



Traditional vs. Modern Diets

Traditional diets maximize nutrients.
Modern diets minimize them.

TRADITIONAL DIETS	MODERN DIETS
Foods from fertile soil	Foods from depleted soil
Animals raised on pasture	Animals raised in confinement
Bone broths	MSG, artificial flavorings
Organ meats (over muscle meats)	Muscle meats (few organ meats)
Raw and/or fermented dairy products	Pasteurized dairy products
Unrefined sweeteners (honey, maple syrup)	Refined and artificial sweeteners
Animal fats	Vegetable oil
Soaked and/or fermented grains	Refined / extruded grains
Lacto-fermented vegetables	Canned / frozen vegetables
Lacto-fermented beverages	Modern soft drinks
Traditional cooking	Microwave oven
Unrefined salt	Refined salt
Traditional seeds/open pollination	Hybridized and GMO seeds
Natural vitamins obtained from foods	Synthetic vitamins added to foods