

Healthy 4 Life



Dietary Guidelines

from the Weston A. Price Foundation

for Cooking and Eating

Healthy, Delicious, Traditional Whole Foods

Life in all its fullness
is Mother Nature obeyed.

Weston A. Price, DDS

ABOUT THE FOUNDATION

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston Price, whose studies of isolated nonindustrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that humans achieve perfect physical form and perfect health generation after generation only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy formula for infants.

The Foundation seeks to establish a laboratory to test nutrient content of foods, particularly butter produced under various conditions; to conduct research into the "X Factor," discovered by Dr. Price; and to determine the effects of traditional preparation methods on nutrient content and availability in whole foods.

The board and membership of the Weston A. Price Foundation stand united in the belief that modern technology should be harnessed as a servant to the wise and nurturing traditions of our ancestors rather than used as a force destructive to the environment and human health; and that science and knowledge can validate those traditions.

The Foundation's quarterly journal, *Wise Traditions in Food, Farming, and the Healing Arts*, is dedicated to exploring the scientific validation of dietary, agricultural and medical traditions throughout the world. It features illuminating and thought-provoking articles on current scientific research; human diets; non-toxic agriculture; and holistic therapies. The journal also serves as a reference for sources of foods that have been conscientiously grown and processed.

The Foundation has developed these guidelines as an alternative to the unscientific and unhealthy USDA dietary guidelines and food pyramid.

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Introduction

ARE YOU CONFUSED?

Are you confused about what to eat? Do you have trouble choosing foods to buy for your family, foods that will be both healthy and delicious?

The Weston A. Price Foundation is happy to provide our **Healthy 4 Life** dietary guidelines as an alternative to the USDA Food Pyramid guidelines.

If you try to follow the USDA dietary guidelines and food pyramid, you may end up eating too many carbohydrate foods and not enough healthy protein and fat. The USDA guidelines can result in your not eating enough of certain vitamins and minerals that you need to be healthy.

The **Healthy 4 Life** dietary guidelines are easy to follow – you do not need to count calories or servings to follow these guidelines – and they provide foods that are satisfying, delicious to eat and healthy for your whole family.

More important than counting servings or calories is purchasing unprocessed foods of good quality. This means animal foods that come from animals allowed to graze outdoors on pasture; and grains, legumes, fruits and vegetables raised without chemical sprays.

The Weston A. Price Foundation can help you find these foods. Visit our website, www.westonaprice.org, and click on “Find A Local Chapter” to find a chapter near you. The chapter will provide you with a list of farmers, artisanal producers, stores, co-ops and buying clubs that provide healthy, clean, nutritious foods.

The Weston A. Price Foundation also publishes a *Shopping Guide* that is updated every year. The shopping guide will help you make the healthiest choices when you shop in a supermarket or health food store. To obtain one, go to our website, www.westonaprice.org, and click on “Order Materials”; or call the Foundation at (202) 363-4394.

Americans are facing a very tragic health crisis. More and more adults are suffering and dying early from heart disease, cancer and other medical problems; and more and more children are afflicted with learning disorders, behavior problems, failure to thrive, frequent infectious illness, asthma, allergies and autism. These conditions can be helped and even prevented by eating a diet of nutrient-dense foods, the kind of foods our ancestors ate to be healthy and strong.

HEALTHY 4 LIFE

Dietary Guidelines from the Weston A. Price Foundation

Every day, eat high quality whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

1

ANIMAL FOODS: Meat and organ meats, poultry, and eggs from pastured animals; fish and shellfish; whole raw cheese, milk and other dairy products from pastured animals; and broth made from animal bones.



HEALTHY 4 LIFE

Dietary Guidelines from the Weston A. Price Foundation

Every day, eat high quality whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

2

GRAINS, LEGUMES & NUTS: Whole-grain baked goods, breakfast porridges, whole grain rice; beans and lentils; peanuts, cashews and nuts – all properly prepared to improve digestibility.



HEALTHY 4 LIFE

Dietary Guidelines from the Weston A. Price Foundation

Every day, eat high quality whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

3 VEGETABLES & FRUIT: Fresh or frozen, preferably locally grown, either raw, cooked or in soups and stews, and also as lacto-fermented condiments.



HEALTHY 4 LIFE

Dietary Guidelines from the Weston A. Price Foundation

Every day, eat high quality whole foods to provide an abundance of nutrients, chosen from each of the following four groups:

FATS & OILS: Unrefined saturated and mono-unsaturated fats including butter, lard, meat fats, poultry fat and other animal fats; palm and coconut oils; olive oil; cod liver oil for vitamins A and D.

4



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These foods can cause many health problems including poor growth in children, learning disabilities and behavior problems, allergies, asthma, arthritis, heart disease, cancer and auto-immune problems.

HEALTHY 4 LIFE

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Eating a healthy diet does not mean you have to eat foods that you don't like. There are plenty of healthy foods that are also delicious. These foods will make you feel good, protect you from disease and keep you at a healthy weight.

FOODS TO AVOID

Polyunsaturated and partially hydrogenated vegetable oils used in processed foods, chips, snack foods, cookies, pastries, for cooking oils and for fried foods, which science has shown to cause numerous serious health problems.

Foods containing refined sweeteners such as candies, sodas, cookies, ice cream and cakes.

White flour products such as pasta, white bread, rolls and bagels.

Processed foods and fast foods containing many additives, including MSG and hydrolyzed vegetable protein; these are poisonous to the nervous system and can cause weight gain.

Modern soy foods, such as soy protein, soy protein isolate, soy milk, tofu and hydrolyzed vegetable protein, which can cause digestive problems, hormone disruption and thyroid disease.

Artificial sweeteners such as aspartame (Equal and Nutrasweet) and sucralose (Splenda), which are added to diet sodas and weight loss foods. These are toxic to the nervous system and may even cause weight gain.

Stimulating foods containing caffeine and caffeine-like substances, such as coffee, tea, sodas, energy drinks and chocolate.

HEALTHY CHOICES

INSTEAD OF vegetable oil, margarine, spreads and vegetable shortening, **use butter, lard, bacon drippings, meat fats, olive oil and coconut oil.**

INSTEAD OF foods containing refined sweeteners such as candies, sodas, cookies, ice cream and cakes, **use natural sweeteners like honey and maple syrup to make homemade cookies, ice cream and other nutritious desserts.**

INSTEAD OF white flour products such as pasta, white bread, rolls and bagels, **use whole grain sourdough or sprouted grain breads and minimize white flour products.**

INSTEAD OF processed foods and fast foods containing many additives like MSG and hydrolyzed vegetable protein, **use natural home-cooked foods, real herbs and spices, and sauces made from homemade bone broths.**

INSTEAD OF modern soy foods, such as soy protein, soy protein isolate, soy milk, tofu and hydrolyzed vegetable protein, **drink whole raw milk and eat nourishing foods like cheese, eggs and meat.**

INSTEAD OF polyunsaturated and partially hydrogenated vegetable oils for cooking and for fried foods, **use butter and olive oil, and cook in healthy traditional fats like lard, poultry fat, butter, ghee and tallow.**

INSTEAD OF lowfat and diet foods, **use whole, natural foods that contain the fats you need to prevent overeating and maintain a healthy metabolism.**

ABOUT ANIMAL FOOD

All cultures, from all over the world, eat animal foods, usually on a daily basis. Animal products include:

RED MEAT like beef, lamb, pork, buffalo and game

ORGAN MEATS like liver, bone marrow and kidney

POULTRY like chicken, turkey, duck and goose, including the skin

FISH like salmon, trout, halibut, tilapia and sole

SHELLFISH like crab, lobster, shrimp, oysters and mussels

EGGS fixed scrambled, fried, boiled, poached, in omelets, and added to other foods

WHOLE MILK and dairy products like cheese and yogurt

Animal foods supply important nutrients that we cannot get from other foods. These nutrients include:

COMPLETE PROTEIN for building the body

VITAMIN B12 for healthy blood and brain

VITAMIN A for healthy eyes, skin and brain

VITAMIN D for protection against depression and disease

VITAMIN K2 for healthy blood, bones and brain

CHOLESTEROL for building the brain and intestinal tract in growing children

SPECIAL TYPES OF FATS for normal growth, learning and memory, and protection against disease

Animal foods are also better sources of many nutrients than plant foods. These nutrients include:

CALCIUM for healthy bones

COPPER for healthy blood

MAGNESIUM for healthy cells

IRON for healthy blood and good energy

ZINC for healthy brains and protection against infection

VITAMIN B6 for freedom from disease

These are important nutrients for building a healthy body and keeping it strong!



FOR MORE INFORMATION: www.westonaprice.org.

SHOULD WE BE VEGETARIANS?

These days it is a very popular practice to be a vegetarian, that is, to eat no meat or fish. Some people even adopt a vegan diet, eating no animal foods at all, not even dairy products or eggs.

People who promote vegetarianism and veganism claim that this diet is healthier than a diet containing animal foods. Sometimes they say that if you don't eat meat, you won't get cancer or heart disease. This claim is not true. The heart is a muscle that requires the nutrients found in animal foods. And vegetarians and vegans can develop cancer; in fact, some types of cancer are more common in vegetarians than non-vegetarians.

The problem with a vegetarian, and especially a vegan, diet is that sooner or later it leads to deficiencies. Complete protein, healthy fats, important minerals like iron and zinc, and critical vitamins A, D, K₂ and B₁₂ will be lacking in a diet low in animal foods. Over time these deficiencies can lead to low energy, difficulty concentrating and then to serious health problems.

Vegetarianism and veganism are especially popular among teenagers and young adults. Unfortunately, this is just the age when these future parents need a nutrient-dense diet containing animal foods to prepare them for having healthy children. Vegetarianism can often lead to infertility and, in children, can result in failure to grow properly. One of the earliest signs of deficiency in children raised on a vegan or vegetarian diet is serious tooth decay.

Many people embrace vegetarianism out of concern for the welfare of animals. They reason that if they don't eat animal foods, they will not contribute to the suffering of animals. It is true that our modern agricultural system treats animals very cruelly, keeping them in confinement in deplorable conditions. However, an alternative exists in the pasture-based farming system, where animals live happy, healthy lives in the open, eating green grass and enjoying the sunlight. They are then killed quickly and painlessly. Animals living in the wild often die of starvation or are painfully killed by predators.

Human beings are omnivores, meaning that they need both animal and plant foods to be healthy. Animals that eat only plants have several stomachs, while human beings and other omnivores have only one stomach. And in many other ways, humans resemble meat-eating animals like dogs more than plant-eating animals like cows and sheep.

FOR MORE INFORMATION:

www.westonaprice.org/take-a-guided-tour/vegetarians.html

NUTRIENTS IN ANIMAL FOODS THAT PROTECT AGAINST CANCER

VITAMIN A strengthens the immune system and helps the body detoxify.

VITAMIN D is very protective against breast and colon cancer.

VITAMIN B6 is needed for special enzymes that protect us against cancer.

VITAMIN B12 is found only in animal foods; deficiencies of this vitamin are associated with higher rates of cancer.

CLA conjugated linoleic acid is a special fat found in the fats of grass-fed animals; it protects against breast cancer and possibly other types of cancer.

CHOLESTEROL is a potent antioxidant that protects against free radicals in cell membranes. People with low levels of cholesterol tend to be more prone to cancer.

CO-ENZYME Q10 is highly protective against cancer.

SATURATED FATS help the immune system to function properly.

MEAT & BONES

All over the world, when people eat meat, they also use the bones to make nourishing stock or broth. Then they use the broth to make delicious soups, sauces and stews. Bone broths provide calcium and phosphorus for your own bones, in a form that is very easy for the body to use; they provide nutrients that help build healthy joints and cartilage; they help the body detoxify; and they help the body digest food.

OXTAIL BROTH

About 4 pounds oxtails
1/4 cup white vinegar
2 carrots, peeled and chopped
1 onion, chopped
3 sticks celery, chopped
2 teaspoons dried herbs

Place oxtails in a large flame-proof baking pan and bake at 400 degrees until browned. Place in a crock pot with remaining ingredients. Place the baking pan over a burner and add some water to the pan. Bring to a boil and stir around, scraping up all the residue in the pan. Add this water to the crock pot along with enough water to cover the bones. Bring to a simmer and skim off any scum that rises to the top. Cover and simmer about 12 hours. (You may also prepare broth in a stock pot.)

Let the broth cool, remove the bones and vegetables with a slotted spoon, and strain the broth into a bowl. Chill and remove any fat that comes to the top.

Transfer to plastic containers and store in the refrigerator if you plan to use the broth within three days. For long-term storage, store in the freezer. You can use this broth in nourishing soups, stews and sauces, or drink like tea in a mug. Makes about 3 quarts.



EASY RICH CHICKEN BROTH

Enough chicken bones to fill a 3-quart pot
1/4 cup white vinegar
1 onion, chopped
2 carrots, peeled and chopped
3 sticks celery, chopped

You can use bones left over from a cooked chicken, or buy chicken necks and backs. Place the bones in a baking pan and roast at 350 degrees until well browned. Place in a stock pot and fill the pot with cold water. Add the vinegar and vegetables and bring to a simmer. Skim any scum that rises to the top of the water. Cover and simmer for several hours or overnight. (You can also make broth in a crock pot.) Let the broth cool and remove vegetables and bones with a slotted spoon. Pick the small amount of meat off the bones and use in soups and salads. Allow the broth to cool, strain into plastic containers and store in the refrigerator if you plan to use the broth within three days. For long-term storage, store in the freezer. Makes about 2 quarts.

NOTE: You can also make this broth with a whole chicken so you will have a lot of chicken meat to use in dishes like chicken curry, chicken salad, chicken à la king, soup, tacos and burritos. In addition, buying a whole chicken rather than chicken parts is very economical.

To make broth with a whole chicken, remove the liver and gizzards from the cavity and place the chicken and organ meats in a large pot. Add vinegar and vegetables and cover with cold water. Follow the directions above. The meat can be stored in a covered glass or stainless steel container for several days.

THE WHOLE CHICKEN

The most economical way to eat chicken is to purchase the whole chicken. You can cook the chicken in water, using the recipe for chicken broth on page 13, or you can cut the chicken in pieces and prepare in the oven or even on the barbeque.

EASY BAKED CHICKEN

1 whole chicken, cut up into pieces
4 tablespoons butter
2 tablespoons prepared mustard, such as Dijon mustard
2 tablespoons dried fresh herbs such as thyme or tarragon
unrefined salt and freshly ground pepper
4 cups homemade chicken broth (page 13)
1 cup cream or sour cream

Place the chicken pieces in a flame-proof baking pan (not glass), skin side up. Melt butter in a small pan and add the mustard and herbs. Spread this mixture over the chicken pieces and sprinkle with unrefined salt and freshly ground pepper. Bake at 350 degrees for about 1 1/2 hours or until the chicken is golden brown. Transfer chicken pieces to a platter and keep in a warm oven while making the sauce. Place the baking pan on the stove over medium heat. Pour in broth and bring to a boil, stirring to loosen the drippings, and keep at a boil to reduce the sauce to about two cups. Add cream and simmer a few minutes. Add more mustard and herbs, if desired. Serve the hot sauce with the chicken. Serves 4-6.

BARBEQUED CHICKEN

1 whole chicken, cut into quarters
1 cup barbeque sauce (page 69)

Brush the sauce onto the chicken pieces and cook on a barbeque over a low flame, about 1/2 hour on each side. The chicken will be most tender if the flame is very low and the top of the barbeque is closed. Serves 4-6.

CHICKEN SALAD

about 2 cups leftover chicken
1 cup celery, chopped
1 bunch green onions, chopped
1 1/2 cups curried mayonnaise (page 69)
1/2 cup nut crunchies (page 45) or coconut sprinkles (page 72)

You can use leftover chicken for this recipe. Cut the chicken up into small pieces and mix with celery, onions and curried mayonnaise. Place in a bowl and sprinkle with almond crunchies or coconut sprinkles. Serve with sliced tomatoes, wedges of fresh melon, pineapple slices or bunches of grapes.

Serves 3-4.

CHICKEN CURRY

about 3 cups leftover chicken
1 medium onion, peeled and chopped
3 tablespoons butter or ghee
2 tablespoons unbleached white flour
2 tablespoons curry powder
2 cups homemade chicken broth
1 cup cream or sour cream
toppings: raisins, chopped peanuts, chopped green onions, sour cream

You can use leftover chicken for this recipe. Cut chicken into small pieces and set aside. Melt the butter or ghee in a pot over medium heat. Add the onion and sauté, stirring, until golden. Add flour and curry powder and cook for about three minutes, stirring constantly. Add chicken broth and stir with a whisk to remove any lumps. Reduce heat to low and stir in the chicken and cream. Simmer about 15 minutes.

Serve the curry over brown rice (page 38) with bowls of toppings, such as raisins, chopped peanuts, chopped green onions and chopped cilantro. Serves 4-6.

OLD-FASHIONED STEWS

People have forgotten how to make old fashioned stew – chunks of tender red meat in a broth or gravy with lots of vegetables; yet stews are very satisfying and nutritious. There are hundreds of ways to make stew; here is one easy way.

EASY RED MEAT STEW

2 pounds meat (beef, pork, goat, lamb or venison), cut into 2-inch chunks several pieces of bone, such as tail or knuckle bone
1 jar organic tomato paste
1/4 cup butter, ghee, bacon drippings, lard or beef fat
fresh herbs such as thyme or rosemary, tied together with a string
a few small pieces of orange peel
4 cups oxtail broth (page 12) or water
1 cup red wine or 1/2 cup red wine vinegar
4 cups root vegetables (choose from potatoes, carrots, turnips, rutabagas, parsnips, and/or baby onions), peeled and cut into chunks
unrefined salt and freshly ground pepper

Brush the pieces of meat and bone with tomato paste. Place them in a large oven- and flame-proof casserole along with 1/4 cup fat. Place in a 350 degree oven and bake with the top off until the pieces are browned, turning once.

On the top of the stove add the broth or water and red wine or vinegar and bring to a boil. Add the pieces of orange peel and the fresh herbs. Place the pot back in the oven at the temperature of 250 degrees with the lid slightly off. Cook for several hours until the meat is very tender.

One hour before serving, add the vegetables. When the vegetables are tender, the stew is ready to serve. Remove the pieces of bone before serving and season to taste with unrefined salt and freshly ground pepper. Serves 4-6.



NOTE: For busy families, make a double recipe and freeze some to reheat later. Use leftovers for red meat tacos (page 20).

BEEF BURGUNDY

1 chuck roast, about 3 pounds, cut into 1-inch pieces
2 cups burgundy wine
1/2 cup unbleached white flour
unrefined salt and freshly ground pepper
4 tablespoons lard, bacon fat or butter
2 cups oxtail broth (page 12)
2 teaspoons dried Italian herbs
2 cloves garlic, peeled and crushed
1/2 pound mushrooms, sliced
1 pound pearl onions, ends and skins removed
4 tablespoons lard, bacon fat or butter

Preheat oven to 250 degrees. Mix the meat pieces with 1 cup burgundy and allow to marinate at room temperature, covered, for several hours. Discard the wine. Using paper towels, dry the pieces of meat very well and dredge in a mixture of white flour, unrefined salt and freshly ground pepper. Melt 4 tablespoons lard, bacon fat or butter in a flame-proof stew pot. Brown the meat over medium high heat, several chunks at a time; when the pieces are well browned, transfer them to a plate with a slotted spoon. When all the meat is browned, add the remaining 1 cup wine and the oxtail broth to the stew pot, bring to a boil and stir with a metal spoon to remove any residue sticking to the bottom of the pot. Return the meat to the pot and add herbs and garlic. Cover with a lid set slightly off the pot (to allow steam to escape), and cook in preheated oven for several hours.

Meanwhile, sauté mushrooms in 4 tablespoons lard, bacon fat or butter. Remove with a slotted spoon and sauté onions in the remaining fat. Add mushrooms and onions to meat just before serving. Serves 6-8.

ORGAN MEATS

In all cultures that eat meat, people also eat the organ meats (sometimes called variety meats), such as the liver, brain, marrow, kidneys and chitterlings. Although many people avoid these types of foods today, we should eat them, because these foods have many times more nutrients than meat – they are very rich in iron, phosphorus, zinc, vitamins A, D, B6 and B12, and special fats for the brain.

In Europe, organ meats are often put into sausages and liver spreads; here in the U.S., people eat liverwurst, a very healthy food. You can also mix ground-up organ meats with ground beef to make meat loaf or chili. It is important to eat liver or some kind of organ meat at least once a week. This is a wonderful food to give to babies!

CHICKEN LIVER PÂTÉ

1 pound chicken livers
1/4 cup butter, ghee, lard or bacon drippings
1 cup homemade chicken broth
1 teaspoon dry mustard
1 clove garlic, crushed
1/2 teaspoon dried dill
1/2 teaspoon powdered rosemary
2-3 tablespoons soft butter
unrefined salt to taste

In a skillet, melt the 1/4 cup fat. Pat chicken livers dry with a paper towel and brown on both sides in the fat. Add broth, dry mustard, garlic, dill and rosemary and bring to a boil. Let the liquid boil down until almost gone. Use a rubber spatula to transfer the livers and all the liquid into a blender or food processor, along with the soft butter. Blend until smooth and add unrefined salt to taste. Use a rubber spatula again to transfer the mixture into a small bowl. Cover and refrigerate. Serve on toasted bread or crackers, use in sandwiches, or spread on celery sticks. The pâté can also be frozen. Serves 4-6.

CALVES' LIVER AND ONIONS

1 pound calves' liver, sliced
1/4 - 1/2 cup vinegar or juice of 2 lemons
1 cup unbleached flour
unrefined salt and pepper
1/2 pound bacon (preferably without nitrates)
2 medium onions, chopped

Rub the liver with vinegar or lemon juice. Store in the refrigerator for several hours. Cut bacon into pieces and fry in a large cast iron skillet. Remove to a platter and keep in a warm oven. Cook the onions in the bacon fat until tender and remove with a slotted spoon to the platter. Dry liver with paper towels and dredge in a mixture of flour, salt and pepper. Add more fat to the pan if needed and heat it until hot. Quickly fry liver on both sides in the fat and serve with bacon and onions. Serves 4.

BONE MARROW ON TOAST

8 marrow bones, cut to about 1 inch length each
1 small onion, finely chopped
1 bunch parsley, finely chopped
juice of 1 lemon
2 tablespoons olive oil
unrefined sea salt
4 pieces sourdough bread, toasted

Place the marrow bones upright in a baking pan and bake at 400 degrees for about 20 minutes, until the marrow is browned. Meanwhile, mix the onion, parsley, lemon juice and olive oil together. Season with a little unrefined sea salt to taste.

To serve, remove the marrow from the bones and spread on toast. Sprinkle with salt and top with the parsley mixture. Serves 4.

EVERYDAY MEAT RECIPES

MEAT LOAF

*1 pound ground beef plus 1/2 pound organ meats
or 1 1/2 pounds ground beef
2 eggs
1 cup bread crumbs
1/2 cup cream
1 small onion, peeled and chopped
2 teaspoons dried fresh herbs
1 teaspoon unrefined salt
1 jar organic tomato paste*

If you can find a butcher to make a blend of organ meats (such as heart, liver and kidney), use 1 pound of ground beef mixed with 1/2 pound organ meat blend; if you cannot obtain an organ meat blend, use 1 1/2 pounds ground beef. Mix egg crumbs with cream and let sit a few minutes. Mix all ingredients except tomato paste, form into a loaf and set in a greased Pyrex pan. Ice the top with tomato paste. Bake at 350 degrees for about 1 hour. For a quick, one-pan meal, cut up some potatoes and other vegetables (onions, carrots, mushrooms, peppers, etc.) and place in the pan around the meatloaf. Cooking time may be longer when the meatloaf is surrounded by vegetables. Leftovers may be used in sandwiches. Serves 4-6.

RED MEAT TACOS

*2 cups leftover meat (from red meat stew, page 16)
4 tablespoons chili powder
1 medium onion, chopped
4 tablespoons lard
8 corn tortillas
2 cups grated Monterey jack cheese
2 tomatoes, chopped
1/4 cup chopped cilantro*

Chop the leftover meat finely and mix with chili powder and chopped onion. Melt 2 tablespoons lard in a cast iron skillet. Place one tortilla in the skillet and put 1/4 cup of the meat mixture on one half of the tortilla. Use tongs to fold the tortilla in half to cover meat. Repeat with a second tortilla. Fry the tacos for about 2 minutes and then use tongs to turn them over. Fry on the other side for about 2 minutes and transfer to a platter lined with several layers of paper towel. Repeat with remaining tortillas and meat mixture, adding more lard as necessary.

Serve the tacos with grated cheese, chopped tomatoes and chopped cilantro. Before eating, open each taco and add some cheese, chopped tomato and chopped cilantro. Serves 4.

NOTE: You can also make taco filling with 1 pound ground beef. Cook ground beef in a pan until browned and stir in 4 tablespoons tomato paste and 4 tablespoons chili powder. Proceed with recipe above.

ONE-PAN CHOP MEAL

*4 shoulder chops (lamb, veal, pork or venison)
juice of 1 lemon or 4 tablespoons white or apple cider vinegar
1 cup unbleached white flour
unrefined salt and pepper
1/2 cup melted butter, bacon drippings or lard
chopped vegetables such as onion, mushroom, carrots, potatoes, etc.
several sprigs of fresh herbs or 2 teaspoons dried herbs*

Marinate the chops in lemon juice or vinegar for several hours. Pat dry with paper towels and dredge in a mixture of flour, salt and pepper. Place in 2 greased Pyrex dishes along with the vegetables. Drizzle with the melted fat and top with sprigs of fresh herbs (or sprinkle dried herbs on top). Bake at 350 degrees for 1 1/2 hours. Serves 2-4.

WHOLE RAW MILK

Milk and dairy products like yogurt and cheese can be very healthy foods, but only if the milk contains all the fat. The butterfat in milk provides important vitamins like A, D and K2, which are needed to help you absorb the calcium, phosphorus and other minerals in the milk. In addition, the butterfat in milk makes it much easier to digest and also less likely to cause illness.

The best milk comes from cows that live outside and eat green grass, and that is unprocessed, that is, it has not been pasteurized or homogenized. Pasteurization is a type of heat treatment that destroys much of the goodness in milk and makes it very difficult to digest. Homogenization breaks up the fats in milk and makes the components of the fat less healthy. Unprocessed milk is called “raw milk.”

Many health officials will tell you that raw milk is dangerous to consume; but actually pasteurized milk causes more illness than raw milk. In the past, raw milk was actually used in clinics to cure disease. Studies have shown that raw milk is much better than pasteurized milk for building strong bones and teeth, and for creating resistance to disease. Raw milk protects against allergies and asthma and often improves behavior in children. You can find a source of raw milk from pasture-fed cows by visiting www.realmilk.com.

SPICED MILK

1 1/2 cups whole raw milk
1 tablespoon maple syrup
1/4 teaspoon vanilla extract
1/4 teaspoon cinnamon

Place all ingredients in a large mug and set the mug in a pan of simmering water. Stir occasionally while mixture warms to desired temperature. Serve warm. Serves 1.



RAW MILK TONIC

2 cups whole raw milk
2 raw egg yolks (from pasture-fed chickens)
2 tablespoons maple syrup
1/4 teaspoon vanilla extract

This is a great drink for athletes! Use a whisk to blend the egg yolks into the milk. Stir in the maple syrup and vanilla extract and serve immediately. Serves 1-2.

SOME INTERESTING FACTS ABOUT RAW WHOLE MILK

RAW MILK contains an enzyme called lactoperoxidase, which kills bad bacteria; this enzyme doesn't work very well after pasteurization.

RAW MILK contains an enzyme called lacto-ferrin, which prevents anemia; this enzyme doesn't work very well after pasteurization.

RAW MILK contains special substances that help strengthen the digestive tract; when milk is pasteurized, these substances don't work very well and the milk can be very irritating to the digestive tract.

RAW MILK contains special bacteria called lacto-bacilli, which are good for you. When we have a lot of these good bacteria in our digestive tract, we digest our food very efficiently.

RAW MILK contains white blood cells and many other important compounds that are found in blood; for this reason, raw milk supports the immune system. These compounds don't work after pasteurization.

RAW MILK contains many important fats, which support our health in many ways; these fats are damaged during the process of pasteurization and homogenization.

YOGURT

Yogurt is a type of fermented milk that contains beneficial enzymes and bacteria. These help with digestion and also help your body absorb vitamins and minerals. You can make yogurt at home with whole milk using a yogurt machine – ideally using whole raw milk.

If you purchase yogurt, you should buy whole plain yogurt. (If you can't find yogurt made from whole milk in the store, you can mix some cream into the yogurt.) You can then add maple syrup if you like it sweeter. Sweetened yogurt is delicious with fresh fruit.

There are many other fermented milk products similar to yogurt from around the world. In America, people used to drink fermented whole milk called buttermilk; a fermented milk beverage from the Middle East that is becoming popular in the U.S. is called kefir.

You can make these healthy milk beverages from whole raw milk using special cultures. For sources of special cultures for milk, order the *Shopping Guide* from the Weston A. Price Foundation, www.westonaprice.org.

YOGURT SMOOTHIE

1 cup plain yogurt, preferably made with whole milk
2 tablespoons cream
2 tablespoons maple syrup
1/2 cup fresh fruit, such as raspberries, strawberries, peaches or banana
2 tablespoons coconut oil, softened
1/4 teaspoon vanilla extract (optional)

Place all ingredients in a blender or food processor and blend until smooth.

NOTE: If using banana, you can add 1/4 teaspoon vanilla extract. Serves 1.

YOGURT SAUCE

1 1/2 cups plain yogurt, preferably made with whole milk
1/4 cup fresh lemon juice
1/4 cup water
3 cloves garlic, peeled and mashed
pinch unrefined salt

Mix all ingredients together. This is good to serve with grilled meat or brown rice. Makes 2 cups.

COLD CUCUMBER YOGURT SOUP

3 medium sized cucumbers
1/4 cup fresh lemon juice
2 cups (16 ounces) plain whole yogurt
1 clove garlic, peeled and mashed
1 teaspoon unrefined salt
2 tablespoons chopped fresh mint leaves
2 tablespoons fresh dill leaves or 1 teaspoon dried dill leaves

Peel and cut the cucumbers lengthwise. Use a knife to cut away the seeds, discarding the seeds. Place cucumbers, lemon juice, yogurt, garlic and salt in a food processor or blender and process for 1 minute until all the ingredients are blended. Stir in the mint leaves and dill. Chill well in the refrigerator. Ladle into soup bowls and serve. Serves 6.

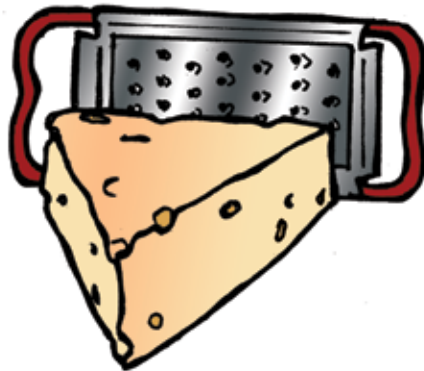
CHEESE

Cheese is an extremely nourishing food. Be sure to purchase real cheese (not processed cheese), preferably cheese made from raw milk. It is delicious as a snack, either by itself or on crackers or bread, and can be used in school lunches or as a food to eat while traveling.

QUESADILLAS

4 flour tortillas, preferably whole grain
2 cups grated cheese
1 cup leftover meat or sausage, chopped (optional)
1 small onion, peeled and chopped
1 small green jalapeno pepper, seeded and chopped fine
about 1/2 cup lard
sour cream
1 avocado, peeled and cut into wedges

Melt the lard in a large cast iron skillet. Place one tortilla in the pan. Place 1/2 cup cheese, 1/4 cup of the optional chopped meat or sausage and 1/4 cup of the onion and peppers on half the tortilla and fold the other half over to cover the cheese. Repeat the process in the remaining pan space so you are cooking two quesadillas at the same time. When the under side is brown, turn them over and brown the remaining side. Place on a platter in a warm oven while preparing the other two quesadillas. Serve with sour cream and wedges of ripe avocado.
 Serves 4.



CHEESE SAUCE

2 1/2 cups grated cheddar cheese
1 tablespoon butter
1/4 teaspoon unrefined salt
1/4 teaspoon dry mustard
dash cayenne pepper
about 1/4 cup whole milk
2 egg yolks, slightly beaten

Place cheese and butter in a bowl or large Pyrex measuring cup and set in simmering water, stirring occasionally until melted. Add seasonings and slowly stir in milk. Slowly add egg yolks, stirring constantly. Serve over sourdough toast or cooked vegetables. Makes 3 cups.

CHEESE CUSTARD

1 cup grated cheddar cheese
1 cup whole milk
1 cup cream
2 eggs, well beaten
1/4 teaspoon unrefined salt
1/4 teaspoon Dijon-type mustard
1/4 teaspoon cayenne pepper

Place cheese, milk and cream in a bowl or large Pyrex measuring cup. Set the container in simmering water. Stir occasionally until cheese has melted and milk is hot to the touch. Remove from heat and stir in beaten eggs and seasonings.

Pour the mixture into a buttered 1-quart dish or into 4 small individual casseroles. Place a baking pan containing about 1 inch of water in an oven preheated to 350 degrees. When the water is steaming hot, set the 1-quart casserole or 4 smaller casseroles into the water. Bake about 20 minutes for the large casserole, 10 minutes for the smaller ones. Serves 4.

FISH & SHELLFISH

Fish and shellfish are very healthy foods; they should be consumed at least once a week. Fish provide important vitamins and minerals, including iodine, along with special fats for the brain. Small oily fish like sardines and anchovies are a good source of vitamin D and calcium. Shellfish like shrimp are rich in vitamin D; oysters, clams and mussels provide vitamin B12 and a wealth of other nutrients.

Larger fish such as sword fish and tuna may contain high levels of mercury so it is best to eat these types of fish only occasionally.

Wild fish is more nutritious than farm-raised fish, and less likely to contain harmful chemicals.

SEAFOOD CORN SOUP

Shells from 1 pound fresh shrimp
2 tablespoons softened butter
1 large onion
4 cups water
about 1 pound fish, cut into small pieces, or 1 pound crab meat
2 cups corn, fresh or frozen
1 can tomatoes, chopped
1 cup sour cream
unrefined salt and cayenne pepper

Cook the shrimp shells in 2 tablespoons butter until they turn pink. Pulse in a food processor with remaining 2 tablespoons butter and process until finely ground. Press through a strainer. Reserve the smooth paste and discard any pieces of shell that remain in the strainer.

Meanwhile, sauté onion until soft in the remaining fat in the pan. Add water and stir in the shrimp butter, which will thicken the soup. Add the fish or crab, tomatoes, corn and sour cream. Bring to a simmer and season to taste with sea salt and cayenne pepper. Serves 4-6.

EASY BAKED FISH

about 1 pound fresh fish filets, such as salmon, halibut or sole
unrefined salt
paprika
2 tablespoons softened butter
1 lemon, thinly sliced

Place fish skin side down in a buttered Pyrex dish. Sprinkle with salt and paprika and dot with butter. Top with lemon slices. Bake slowly at 250 degrees for 30-45 minutes or until fish is cooked through but still moist. Serves 3-4.

SHRIMP IN HERB BUTTER

1 pound fresh shrimp, shells on
1 stick (1/2 cup) butter
1 clove garlic, peeled and crushed
about 2 tablespoons fresh herbs, finely chopped,
or 1 teaspoon dried herbs
2 slices sourdough bread, crusts removed and cut in half

Remove shrimp shells (reserve for seafood corn soup, page 28). Melt butter with herbs and garlic. Add shrimp and cook over medium heat, stirring constantly for 6-8 minutes until cooked through.

Push shrimp to the sides of the pan and cook bread on both sides until crisp. Serve shrimp and melted butter over the fried bread. Serves 4.

EVERYDAY SEAFOOD RECIPES

FISH CAKES

1 pound fresh fish, cooked and flaked with a fork
1 whole egg
2 tablespoons freshly chopped parsley or cilantro
1 1/2 cups bread crumbs
grated rind of 1 lemon
unrefined sea salt
pepper and cayenne pepper
butter or lard for frying

Beat egg and mix well with 1 cup bread crumbs, parsley or cilantro and lemon rind. Blend in fish and salt, pepper and cayenne pepper to taste. Form into 4-6 patties and dredge in remaining 1/2 cup bread crumbs. Fry in butter or lard until golden brown. Serves 2-3.

COCONUT FISH SPREAD

1 cup leftover cooked fish or canned tuna fish
1 tablespoon fresh lime juice
2 cloves garlic, peeled and crushed
3/4 cup sour cream
unrefined salt and pepper
2 tablespoons desiccated coconut

Place fish, lime juice, garlic and sour cream in a blender or food processor and process until smooth. Season to taste with salt and pepper. Add coconut and pulse a few times to blend. Refrigerate at least 2 hours before serving. Makes about 2 cups.

ANCHOVY SPREAD

1 2-ounce can anchovies, chopped fine
2 bunches fresh parsley, chopped
3 clove garlic, peeled and finely chopped
1 1/2 tablespoons tomato paste
4 tablespoons wine vinegar
1/2 cup extra virgin olive oil
4 slices sourdough bread, toasted

In a medium bowl, toss the anchovies, parsley and garlic. Stir in the tomato paste, vinegar and olive oil. Serve at room temperature with toasted sourdough bread. Serves 4.

TUNA OR SALMON SALAD

1 large can tuna fish or 1 1/2 cups cooked leftover salmon
3 sticks celery, finely chopped
2 green onions, finely chopped
4 tablespoons chopped parsley or cilantro
1/2 cup cream
2 egg yolks
2 tablespoons wine vinegar
unrefined salt and freshly ground pepper

Place the tuna fish or salmon in a bowl and flake it with a fork. Stir in celery, onion and parsley or cilantro. Mix cream with egg yolks and vinegar. Mix well with the fish mixture and season with unrefined salt and freshly ground pepper. Use on sandwiches or serve with sliced tomatoes. Serves 2.

NOTE: Purchase tuna fish packed in water, without additives like hydrolyzed vegetable protein.

EGGS

Eggs are an extremely healthy and economical food, providing complete protein in the whites and a variety of healthy fats in the yolks. Egg yolks contain large amounts of important nutrition for the brain. For best nutrition, use eggs from pastured chickens.

SCRAMBLED EGGS

1 egg
1 egg yolk
1 tablespoon cream
1 tablespoon butter
pinch of dried herbs or
1 teaspoon chopped parsley

Beat egg, egg yolk and cream with a whisk. Melt butter in a cast iron skillet. Pour in egg mixture and add dried herbs or chopped parsley. Stir with a wooden spoon until eggs have scrambled. Serve with no-nitrate bacon, additive-free sausage, sautéed potatoes or sourdough toast with butter. Serves 1.

EGG CASSEROLE

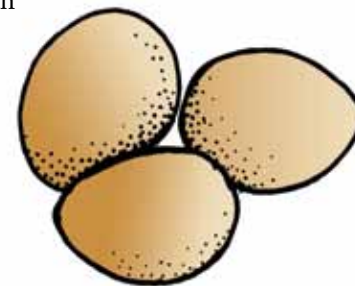
4 slices sourdough bread
1 pound nitrate-free bacon or additive-free sausage
2 cups shredded cheddar cheese
6 eggs, beaten
2 cups whole milk
1 teaspoon dry mustard

Butter a 9 x 13 inch Pyrex pan. Cook the bacon or sausage and cut into small pieces. Tear up sourdough bread and place in the bottom of the pan. Sprinkle cooked crumbled bacon or sausage over bread. Sprinkle cheese over the bacon or sausage. Whisk eggs, milk and mustard together and pour over casserole. Bake at 350 degrees for 35 minutes or until golden brown. Serves 4.

ENGLISH BREAKFAST

2 eggs
3 pieces bacon or sausage
1 slice sourdough bread
1 tomato, thickly sliced
pinch of dried herbs or chopped parsley

Cook bacon or sausage in a cast iron skillet until done. Remove to a plate and keep warm in a low oven. Fry bread in the remaining fat until crisp on both sides and place on the heated plate along with bacon or sausage. Crack the eggs into the pan. Cover with a lid and cook until the whites are set but the yolks are still slightly runny. Remove the eggs to the plate, placing them on top of the fried bread. Quickly cook the tomato slices in the remaining fat and transfer to the plate. Sprinkle with a pinch of dried herbs or parsley. Serves 1.



EGG YOLK FOR BABY

1 egg from a pastured chicken
pinch unrefined salt
1/2 teaspoon frozen liver, finely grated

This is the perfect first food for baby, starting at 4-6 months. Boil egg 3 1/2 minutes or until white is firm but yolk still runny. Peel the egg and discard the white (which babies cannot digest until at least a year old). Stir in the salt and liver and serve. Serves 1.

ABOUT GRAINS, LEGUMES & NUTS

Grains, legumes and nuts are seeds of plants that human beings consume for food. Grains include wheat, barley, rye, oats, rice and corn; legumes are seeds that come in pods, such as black beans, kidney beans, lima beans, chickpeas, lentils, peanuts and cashews; nuts include walnuts, pecans, almonds, hazelnuts and pistachios. These kinds of foods add variety and interest to the diet. They are a source of many nutrients, including B vitamins, minerals and special types of fats.

However, all seeds contain what scientists refer to as “anti-nutrients,” substances that block the uptake of minerals, block digestion and irritate the intestinal tract. In traditional cultures all over the world, grains are very carefully prepared to lower the levels of these compounds to make grains, legumes and nuts easier to digest. These preparation techniques include roasting, long soaking of beans following by cooking, soaking grains in slightly acidic water, followed by cooking, and fermenting bread dough to make sourdough bread.

These preparation techniques not only make these foods easier to digest, they also greatly increase vitamin levels. In cultures where people depend on grains, legumes and nuts for most of their calories, these preparation techniques ensure that they get ample nutrition.

A particular problem for wheat is a protein called gluten (also found in rye, barley and oats). In sensitive people, gluten can cause a lot of damage to the intestinal tract, leading to digestive problems and malnutrition. Often people with this sensitivity are diagnosed as having celiac disease or irritable bowel syndrome. Modern wheat is higher in gluten than old-fashioned wheat, and many grain products have gluten added.

It is best for everyone to eat a variety of grains, not just wheat, and to avoid products with gluten added, or whole wheat products that have not been properly prepared to enhance digestibility. Those with irritable bowel syndrome or celiac disease will need to avoid wheat altogether and choose bread, crackers and other products labeled “gluten free.”

In order to avoid sensitivity and allergies to grains in children, it is best to avoid introducing these foods until baby is at least one year old, and preferably wait until two years. Meanwhile, a nutrient-dense diet that includes egg yolks, liver, whole raw milk products, meat and seafood will help baby build a strong intestinal tract so that he or she can enjoy a variety of foods without problems throughout life.



BREAKFAST CEREALS

Modern dry breakfast cereals are made by a process called extrusion, which forces the grains out a tiny hole at high temperature and pressure, resulting in flakes, shapes and puffed grains. These breakfast cereals are very popular, especially as they usually contain a lot of added sugar.

Unfortunately, very little research has been carried out on the effects of these extruded grains on our health. Studies with animals indicate that the extrusion process causes the proteins in the grains to become very toxic to the nervous system. Eating dry breakfast cereals is not a good way to start the day, especially for children, who need to concentrate in school. Another popular cereal that is very difficult to digest is granola.

Much better than dry breakfast cereals or granola are old-fashioned porridges like oatmeal.

OATMEAL

2 cups old-fashioned rolled oats (not quick oats)
2 cups warm water
2 tablespoons vinegar, lemon juice or yogurt
2 cups warm water
1 teaspoon unrefined salt

In a glass container, mix 2 cups oats with 2 cups warm water and 2 tablespoons vinegar, lemon juice or yogurt. Cover and leave in a warm place overnight. In the morning bring an additional 2 cups of water to boil. Add the salt and the soaked oatmeal. Bring to a boil and then reduce to a simmer. Cook about 10 minutes, stirring occasionally. Serves 4.



Serve with plenty of butter or cream and a natural sweetener like honey or maple syrup. Delicious toppings include raisins, coconut and chopped nuts. Serves 6.

NOTE: This same technique can be used to prepare cream of wheat, rolled barley flakes and other hot cereals.

CRUNCHY BREAKFAST CEREAL

6 cups freshly ground whole grain flour
3 cups whole milk, preferably raw
1/2 cup yogurt
1 cup warm water
1 teaspoon baking powder
1/4 cup melted coconut oil or butter
1/2 cup maple syrup
1 teaspoon unrefined salt
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

In a large bowl, mix flour with milk, water and yogurt. Cover and leave at room temperature overnight. In the morning, add the remaining ingredients, mixing well. If necessary, add more water to make a pourable batter. Pour into two 9 x 13 Pyrex pans that have been greased with coconut oil or butter. Bake at 350 degrees for 35-45 minutes, or until a toothpick inserted into the center comes out clean. Allow the cereal to cook and then crumble up with your hands. Return the crumbled cereal to the pans and bake at 200 degrees until it is completely dry and hard. Store in airtight containers at room temperature.

To serve, add raw milk or cream, and raisins or fresh fruit. The cereal will be very crunchy, but will soften if you leave it a few minutes in the milk or cream before eating. Makes about 18 servings.

WHOLE GRAINS

BROWN RICE

1 cup brown rice
3 cups water
2 tablespoons yogurt
4 cups water or chicken broth (page 13)
4 tablespoons butter
1 teaspoon unrefined salt

In the morning, place brown rice in a 1-quart jar with 3 cups water and 2 tablespoons yogurt. Cover tightly and allow to soak in a warm place during the day. Drain the rice through a strainer. (You can reserve the soaking water in the refrigerator to use the next time you make brown rice.) Bring 4 cups water or chicken stock to a boil and add the soaked rice, butter and salt. Bring to a boil and allow to boil uncovered until the level of the water is reduced to the level of the rice. Cover the pan and reduce heat to a simmer.

You can cook the rice on the stove top on a burner set to very low or in the oven at 250 degrees. Cook gently for about 2 hours, stirring occasionally.

Serve with meat, chicken or seafood. Leftover brown rice can be used in rice salad (page 49). Serves 4.

BROWN RICE CASSEROLE

2 cups brown rice
4 cups water or chicken broth (page 13)
4 tablespoons butter or ghee
1 small onion, peeled and chopped
1/4 teaspoon cardamom seeds
1 teaspoon dried Italian herbs
1 teaspoon unrefined salt
1/2 cup grated carrot
1/2 cup raisins

Melt the butter or ghee in a heavy, flame-proof casserole. Cook the onion until soft in the butter or ghee. Add rice and cook in the fat with the onion, stirring frequently, until the rice turns whitish. Stir in the cardamom seeds, Italian herbs and salt. Add water or broth and bring to a boil. Boil vigorously until liquid has reduced to the level of the rice. Stir in the carrot and raisins, cover the casserole and bake in an oven set to 250 degrees for 2 hours. Serves 6-8.

WHOLE GRAIN PANCAKES

2 cups whole grain flour
2 cups yogurt
2 eggs, beaten
1 teaspoon baking soda
2 tablespoons butter, melted
1/4 cup maple syrup

It is important that your flour be very fresh. After purchase, store your flour in the refrigerator. Better yet, grind your own flour out of whole wheat grains with a grain grinder.

Mix flour with yogurt; cover and leave in a warm place overnight. In the morning, add remaining ingredients and thin the batter with a little water to desired consistency. Cook in batches on a hot griddle or in a cast iron pan. Serve with melted butter and maple syrup or cream cheese topping (page 70). Serves 6-8.

CRISPY PANCAKES

Add water to any leftover pancake batter until it is very thin. Make small, thin pancakes on a hot griddle. Place on a cookie sheet in a warm oven and allow to dry out until completely dry and crisp. These make a great cracker to serve with cream cheese topping, chicken liver pâté (page 18), or coconut fish spread (page 30).

BREAD & CRACKERS

Shoppers face a dilemma when it comes to choosing bread. Most breads are made with white flour, which does not contain many vitamins and minerals. In addition, most commercial breads contain numerous additives and unhealthy fats and oils. The flour is often bleached with a chemical that can be very harmful. Finally, today bread makers are adding small amounts of soy flour to bread, which can cause thyroid problems and digestive disorders in people who are sensitive to soy.

As an alternative to white bread, there are many brands of whole wheat and whole grain bread available, especially in health food stores. But these breads present problems of their own, because usually they are made without proper preparation. They can cause serious digestive problems, especially if gluten is one of the additives in the bread.

The proper way to make bread is through a long fermentation, resulting in a sourdough bread. Artisan sourdough breads are becoming more available, so be sure to ask for them in your health food store. They cost more money than industrially processed breads; however they are rich and satisfying, so you will probably end up eating less.

If you are unable to tolerate wheat or any grains containing gluten, look for gluten-free bread in the freezer section of your health food store.

Be sure to eat bread with plenty of good butter. Butter will help you digest the bread.

As with bread, it is difficult to find commercial crackers. Crispy pancakes (page 39) are a good alternative. Otherwise look for crackers with a short list of ingredients and make sure they do not contain any soy ingredients or partially hydrogenated oil.

The Weston A. Price Foundation publishes a *Shopping Guide* that provides the brand names of healthy breads and crackers. You can order your *Shopping Guide* by calling (202) 363-4394 or visiting www.westonaprice.org, and clicking on “Order Materials”.

BREAD MACHINE BREAD

1/2 cup plus 2 tablespoons yogurt
3/4 cup water
4 cups whole grain flour, less 3 tablespoons
1 3/4 teaspoons dried yeast granules
3 tablespoon arrowroot powder
1 teaspoon unrefined salt
1 tablespoon molasses
2 tablespoons butter

Mix together yogurt and water and add to the flour. Mix to form a dough. Cover and leave in a warmish place for 18-24 hours.

Put the dough plus the yeast, arrowroot, salt, molasses and butter in the breadmaker. Set it to a wholemeal setting and begin. When it's part-way through the kneading section, check that all the ingredients have mixed together and check the consistency. If it is slimy, add some more arrowroot, if it's too dry, add a few more drops of water, drop by drop. Proceed as directed and enjoy the bread!

CROUTONS

3 slices sourdough bread
1/2 cup lard, butter or bacon drippings

Remove the crusts from the bread and cut into cubes. Melt the fat in a cast iron skillet and fry the bread cubes over medium heat, stirring frequently, until crisp. Croutons are delicious on salads and soup.

FOR FURTHER INFORMATION:

www.westonaprice.org/food-features/496-our-daily-bread.html

LEGUMES

Although legumes like beans and lentils are not a substitute for animal foods like meat, eggs and cheese, they provide additional minerals and protein in a diet where animal foods are limited.

One legume that should be avoided is the soybean. Soybeans contain many toxins, including estrogen-like compounds that cause thyroid disorders and endocrine disruption; when soybeans are processed to make modern food-like substances such as soy protein isolate and textured vegetable protein, more toxins are formed. Traditionally, Asians only ate soybeans in fermented form, and only in small amounts.

All legumes should be soaked a long time before cooking to neutralize the many mineral blockers and enzyme inhibitors they contain.

REFRIED BEANS

2 cups black beans
6 cups warm water
4 cups water
1 teaspoon unrefined salt
1/2 cup lard
1/2 cup crumbled fresh cheese

Soak beans for 12 hours in 6 cups warm water; drain, rinse well and place in a pot with 4 cups water and 1 teaspoon salt. Bring to a boil and skim any scum that comes to the top. Reduce to a simmer, cover and cook for several hours, stirring occasionally, until beans are very soft. If necessary, add more water so that the beans are always covered. Drain beans and place in a blender or food processor. Process until smooth, adding a little cooking water if the bean paste is too stiff. Melt the lard in a large cast iron frying pan and cook the beans in the lard, stirring occasionally until all the lard is absorbed into the beans. Serve sprinkled with the fresh cheese. Serves 6.

CURRIED LENTIL SOUP

1 cup lentils, soaked in warm water for about 7 hours
4 tablespoons butter
juice of 2 lemons
1 teaspoon unrefined salt
1 cup cream or sour cream
2 large onions, chopped
4 large carrots, peeled and chopped
4 tablespoons curry powder
about 3 cups chicken broth or water

In a large pot, cook the carrots and onion in butter over low heat until vegetables are soft. Stir in curry powder and salt. Drain lentils and add to the pot along with the chicken stock or water. Bring to a slow boil and cook until lentils are soft, about 30 minutes. Blend the soup until smooth with a handheld blender. Stir in the cream and lemon juice. If the soup is too thick, add more water or broth. Serves 6.

BAKED BEANS

2 cups navy beans
1/2 pound bacon
3 tablespoons molasses
1/2 teaspoon dry mustard
1/4 teaspoon black pepper
1 onion, peeled and finely chopped
2 pounds sausage, sliced
1 small can or jar tomato paste
2 teaspoons unrefined salt
1/2 cup maple syrup

Soak beans overnight in warm water. Drain the beans and cover again with water. Cook approximately 1 to 2 hours and drain. Arrange the beans in a greased 2-quart pot by placing a portion of the beans in the bottom of the pot, and layering them with bacon, onion and sausage. In a small saucepan, combine remaining ingredients. Bring the mixture to a boil; pour over beans, and add additional water to cover the beans.

Cover the pot with a lid and bake at 250 degrees for 3-4 hours, until beans are tender. Check the pot about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry. Serves 6.

NUTS

Nuts are very nutritious foods, but like grains and legumes, nuts contain substances that can block the uptake of minerals and also irritate the digestive tract. Roasting eliminates some of these anti-nutrients, but the best way to prepare nuts is to make “crispy nuts.” This preparation technique makes nuts much more digestible. Crispy nuts make an excellent snack, especially when combined with cheese, whole raw milk or meat.

CRISPY NUTS

*4 cups raw walnuts, pecans, almonds, macadamia nuts,
cashews or peanuts
about 6 cups warm water
2 tablespoons unrefined salt*

Place nuts in a bowl with water and salt, adding more water if necessary to completely cover the nuts. Cover the bowl with a towel and soak nuts at room temperature for 7 hours. (Soak cashews only 6 hours.) Drain and spread on stainless steel baking pans. Place in a warm oven (150-170 degrees) for 24-48 hours, turning occasionally, until nuts are completely dry and crisp. Store in airtight containers. Makes 4 cups.

NOTE: Nuts may be stored for several weeks at room temperature, except for walnuts, which should be stored in the refrigerator or freezer.

HERBED NUTS

*4 cups crispy walnuts, pecans or cashews (see recipe above)
4 tablespoons melted butter 2 teaspoons unrefined salt
2 tablespoons dried Italian herbs 1/4 teaspoon cayenne pepper*

Mix salt, Italian herbs and cayenne pepper with butter. In a large bowl, toss nuts with the butter mixture. Place on cookie sheets and bake at 300 degrees for about 20 minutes, turning occasionally to make sure nuts do not burn. Transfer to containers and store in the refrigerator. Makes 4 cups.

CURRIED CASHEWS

*4 cups crispy cashews
4 tablespoons melted butter
2 teaspoons unrefined salt
2 tablespoons curry powder
1/4 cup maple sugar or rapadura (see page 77)*

Mix salt, curry powder and maple sugar or rapadura with the butter. In a large bowl, toss the crispy nuts with the butter mixture. Place on cookie sheets and bake at 300 degrees for about 20 minutes, turning occasionally to make sure the nuts do not burn. Transfer to containers and store in the refrigerator. Makes 4 cups.

CRISPY NUT BUTTER

*2 cups crispy nuts 3/4 cup coconut oil
2 tablespoons raw honey 1 teaspoon unrefined salt*

Place nuts and salt in a blender or food processor and grind to a fine powder. Add honey and coconut oil and process until smooth. Store in the refrigerator, but soften at room temperature briefly before serving. The “butter” is somewhat liquid at room temperature but hardens when chilled. Serve on celery stalks, pieces of endive, crispy pancakes (page 39) or toasted sourdough bread. Makes 1 pint.

NUT CRUNCHIES

*1 cup chopped crispy nuts
4 tablespoons butter
1/2 cup maple sugar or rapadura (see page 77)*

Melt butter in a cast iron skillet. Add nuts and maple sugar or rapadura. Cook, stirring constantly, until nuts are browned. Use as a topping for ice cream. Makes 1 cup.

ABOUT VEGETABLES & FRUIT

Vegetables and fruit add interest and variety to the diet. Compared to animal foods, they are not very dense in nutrients; however, they provide B vitamins and vitamin C, as well as a range of minerals and other compounds that protect us from disease.

Vegetables are most nutritious when served with a fat or oil, such as salad with homemade olive oil dressing, cooked vegetables with butter or soup with cream. The nutrients in fruits and vegetables are much more available when they are eaten with good fats.

Salad vegetables such as lettuce and other tender greens, carrots, cucumbers, peppers and tomatoes are low in fiber; most people can eat these vegetables raw, although those with sensitive digestion may not be able to eat raw vegetables.



Most vegetables, however, should be cooked, as cooking makes high-fiber vegetables more digestible. Cooking also neutralizes certain compounds in vegetables that may cause health problems. Vegetables of the cabbage family (cabbage, broccoli, Brussels sprouts, kale, collard greens and cauliflower) contain substances that depress thyroid function; these compounds are reduced during cooking. Some vegetables are high in oxalic acid (spinach, rhubarb, cassava, leafy greens), which can cause painful stones in the kidneys and other parts of the body. Oxalic acid is also somewhat neutralized by cooking.

Most fruits can be eaten raw; but for some people, certain fruits like apples, pears, peaches and apricots are easier to digest when cooked.

Tropical fruits like bananas, pineapple, papaya and mango contain enzymes that help with digestion and are best eaten raw.

Fruits and vegetables will be most nutritious when purchased locally and eaten in season. Organic fruits and vegetables are raised without harmful sprays.

For those on a budget, some of the most nutritious vegetables are the most economical, such as carrots, potatoes, sweet potatoes, and beets.



SALADS

Use a variety of vegetables in salads, and always serve salad with homemade dressing. Don't hesitate to add a variety of other ingredients for interest, such as chopped crispy nuts, grated or crumbled cheese, homemade croutons (page 41), dried fruit, and chopped and shredded meat. A chef's salad can serve as a complete meal.

CHEF'S SALAD

2 cups romaine lettuce, cut into small pieces
1 cup grated cheese
1/2 cup cooked bacon, crumbled
1 cup homemade croutons (page 41)
1 cup leftover chicken or ham, diced
1 ripe avocado, peeled and diced
1 ripe tomato, diced
1 hardboiled egg, quartered
1/2 cup homemade dressing (page 67)

Place lettuce in the center of a large plate and arrange cheese, bacon, croutons, meat, avocado, tomato and egg in piles around the lettuce. Drizzle dressing over the salad. Serves 2.



LEAFY GREEN SALAD

*about 4 cups leafy greens such as baby greens, arugula,
baby lettuce or watercress*
1 small red onion, peeled and finely sliced
1/2 cup nut crunchies (page 45)
1/2 cup crumbled blue cheese
1/2 cup homemade dressing (page 67)

Place greens in a salad bowl and sprinkle onions, nut crunchies and blue cheese on top. Toss with salad dressing and serve. Serves 3.

RICE SALAD

2 cups leftover brown rice (page 38)
1 cup diced fresh pineapple
1 bunch green onions, diced
1 red pepper, seeded and diced
1 green pepper, seeded and diced
1/2 cup crispy nuts (page 44), chopped
3/4 cup homemade dressing (page 67)

Place rice, pineapple, green onions, red and green peppers and crispy nuts in a bowl. Add dressing and toss well. Serves 4.

GINGER CARROT SALAD

2 cups grated peeled carrots *1/2 cup raisins*
1 cup diced fresh pineapple *1 small red onion, diced*
1 inch-long piece fresh ginger, peeled and grated
3/4 cup homemade dressing (page 67)

Place carrots, pineapple, onion and raisins in a bowl. Add grated ginger to dressing; pour dressing on salad and toss well. Serves 4.

COOKED VEGETABLES

For steaming vegetables, you will need a two-part vegetable steamer, or vegetable holder that can be put into a pan of water. For vegetables cooked in butter and other healthy fats, use a cast iron skillet.

STEAMED VEGETABLE MEDLEY

3 carrots, peeled and sliced on an angle
1 cup string beans, ends removed and sliced lengthwise
1 small beet, peeled, cut in half and sliced
2 tablespoons butter, softened

Place the vegetables in the top of a two-part vegetable steamer set over simmering water. Cover and cook for about 15 minutes or until the vegetables are all soft. Transfer to a serving dish and top with butter. The vegetables may be kept in a warm oven for up to 1/2 hour until ready to serve them. Serves 3-4.

CORN MEDLEY

4 ears fresh corn on the cob
1 small onion, finely chopped
1 red pepper, seeded and chopped
1 green pepper, seeded and chopped
1/4 teaspoon red pepper flakes
1/2 teaspoon unrefined salt
1/4 cup butter, lard or bacon drippings

Cut the corn off the cobs and reserve. Melt butter, lard or bacon drippings in a cast iron skillet. Saute the onion and peppers with the red pepper flakes and salt until soft. Add the corn and cook until tender. Serves 4.

CAULIFLOWER CASSEROLE

1 whole cauliflower
2 cups cheese sauce (page 27)
unrefined salt
1/2 cup sourdough bread crumbs

Remove the core of the cauliflower. Cut cauliflower into pieces, and place in the top part of a vegetable steamer. Steam until just tender and transfer to a buttered Pyrex dish. Sprinkle with sauce and pour cheese sauce over the cauliflower. Top with bread crumbs. Bake at 350 degrees for about 15 minutes. Serves 4-6.

ROASTED ROOT VEGETABLES

1 pound carrots, grated and sliced diagonally
1 pound baby onions, peeled
1 pound turnips, peeled and cut into small chunks
1 pound beets, peeled and cut into small chunks
1/2 cup olive oil
2 teaspoons unrefined salt
about 1/2 teaspoon freshly ground pepper
4 tablespoons butter

Place the vegetables in a 9 x 13 inch Pyrex pan. Drizzle the olive oil over the vegetables and toss with salt and pepper until well mixed. Dot the top of the casserole with butter. Bake at 350 degrees for about 2 hours,

turning the vegetables occasionally to prevent burning, until lightly browned and tender.

Serves 6-8.



VEGETABLE SOUPS

One of the best ways to eat vegetables is in a soup. Homemade soup is a delicious satisfying food. Soup can be made in large quantities and frozen for future use. Homemade soups are much more nutritious than canned or instant soups, and do not contain harmful additives like MSG or hydrolyzed vegetable protein.

CREAM OF VEGETABLE SOUP

2 medium onions, peeled and chopped
2 carrots, peeled and chopped
2 medium potatoes, peeled and cut into pieces
4 tablespoons butter
2 quarts homemade chicken broth (page 12) or a combination of stock and water
1/2 teaspoon dried thyme
2 zucchini, ends removed and sliced
unrefined salt and freshly ground pepper
1 cup sour cream or heavy cream
homemade croutons (page 41)

Melt butter in a large pot over low heat. Add the onions and carrots and cook them slowly until soft, about 1/2 hour. Add the stock, potatoes and thyme and simmer until the potatoes are soft. Add the zucchini and simmer until soft. Use a handheld blender to blend the soup to a creamy consistency. Season to taste with unrefined salt and freshly ground pepper. Add the cream and heat to the point where the soup is steaming, but not boiling. If the soup is too thick, thin with a little water. Serve with homemade croutons. Serves 6-8.

NOTE: Leftover soup may be frozen for later use.

BACON VEGETABLE SOUP

1/2 pound nitrate-free bacon, cut into small pieces
1 medium onion, chopped
3 medium carrots, peeled and grated
1 green pepper, seeded and chopped
6 cups corn kernels, fresh or frozen
6 cups homemade chicken broth (page 13)
2 cups chopped tomatoes, fresh or canned
1 cup cream or sour cream
unrefined salt and pepper
1/4 teaspoon cayenne pepper
3 tablespoons finely chopped parsley or chives

Cook bacon with onion, carrots and pepper in a pot until the vegetables are lightly browned. Add corn, chicken broth, tomatoes and cream or sour cream and bring to a simmer. Add cayenne pepper and season to taste with unrefined salt and pepper. Ladle into bowls and garnish with parsley or chives. Serves 6-8.

ONION SOUP

6 medium red onions, peeled and thinly sliced
1/2 cup lard or bacon drippings
1/2 cup red wine or brandy (optional)
6 cups oxtail broth (page 12)
2 teaspoons dried Italian herbs
1 cup cream or sour cream

Melt the lard or bacon drippings in a large pot. Add onions and cook very gently, at a very low temperature, for several hours, stirring occasionally. Raise the heat under the pan and add optional red wine or brandy. Bring to a rolling boil. Add remaining ingredients and reduce heat to a simmer. Simmer for about 15 minutes and serve. Serves 6.

POTATOES

Potatoes are a delicious vegetable, and a good source of calories for growing children. Best of all, potatoes are delicious with healthy fats like butter, cream and lard.

Today, potatoes are most commonly eaten as french fries, purchased from fast-food restaurants. But these fried potatoes are cooked in industrial fats and oils, which can cause many health problems. The following recipes provide better ways to enjoy potatoes.

STUFFED POTATOES

2 large baking potatoes
4 tablespoons butter
2 tablespoons cream
1 small red onion, finely diced
1/2 cup grated cheese
1 tablespoon fresh parsley, chopped

Cut ends off the potatoes, set them in a Pyrex pan and bake at 350 degrees for 1 hour or until potatoes are soft. Cut in half lengthwise and scoop out the hot potato flesh into a bowl. Mash with butter using a potato masher. Blend in remaining ingredients and stuff the potato skins with the potato mix. Place under a broiler for a few minutes until browned. Serves 4.

POTATO QUARTERS

2 large baking potatoes, washed but not peeled
3 tablespoons butter, melted
3 tablespoons olive oil
unrefined salt and pepper

Cut potatoes into cubes about 1/4-inch in size. Place butter, olive oil and potato cubes in a 9 x 13 inch Pyrex pan and toss with the salt and pepper. Bake at 350 degrees for about 1 hour or until the potato cubes are nicely browned, turning occasionally. Serves 4.

MASHED POTATOES

4 large baking potatoes
4 tablespoons butter
4 or more tablespoons cream or whole milk
unrefined salt

Peel the potatoes, cut them in half, and place in a pot of cold water. Bring the water to a boil and cook gently, covered, for about 30 minutes, or until the potatoes are tender. Drain the potatoes by holding a large strainer against the pot so the potatoes don't fall out while pouring off the water. In the same pot, mash potatoes with the butter. Add 4 tablespoons cream or whole milk and continue mashing. If more liquid is needed, add additional milk or cream. Mash until the potatoes are smooth and then stir in unrefined salt to taste. Use a rubber spatula to transfer the potatoes to a serving dish. Keep in a warm oven until ready to serve. Serves 6-8.

NOTE: You can make a potassium-rich broth with the potato peels. Immediately after peeling potatoes, place peels in a pot, cover with water and simmer for about an hour. Strain the broth into a container and discard the peels. Drink warm from a mug.

OVEN FRIES

2 large baking potatoes, unpeeled
1/2 cup melted butter, lard or bacon fat
unrefined salt and pepper
1 teaspoon dried herbs

Cut the potatoes into wedges lengthwise and pat dry with paper towels. Arrange in an oblong Pyrex pan. Brush with melted fat and sprinkle with unrefined salt, pepper and dried herbs. Bake at 350 degrees for about 1 hour or until well browned. You may need to turn and rearrange the potatoes to prevent them from burning. Serves 4.

LACTO-FERMENTED VEGETABLES

Lacto-fermentation is an ancient preservation method that greatly increases the vitamins in vegetables and other foods, and also makes the minerals more available. The food is preserved for a long time by the lactic acid produced during the fermentation process. The most familiar lacto-fermented food is sauerkraut, made from cabbage. In sauerkraut, the cabbage is preserved without vinegar, sugar, canning or pasteurizing. We call lacto-fermented foods “super-raw” foods because they are bursting with enzymes and beneficial bacteria that help with digestion.

Sour lacto-fermented foods like sauerkraut are the perfect condiment to eat in small amounts with rich foods like pâté and meat because they help you digest fats.

SAUERKRAUT

1 medium cabbage
2 tablespoons unrefined salt
1 tablespoon caraway seeds (optional)
one 1-quart, wide-mouth mason jar

Remove the outer leaves of the cabbage, and the core, and cut up very finely. Place in a wooden or stainless steel bowl and toss with salt and optional caraway seeds. Using a meat hammer or wooden pounder, pound the cabbage until it becomes limp. Push into the jar as tightly as possible, adding in any liquid that remains in the bowl. The top of the cabbage should be at least 1 inch below the top of the jar and the liquid should cover the cabbage.

Cover the jar tightly and keep on the kitchen counter for three days. Transfer to the refrigerator for several weeks and the sauerkraut is ready to consume. Makes about 1 quart.



PICKLED BEETS

about 2 pounds beets
1 1/2 tablespoons unrefined salt
1 tablespoon caraway seeds
one 1-quart, wide-mouth mason jar

Peel the beets and cut off the ends. Use a hand grater or the grater attachment of a food processor to grate beets coarsely. Transfer the grated beets to a large bowl as you go, sprinkling with salt. Add the caraway seed and toss well to combine the ingredients.

Transfer the beets to the jar in small batches, pushing them down with a meat hammer or wooden pounder. The top of the beets should be at least 1 inch below the top of the jar and the liquid should cover the beets.

Transfer the jar to the refrigerator. The beets will be ready to eat in 1 to 4 weeks, depending on how sour you like them. Makes about 1 quart.

FOR MORE INFORMATION:

www.westonaprice.org/food-features/501-lacto-fermentation.html

FRUIT DESSERTS

Fruit-based desserts are the perfect alternative to sugary desserts. They satisfy our taste for sweet foods while also supplying vitamins and minerals.

APPLESAUCE

8 tart apples, preferably organic
juice of 2 lemons
about 1/2 cup water
about 1/2 cup maple syrup
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 cup whipped cream (page 70)
1/2 nut crunchies (page 45)

Peel and core the apples and place in an enamel pot. Toss with the lemon juice and water. Steam the apples over low heat until soft. Mash with a potato masher or hand-held blender. Stir in maple syrup and spices. Spoon into bowls and top with whipped cream and nut crunchies. Serves 4-6.



BUTTERY ASIAN PEARS

4 Asian pears
1/2 cup (1 stick) butter
1 cup whipped cream (page 70)

Melt butter in a cast iron skillet. Peel and core the Asian pears and cut them into chunks, adding to the butter as you go. Cook in the butter over medium heat for about 1/2 hour, stirring frequently, or until the Asian pears are lightly browned. Spoon into bowl and garnish with whipped cream. Serves 4.

AMBROSIA

6 large navel oranges
1 cup chopped dates
1 cup coconut sprinkles (page 72)

Peel the oranges and place in a serving bowl. Top with chopped dates and coconut crunchies.

YOGURT FRUIT SALAD

2 cups plain whole yogurt
2 tablespoons unprocessed (raw) honey
1/2 teaspoon vanilla extract
1/2 orange, juiced
1 banana, sliced
1/2 pint fresh blueberries
1/2 pint fresh raspberries
1/2 pint fresh strawberries
1 bunch seedless green grapes

Combine the yogurt, honey and vanilla extract in a bowl and set aside. Combine the orange juice and banana slices in a separate bowl. Rinse the blueberries and raspberries quickly in a strainer and allow to drain. Cut the ends off the strawberries and cut them lengthwise into quarters. Rinse strawberries quickly in a strainer and allow to drain. Cut grapes in half, rinse quickly in a strainer and allow to drain thoroughly. Gently mix all fruit together, spoon into serving bowls and top with the yogurt.

NOTE: It is best to use organic fruit for this recipe.

ABOUT FATS & OILS

There are four main types of fats and oils. **SATURATED FATS**, such as butter, lard (pig fat), meat fats and coconut oil tend to be solid at room temperature; **MONOUNSATURATED OILS** like olive oil and canola oil tend to be liquid at room temperature but become solid when refrigerated; **POLYUNSATURATED OILS** like soybean oil, cotton seed oil, corn oil and safflower oil are liquid even when refrigerated; **PARTIALLY HYDROGENATED FATS** are liquid seed oils that have undergone an industrial process to make them hard.

Contrary to what you may have heard or read about fats and oils, the healthy fats and oils are saturated fats like butter, lard and meat fats, and monounsaturated olive oil. These fats and oils are stable and don't break down into harmful substances when processed or heated. They can be used for cooking, and they also last a long time.

Animal fats like butter and lard carry the important fat-soluble vitamins A, D, E and K2, necessary for strong bones and teeth, protection against infection, normal growth, normal reproduction and a happy attitude towards life. Highly saturated coconut oil also protects against infection and diseases like cancer and heart disease.

For a liquid oil to use as a salad dressing, olive oil is your best choice. Olive oil is stable and can also be used for cooking; however, olive oil does not carry many of the important fat-soluble vitamins found in animal fats.

Unfortunately, not all oil labeled "olive oil" is genuine. Olive oil becomes semi-solid when put in the refrigerator. If it remains liquid, then it is not genuine olive oil.

The dangerous fats and oils are the industrial oils – the liquid seed oils (cooking and salad oils) and the partially hydrogenated oils. Liquid oils contain toxic breakdown products called free radicals, which cause uncontrolled reactions in the body. Partially hydrogenated oils used for margarine, spreads,

shortening and in most processed foods contain *trans* fatty acids, which inhibit reactions in the body. When you eat a lot of *trans* fats, your enzymes, receptors and even your cells don't work properly; your body can't make hormones and has trouble healing; you may suffer from reduced energy levels, weight gain and even difficulty thinking. Partially hydrogenated oils have been linked to heart disease and cancer in adults and failure to thrive and growth problems in children.

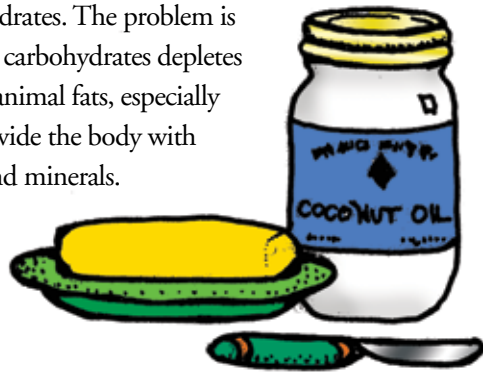
Industrial fats and oils with their load of free radicals and *trans* fats are used in almost all processed food. This is one good reason to avoid these foods and prepare your own foods at home, using healthy fats and oils like butter, lard, olive oil and coconut oil.



THE IMPORTANCE OF SATURATED FAT

Most people think that saturated fats are bad for them, and they try to avoid butter, cream, lard and fatty meat. However, decades of scientific research have shown that saturated fats are vital for human health. They are needed for the function of the heart, the kidneys and the lungs; they support hormone production, healing and cell function. They are essential for normal growth and development, including the development of the brain.

Every cell in your body is surrounded by a membrane composed of billions of fatty acids (fat molecules). At least half of these need to be saturated fatty acids or your cells won't work properly. If you avoid eating saturated fats like butter and meat fats, then your body will crave simple carbohydrates like sugar and white flour, because your body can make saturated fats out of carbohydrates. The problem is that consumption of refined carbohydrates depletes the body of nutrients while animal fats, especially fats of grass-fed animals, provide the body with many important vitamins and minerals.



DON'T FATS MAKE PEOPLE FAT?

In a recent study, children put on low-fat diets ended up fatter than those on normal diets; in another study, drinking skim milk was associated with weight gain while eating butter was not; and women who consume full-fat dairy products have less weight gain compared to those who consume low-fat milk and eat low-fat dairy products. Several studies have shown that you can lose more weight on a high-fat, low-carbohydrate diet than on a low-fat, high-carbohydrate diet.

Healthy animal fats are necessary for the function of the thyroid gland. When your thyroid gland is not working properly, you have low metabolism and gain weight very easily. Also, if you are not eating healthy animal fats, then you may crave carbohydrates, which cause weight gain in many people.

During the last thirty years, when people have eaten less animal fat and far more carbohydrate-based foods, obesity rates have soared. It makes sense to return to the eating habits of a hundred years ago, when people ate a lot of animal fat and obesity was rare.

WHAT ABOUT CHOLESTEROL?

It is very unfortunate that people believe cholesterol is bad. Cholesterol is one of the most important substances in the body. Human life would be impossible without cholesterol. Cholesterol provides stability to your cells so they function properly; and your body makes hormones, vitamin D and bile salts for digesting fat out of cholesterol.

But doesn't cholesterol clog arteries and cause heart disease? Actually, cholesterol in our food and cholesterol levels in the blood have very little relationship with heart disease. People who eat a lot of cholesterol often have very low levels of cholesterol in the blood and people with low cholesterol levels in the blood are just as prone to heart disease as those with high levels.

Cholesterol is the body's repair substance. If you injure yourself, your body will make more cholesterol to repair the damage.

Cholesterol is what your body needs to make steroid hormones. These hormones are involved in healing and also help us deal with stress.

If you try to lower your cholesterol levels with diet or drugs, you may have trouble healing or dealing with stress.

Cholesterol is critical to brain function and the formation of memory. You may become depressed and have trouble remembering things if your cholesterol is too low.

Sex hormones like testosterone and estrogen are made of cholesterol. If your cholesterol is too low, you may not be able to have children or have a normal sex life.

Cholesterol acts like an anti-oxidant in the body and protects us against cancer. People with low cholesterol levels are more prone to cancer than those with normal or high cholesterol levels.

The tragedy of the anti-cholesterol message is that it has led many people to avoid high-cholesterol foods like eggs, meat, and butter, and instead consume foods low in cholesterol but high in industrial seed oils and *trans* fats – foods that are very unhealthy!

While a low-fat, low-cholesterol diet was originally intended only for adults “at risk for heart disease,” today it is applied to everyone in the population. When pregnant women avoid cholesterol and saturated fats during pregnancy, they put their growing fetus at risk for developmental problems; when children are denied cholesterol-rich animal fats, their bodies cannot make all the necessary connections in the brain. Without adequate cholesterol and saturated fat, children are at risk for developmental problems, behavior problems, learning disabilities and even autism.

COD LIVER OIL

In the old days, almost every growing child got cod liver oil. Cod liver oil is a rich source of vitamins A and D, the two vitamins most lacking in the western diet.

Many studies have shown that cod liver oil helps with growth and development, builds strong bones and teeth, protects against infection, wards off depression, helps prevent diabetes and arthritis, and even lowers absenteeism. When women take cod liver oil during pregnancy and breast-feeding, they support the optimal development of their infant.

Many people have unpleasant memories of taking oily, smelly cod liver oil. But there is a much better way of taking cod liver oil than on a spoon. Just mix the cod liver oil with a small amount of warm water, milk or fresh juice, stir and then gulp it down. Infants and children can be given cod liver oil with an eye dropper; cod liver oil is also available in capsule form.

Be sure that the cod liver oil you are using contains enough vitamin D to balance the vitamin A. Taking vitamin A without vitamin D can cause problems.

Cod liver oil should contain at least 100 units of vitamin D for every 1,000 units of vitamin A. Depending on the brand, cod liver oil should contain from 500-1,000 units of vitamin D per teaspoon and from 5,000-10,000 units of vitamin A per teaspoon. Adults should take enough cod liver oil to get 1,000 units vitamin D and 10,000 units vitamin A per day; children should take half that amount and pregnant women and those recovering from illness or surgery should take twice that much.



FOR MORE INFORMATION: www.westonaprice.org/cod-liver-oil.html

SALAD DRESSING

Bottled, ready-made salad dressings are a tempting convenience food; but before you purchase your next bottle of dressing, read the label. Do you really want to consume a product made out of industrially processed oils and containing so many unnatural additives and preservatives?

It is very easy to make salad dressing. And for the same price that you would pay for bottled dressing full of cheap ingredients, you can make your own dressing using the finest healthy ingredients. Basic dressing contains only mustard, vinegar and olive oil. You can then make variations on the basic dressing by adding healthy ingredients like egg yolks, cream, blue cheese, garlic and herbs.

Making your own salad dressing can be an important first step in changing your diet for the better, as well as becoming a good cook. It takes only a few minutes to make homemade dressing, a step that can add years to your life.

BASIC SALAD DRESSING

1 tablespoon prepared mustard

1/4 cup raw wine vinegar

1 cup extra virgin olive oil

Place all ingredients in a small jar. Cover tightly and shake well until all ingredients are well blended. Makes about 1 1/4 cups.

NOTE: You can change this basic dressing in many ways. For example, you can use balsamic or flavored vinegars instead or wine vinegar; you can add garlic, herbs, egg yolks and cream. For blue cheese dressing, blend the basic dressing with blue cheese and a little cream in a blender.

HEALTHY SAUCES

Sauces can be good for you if they are homemade and contain natural ingredients. Most commercial sauces contain MSG, a harmful additive, as well as many other unhealthy ingredients.

For good quality mayonnaise, made without industrial oils, check out the *Shopping Guide* from the Weston A. Price Foundation, which can be ordered at www.westonaprice.org. If you have a food processor, you can make your own mayonnaise using the recipe below.

MAYONNAISE

1 whole egg, at room temperature
1 egg yolk, at room temperature
1 teaspoon Dijon-type mustard
1 1/2 tablespoons lemon juice
3/4-1 cup mild olive oil
1/4 teaspoon unrefined salt

In a food processor, place egg, egg yolk, mustard, lemon juice and salt. Process until well blended, about 30 seconds. With the machine running, slowly add the olive oil, drop by drop. (Some food processors have an attachment that lets the oil drop slowly through a small hole.) Store the mayonnaise in a jar in the refrigerator. Makes 1 1/2 cups.

SOUR CREAM DIP

1 cup sour cream
juice of 1 lemon
1 egg yolk
2 teaspoons fresh herbs such as thyme or dill, finely chopped

Mix all ingredients together. Use for dipping raw vegetables. Makes 1 1/4 cups.

CURRIED MAYONNAISE

1 cup good quality mayonnaise, preferably homemade
1/2 cup cream
2 tablespoons vinegar
2 tablespoons extra virgin olive oil
1 tablespoon tomato paste
2 tablespoons curry powder
1 teaspoon maple sugar or rapadura (see page 77)

Place all ingredients in a bowl and blend together with a whisk. Use for chicken salad (page 15). Makes 2 cups.

BARBEQUE SAUCE

1 tablespoon freshly grated ginger
3 garlic cloves, peeled and mashed
1 tablespoon toasted sesame oil
1/4 cup vinegar
1/4 cup raw honey
1/2 cup naturally fermented soy sauce (see page 76)
1 cup tomato paste

Place all ingredients in a food processor or blender and blend well. Makes 2 cups.

BUTTER LEMON SAUCE

6 tablespoons butter
juice of 1 lemon

Melt butter in a small pan over gentle heat. (Note: if your stove top burns too hot, you can melt the butter in an oven set at 250 degrees.) With a spoon, remove some of the milk solids that have risen to the top of the butter. Strain lemon juice into the melted butter. This is delicious on steamed vegetables or fish. Makes 2 cups.

CREAM SAUCE

1 cup homemade chicken stock
1 cup cream or sour cream
1 tablespoon coarse mustard
1/4 cup dry white wine (optional)
1 tablespoon parsley, freshly chopped

Blend stock, cream, mustard and wine in a small pan and bring to a boil. Boil gently until sauce thickens slightly. Stir in parsley. This sauce is excellent with meat or fish. Makes 2 cups.

CREAM CHEESE TOPPING

1 cup cream cheese, softened
2 tablespoons butter, softened
1/4 cup unprocessed honey
1 teaspoon vanilla

Place all ingredients in a blender or food processor and blend until smooth. Makes 1 1/4 cups.

WHIPPED CREAM

1 cup whipping cream, preferably raw, but not ultrapasteurized
1 tablespoon maple sugar or rapadura (page 77)
1/2 teaspoon vanilla extract

Place cream in a chilled glass or stainless steel bowl. Beat with an electric beater. When cream begins to stiffen, beat in sweetener and vanilla extract. Makes 1 1/2 cups.

ICE CREAM



Everyone loves ice cream! In fact, today people eat large quantities of ice cream because they are starving for good fats! If they just allowed themselves to consume butter, cheese and full-fat milk throughout the day, they would not crave ice cream so much. The problem with commercial ice cream is that it is loaded with sugar and very questionable additives. It is easy to make your own ice cream – it is a very good snack to have in your freezer for hungry family members.

You will need an ice cream maker. Modern ones have a canister that is kept in the freezer until time to use it. Unlike old fashioned ice cream makers, modern ones do not require salt or ice. You can make ice cream in as little as 20 minutes, with no mess at all!

VANILLA ICE CREAM

4 egg yolks
1/2 cup maple syrup
1 tablespoon vanilla extract
3 cups heavy cream

Use raw or pasteurized cream, not ultrapasteurized. Mix all ingredients together and pour into an ice cream maker. Process in ice cream maker until frozen. Transfer to a shallow plastic container and freeze. Serve with fresh fruit, coconut sprinkles (page 72) or nut crunchies (page 45). Serves 4-6.

NUT CRUNCH ICE CREAM

4 egg yolks
1 cup nut crunchies (page 45)
1/2 cup maple sugar or rapadura (page 77)
1 tablespoon vanilla extract
2 1/2 cups heavy cream

Beat egg yolks with maple sugar or rapadura for several minutes. Blend in cream and vanilla. Fold in nuts. Process in ice cream maker until frozen. Transfer to a shallow plastic container and store in the freezer. Serves 6-8.

COCONUT

A very healthy fruit from the tropics is the coconut. Unfortunately, people today are avoiding coconut and coconut oil because they are high in saturated fat. Yes the fat in coconut oil is a special kind of saturated fat called medium-chain triglycerides. These saturated fats protect against infection and support the immune function. They can help protect us against cancer and heart disease. The body uses the medium-chain triglycerides in coconut oil for increased energy and metabolism, and never stores them as fat. Thus, coconut oil is a good fat for those trying to lose weight. It is good to have at least 1 tablespoon of coconut oil per day, either by adding coconut oil to smoothies or herb tea, or by eating full-fat coconut products.

COCONUT MILK SOUP

4 cups homemade chicken broth
1 can whole coconut milk
1-inch piece fresh ginger, peeled and chopped
1 teaspoon unrefined salt
juice of 1 lemon or 2 limes
1/4 teaspoon red pepper flakes

Coconut milk soup is wonderful for colds and flu. Place all ingredients in a pot and whisk together. Simmer for about 10 minutes. Serves 4-6.

COCONUT SPRINKLES

2 cups unsweetened desiccated coconut (finely cut)
1/2 cup maple syrup

Mix coconut with maple syrup and spread on buttered cookie sheets. Bake at 200 degrees until completely dry and crisp. Break up with your hands and store in air-tight jars. Makes about 2 cups.

Coconut sprinkles are delicious on ice cream, fruit or curries.

MACAROONS

4 egg whites
pinch unrefined salt
1/2 cup rapadura or maple sugar (see page 77)
1 teaspoon vanilla extract
2 cups unsweetened desiccated coconut (finely cut)

This is a great way to use up egg whites. Line a baking sheet with buttered parchment paper. Beat egg whites with salt in a clean bowl until they form stiff peaks. Gradually work in remaining ingredients. Drop by spoonfuls on parchment paper. Bake at 300 degrees for 1/2 hour and then at 200 degrees for 1 hour. Allow to cool before removing from parchment paper. Makes about 2 dozen.

EASY COCONUT PIE CRUST

2 cups unsweetened desiccated coconut (finely cut)
1/2 cup melted butter or coconut oil
1/2 cup rapadura or maple sugar (see page 77)

This easy crust is great for people with wheat allergies. Grease a 9-inch pie pan with butter or coconut oil, and flour the pan with unbleached white flour or arrowroot powder. Mix coconut with butter or coconut oil and rapadura or maple sugar. Press the mixture evenly into the pie pan. Makes 1 crust.

For a cold pie, bake the crust for about 20 minutes at 300 degrees before adding the pie filling, such as fresh fruit. For a cooked pie, add the pie filling to the crust before cooking.

BEVERAGES

What to drink? If possible, avoid all soft drinks. Regular soft drinks are full of refined sweeteners and diet soft drinks contain artificial sweeteners, which are very harmful. Commercial fruit juices are also a bad choice as they are highly processed and contain concentrated sweeteners.

Many sodas are full of caffeine, and caffeine is the chemical in coffee that wakes you up. A caffeine-like substance is also found in black and green tea and in chocolate. Caffeine is a stimulant that makes the body temporarily alert and energetic. The problem is that it does this without actually feeding the body. In the long run, if you drink a lot of beverages containing caffeine, you become depleted and tired.

Caffeine can be addictive, making it hard for people to stop drinking sodas and coffee. However, if you are eating a healthy diet containing nourishing fats, you will find that you do not need caffeine to keep you awake. Instead you will have a lot of natural energy as a result of being well nourished.

Instead of fruit juices, sodas, coffee and other stimulating drinks, it is better to drink whole raw milk, sparkling water or a healthy lacto-fermented beverages called kombucha, available in health food stores. Homemade spritzers are a good substitute for soft drinks and a piping hot coffee substitute with real cream is a good substitute for coffee.

CITRUS SPRITZER

2 cups sparkling water or club soda
pinch of unrefined salt
fresh juice of 1 lemon, orange or grapefruit

Mix together and enjoy. You can even make a spritzer in a restaurant by ordering sparkling water or club soda and then adding a squeeze of fresh lemon and a pinch of salt. Serves 2.

BETTER THAN COFFEE

1 tablespoon Cafix, Dandy Blend or other coffee substitute
1 tablespoon cream

Delicious coffee substitutes like Cafix or Dandy Blend are available at health food stores and online. Place 1 tablespoon coffee substitute in a mug and pour in boiling water. Stir in the cream. Let cool slightly and enjoy. Serves 1.

LIME COCONUT WATER

1 can coconut juice
1 juice of one lime
pinch of unrefined salt

Coconut water is available at most health food stores and even in some grocery stores. It is rich in minerals, especially potassium. This is an excellent healthy sports drink.

Mix coconut juice with lime juice and salt, and enjoy! Serves 1.

HAYMAKER'S OAT WATER

1 gallon filtered or spring water
1 cup rolled oats, preferably organic
1 cup raw apple cider vinegar
1 cup molasses

This is a traditional beverage that farmers used to drink when they were working in the hot sun. It quenches your thirst better than water and is much healthier than soft drinks.

Mix all ingredients and leave at room temperature for several hours or overnight. Makes about 1 gallon.

SALT, HERBS & SPICES

Today we often hear that salt is not good for us. Certainly it is a good idea to avoid eating a lot of salty processed foods, which are bad for us for many reasons. But salt is very necessary in the human diet. Salt provides the basis for cellular function in the body; it is also essential for digestion. Research indicates that salt is even necessary for the development of the brain. Our bodies need more salt when we exercise and when we are under stress.

People on reduced salt diets often become very tired and develop digestive problems. They may also be more prone to heart failure.

Unfortunately, our salt today goes through an industrial process that takes away all the trace minerals and adds harmful chemicals. It is best to use unrefined salt as a healthy source of sodium chloride and trace minerals. To find sources of unrefined salt, see the *Shopping Guide* published by the Weston A. Price Foundation.

It is best to avoid “low-salt” processed foods because these often contain MSG and artificial flavors that are bad for the nervous system. Instead use as much unrefined salt in your home cooking as needed to give your foods the flavor you desire.

Another food to be careful of is soy sauce. Most soy sauce is produced by a chemical process that creates high levels of MSG. Naturally fermented soy sauce, although more expensive, is a better choice.

Instead of artificial flavorings, use as many natural herbs and spices as you like to give your foods interesting and delicious tastes. Our food should not only be nutritious, but also delicious.

SWEETENERS

Everybody loves sweet things! That's because we have sweet taste buds in our mouth. Unfortunately, refined sweeteners such as sugar, dextrose, fruit juice, high fructose corn syrup and agave syrup provide only empty carbohydrates. Your body uses up a lot of vitamins and minerals in the process of digesting and metabolizing the empty calories of these sweeteners.

Consuming a lot of highly sweetened foods like sodas, cookies, candies, cakes, commercial ice cream and snack bars can lead to serious health problems including tooth decay, weakening of the bones, diabetes, weight gain, heart disease and cancer. Children will not grow to their optimum potential if they are fed a lot of highly sweetened foods. Too much sugary food may cause learning and behavior problems. Children who eat a lot of sweets are prone to getting the flu, colds and ear aches.

Nature provides many natural sweeteners that are rich in nutrients. When eaten in moderation, these can satisfy our taste for sweet things without causing health problems. Healthy natural sweeteners include unprocessed, unheated honey, maple syrup, molasses and coconut sugar (sometimes called palm sugar). A good substitute for granulated sugar is maple sugar. Another product is Organic Whole Cane Sugar from Rapunzel; also known as *rapadura*, it is dehydrated cane sugar juice. These healthy sweeteners are available in health food stores and on the internet.

Use these natural sweeteners in healthy desserts that you have made yourself using nutrient-dense ingredients, like eggs, cream, butter, nuts and coconut.

It is important to eat sweet foods with good fats. When we eat something sweet without fats, we tend to get a spike in blood sugar, and then a fall, leading to low blood sugar or hypoglycemia. When our blood sugar is low, we are more prone to allergies, fatigue, intense hunger, anxiety and even depression. When we eat sweet things with good fats, our blood sugar is more likely to remain stable.

POTS & PANS

Today we have many choices of cookware. It is best to avoid aluminum cookware, including the newly popular spun aluminum pots and pans, because aluminum is a very reactive toxic metal that can leach into the food you are cooking. Instead use stainless steel or enamel pans. Stainless steel is fine except for cooking highly acid foods like tomatoes. Many hardware stores carry inexpensive enamel pans.

For frying, cast iron is a much better choice than Teflon. Teflon can outgas toxic chemicals. Foods will not stick to a well-seasoned cast iron pan. For casseroles, use Pyrex or cast iron. For casseroles that cook both in the oven and on the stove top, cast iron coated with enamel is your best choice. Stainless steel baking pans and cookie sheets are available on the internet.



THE MICROWAVE OVEN

Many people today use a microwave oven because it is fast and convenient. Unfortunately, we do not have any good studies showing whether eating microwaved foods can injure health. We do know that microwaving diminishes some of the important vitamins in our food, such as vitamin B12, and can damage fragile polyunsaturated oils.

Some researchers believe that the microwave oven is harmful because it damages the water in our food; others warn about the effects of the microwave frequencies on people standing near the ovens. In hospitals where they take care of premature babies, the nurses are not allowed to heat up frozen mother's milk with the microwave oven. If they give babies milk that has been microwaved, the babies are more likely to die.

Given what we know about microwaved food, it is best to avoid using the microwave oven. Cooking or heating your food in an old-fashioned oven may take more time, but it is better to be safe than sorry.

HEALTHY BREAKFASTS

Breakfast is the most important meal of the day. A good breakfast will give you energy for many hours and help prevent snacking on unhealthy foods. When children start the day on a good breakfast, they will be able to concentrate in school and will even have improved behavior.

A breakfast that is high in carbohydrates and sugar is not a good breakfast. Try to avoid boxed cereals, sweet rolls, donuts, pastries and other empty foods. Juice is not a good idea either, as it provides no nourishment, only empty calories.

Eggs are always a good choice for breakfast. You can eat them scrambled, fried, boiled, poached, in omelets – any way you like them. You can eat eggs with bacon (preferably without nitrates), sausage (preferably without MSG), meat, cheese, sourdough bread and butter, or fried potatoes.

If you want cereal for breakfast, try our oatmeal (page 36) or crunchy dry cereal (page 37), always with plenty of butter or cream. Smoothies are another good choice (page 24), easy to prepare and very nourishing.

Toasted sourdough bread with plenty of butter and cheese or meat can also be a good breakfast. You can even eat leftovers for breakfast.

Just be sure your breakfast provides you with plenty of good protein and fat to nourish your body and brain throughout the day.



HEALTHY LUNCHES

Most people eat lunch at school or at an office. While lunch may be available at a cafeteria, it is much healthier to prepare your own lunch. This is especially true for school lunches, which are loaded with carbohydrates, soy and other non-nutritious ingredients. The best thing parents can do for their school-age children is make them a bagged lunch every day.

Sandwiches are usually the centerpiece of a lunch. Use good quality bread, preferably sourdough bread, spread with butter. Good sandwich materials include meat, liverwurst, pâté, salami, cheese, egg salad, tuna fish, smoked fish, coconut fish spread (page 30) or natural peanut butter.

Other good choices for school lunches include hunks of cheese, crispy nuts, leftover chicken, soup in a thermos, fresh fruit and macarons (page 73).

If you work in an office, you can make a hearty salad and bring it to work in a Pyrex container, adding homemade dressing just before serving. If you have access to a toaster oven at work, you can warm up leftovers in a Pyrex container.

Raw milk in a thermos will add a lot of good nutrition to any lunch.

HEALTHY DINNERS

It is best to prepare your own dinner – it need not be fancy or complicated. Make meat, organ meat, fish, poultry or cheese the centerpiece of your meal and serve that with fresh vegetables and a carbohydrate food such as brown rice, beans or potatoes. Even a hearty soup can suffice for dinner, especially if served with good quality sourdough bread and butter along with cheese, liverwurst or pâté.

If you have the time and resources, you can make a salad or soup for the first course of your meal. Dessert can be nutritious fruit served with homemade ice cream or whipped cream.

HEALTHY SNACKS

It's at snack time that our resolutions to eat a healthy diet usually break down. Wherever we go, processed snack foods full of industrial fats and oils, artificial flavorings and refined sweeteners are there to tempt us – in stores, in vending machines, in fast food restaurants.

The best defense against these temptations is three nourishing meals of whole foods per day, starting with a good breakfast, so that you don't feel hungry between meals. As you learn to eat three healthy meals per day, you will find that gradually you will stop thinking of between-meal snacks.

Meanwhile, if you do feel like snacking, be sure to have healthy snacks available. Healthy snacks include whole raw milk, cheese, salami, hard boiled eggs and crispy nuts (page 44). Homemade popcorn makes a great snack, served with melted butter or coconut oil.

If you crave sweet things, it is a good idea to keep homemade ice cream and macarons on hand. Many people report that after some time on a diet containing adequate healthy fats, including cod liver oil, their cravings for sweets go away.

EATING OUT

If you eat at a restaurant, try to order real foods such as meat or fish along with vegetables – in general, the simplest foods in restaurants are the best choices. Ask for butter for your potatoes or bread; avoid fried foods and soups and sauces (which usually contain a lot of additives like MSG).

Try your best to avoid fast foods – they may be quick and easy, but they lead to many health problems, starting with indigestion and resulting over time in chronic disease.

Plan ahead! If you know you are going to be out, make sure you have healthy snacks with you so you won't be tempted by convenience foods.

FOR THE NEXT GENERATION

Children who are growing, first in the womb and then after they are born, need extra nutrition to reach their optimal physical and mental potential. In traditional societies, both men and women consumed special nutrient-dense foods before conception; and women continued to eat these foods while pregnant and nursing. The first foods given to babies were nutrient-dense foods like egg yolks and liver.

Pregnant and nursing women should consume butter and egg yolks every day, liver at least once a week, and one quart of whole raw milk per day. (Raw milk is an excellent food for morning sickness.) Their diet should include liberal amounts of bone broth (pages 12-13), meat, fish and cheese. Pregnant and nursing mothers should take cod liver oil every day.

Weight gain during pregnancy should be around 30 pounds. If weight gain is substantially more than normal, avoid carbohydrate foods like bread, potatoes and sweets.

Of course, pregnant and nursing women should avoid unhealthy processed foods containing vegetable oils, *trans* fats, refined sweeteners, white flour and additives. Above all, pregnant and nursing women should avoid soy foods, as these can seriously disrupt the hormonal development of their babies.

Newborns should be exclusively breast-fed for the first 4-6 months. If formula is required, it should be milk-based formula, never soy formula. First foods should be egg yolks – so important for brain development – and liver, to supply much needed iron. Cod liver oil, given with an eye dropper, can start as early as the third month. As baby grows, meat, yogurt, raw milk, mashed banana, avocado and vegetable soups can be added. Avoid giving highly allergenic foods like grains and egg whites until baby is at least one year old.



These dietary principles will ensure good health, good looks and keen intelligence to the next generation. Parents who are careful about their own diets and the diets of their children will be rewarded with children who are healthy, cheerful and attractive, who have naturally straight teeth, who learn easily, and who are highly immune to disease.

DIET FOR PREGNANT AND NURSING MOTHERS

COD LIVER OIL: To supply 20,000 IU of vitamin A and 2,000 IU of vitamin D per day.

WHOLE RAW MILK OR CHEESE: One quart whole raw milk or 4-5 ounces cheese, or a combination, daily.

BUTTER, LARD AND/OR COCONUT OIL: About 6 tablespoons daily.

EGGS AND EGG YOLKS: At least two eggs daily, extra yolks are OK.

LIVER: Fresh liver, liverwurst or pate, several times per week.

FRESH SEAFOOD: Several times per week.

FRESH MEAT: Daily, such as beef, lamb, pork or poultry, eaten with the fat or skin.

BONE BROTHS: In soups, stews and sauces.

WHOLE GRAINS: Soaked or sourdough leavened.

LACTO-FERMENTED: Condiments like sauerkraut, daily.

FRUITS AND VEGETABLES: Preferably fresh and organic.

AVOID

Trans fats, polyunsaturated vegetable oils, refined and artificial sweeteners, commercial fried foods, junk foods, soy foods, white flour, soft drinks, caffeine, alcohol, cigarettes, and drugs (even prescription drugs).

FINDING HEALTHY FOODS

Many of the foods we recommend are difficult or even impossible to find in supermarkets. If possible, purchase animal foods and organic grains, legumes, fruits and vegetables at a health food store. If your only choice is a supermarket, shop the outside of the store for meats, dairy products, fruits and vegetables, and avoid the aisles where processed foods are displayed.

If possible, purchase a portion of your foods directly from a farmer – foods like eggs and meat will be more nutritious if they come from animals that are raised outside and on pasture. Likewise, raw milk and other dairy products should come from pasture-fed cows, goats or sheep. In many states, the only way to obtain raw milk is to purchase it directly from a farm. For sources of raw milk, visit www.realmilk.com.

THE WESTON A. PRICE FOUNDATION

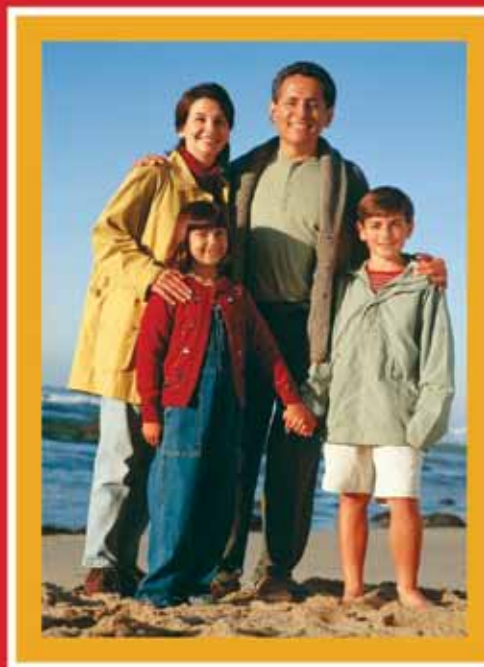
Your best resource for finding healthy foods is your nearest local chapter of the Weston A. Price Foundation. Go to www.westonaprice.org to find your nearest local chapter or phone (202) 363-4394. Many local chapters have organized buying groups or food co-ops that provide grass-based animal foods including raw milk from local farms. They can help you obtain healthy foods at a reasonable price.

Some local chapters also have meetings, pot luck dinners, cooking classes and lectures that can help you learn to prepare healthy foods for yourself and your family.

The Weston A. Price Foundation *Shopping Guide*, which provides brand names of healthy foods, can be ordered from the website, www.westonaprice.org or by calling (202) 363-4394.

www.westonaprice.org
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They're happy
because they
eat butter!



They also eat plenty of eggs, seafood, cream, cheese, liver, meat, cod liver oil, raw milk, and other nutrient-dense foods that have nourished generations of healthy people worldwide!



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