability to the Americans of his day, who were suffering from dental problems, mental illness, allergies, arthritis, asthma, heart disease, and cancer.

What Dr. Price discovered:

- Traditional diets contain abundant minerals and vitamins, especially vitamins A and D found in seafood, eggs and the fat and organ meats of grass-fed animals.
- When indigenous people adopted processed and denatured foods such as white flour, sugar, canned foods, vegetable oils and pasteurized and reduced-fat dairy products, they developed the same chronic diseases that plague us today.

The Weston A. Price Foundation

The Weston A. Price Foundation is a non-profit nutrition education foundation dedicated to continuing Dr. Price's work and returning nutrient-dense foods to our diet by supporting:

- Accurate, up-to-date nutrition information
- Organic and biodynamic farming
- Pasture-fed livestock
- Community-supported farms
- Honest and informative labeling
- Technology that helps retain nutrients in our food, rather than destroy them.

This is fostered through a worldwide network of local chapters, a quarterly magazine, educational flyers and brochures, a yearly shopping guide, an annual conference, and activism on the state and federal levels.

For more information, visit www.westonaprice.org.